

Contrology® High Mat Assembly Instructions

Please read through these instructions completely prior to assembling your Contrology High Mat.

PARTS LIST

DESCRIPTION	PART NO	QTY
Upholstered High Mat	18748	1
Handle Mount (with handle and tip, assembled)	18742	2
Screws, Button Head Hex, 1/4"-20 x 1-1/2"	13611	4
Flat washer, 1/4"	13722	4
Nyloc nut, 1/4"-20	13613	4
Footstrap (pre-installed)	18784	1
Allen Key, 5/32"	10551	1
Wrench, 7/16"	11670	1
Non-skid strips	18928	16

INSTALL THE HANDLES

LAY OUT ALL THE PARTS

1. Make sure you have all the components listed in the parts list.

PLACE MAT ON A RAISED SURFACE

2. Put the high mat on a raised surface that allows access to mount the handles.

INSTALL HANDLE ASSEMBLY

3. Begin by sliding the handle bracket over the notch in the frame, as shown in Figure A.

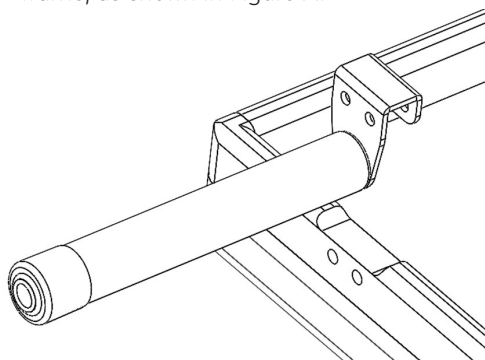


Figure A

4. Attach the bracket to the frame using the 1/4"x 1-1/2" button head screws, 1/4" washers, and 1/4" nyloc nuts, as shown in Figure B, using the provided 7/16" wrench and the provided 5/32" Allen Key. Tighten until the bracket does not move by hand.

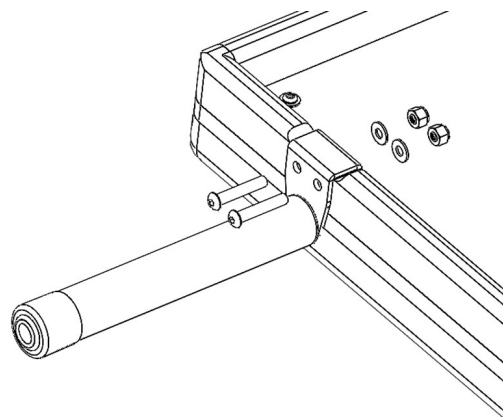


Figure B

(OPTIONAL) INSTALL NON-SKID TO BASE

5. If desired, the user may add non-skid strips to the base of the frame. To install, remove the adhesive from the back of the strip.
6. Place in the center of the frame rail, as shown in Figure C. Press down and smooth out from the center to remove any air bubbles. On sides which have channels for handle mounts, take care to only place non-skid on the flat frame bottom. Repeat this as shown in Figure C on the mat, and in Figure D on the Moon Boxes (where applicable).

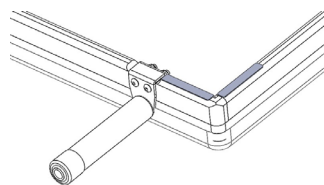


Figure C

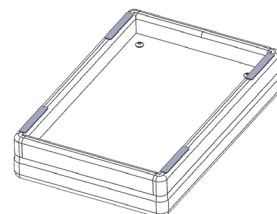


Figure D



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PLACE MAT ON THE FLOOR

7. While placing the mat on the floor, pull up on the footstrap to bring it to its full length, extending from the sides of the mat, as shown in Figure E. CAUTION: The High Mat is heavy, handle with care when placing the mat on the floor. Place on the floor evenly and gently, and avoid resting the mat's full weight on its edges and corners.

