

AEROBIC MAT

ZAAZ's Aerobic Mat installs instantly to either the 15K or 20K machine and takes your workout to the next level by expanding your ability to access new exercises. Made from proprietary polymers that recoil with additional force when compressed, ZAAZ's Aerobic Mat greatly enhances the aerobic effect of your workout and reduces impact on muscles and joints.



AEROBIC MAT INSTALLATION AND USE INSTRUCTIONS:

1. Remove the black plastic base plate that comes standard with the machine.
2. Attach the ZAAZ aerobic mat tray by placing it firmly onto the plate.
3. Install either the soft or hard aerobic mat insert into the tray.

Note: The soft insert is recommended for dampening the intensity of the vibration and is best suited for aerobic activity, whereas the hard insert is best suited for use with weights and stretching.