



# DIY Measuring Guide

EST. **AK** 1990 **ATHLETIC EQUIPMENT**

Please contact customer service if you have any questions  
[sales@akathletics.com](mailto:sales@akathletics.com)



You do not need a professional/installer to pad your facility. Installing wall pads is so easy you can Do It Yourself. Calculating a perfect fit can be tricky but we are here to help. Send us in the dimensions of your room and we will create a custom fit to your room **free of charge.**

### **To get started you will need**

A friend with a measuring tape

Pencil

Paper

Clipboard

When you walk into your room take a look around and make a note of special objects that you will need to pad or need access to. We have the ability to make customize the size, material, and how to attach the pads.

Special objects include but are not limited to:

Doors

Outlets / light switches

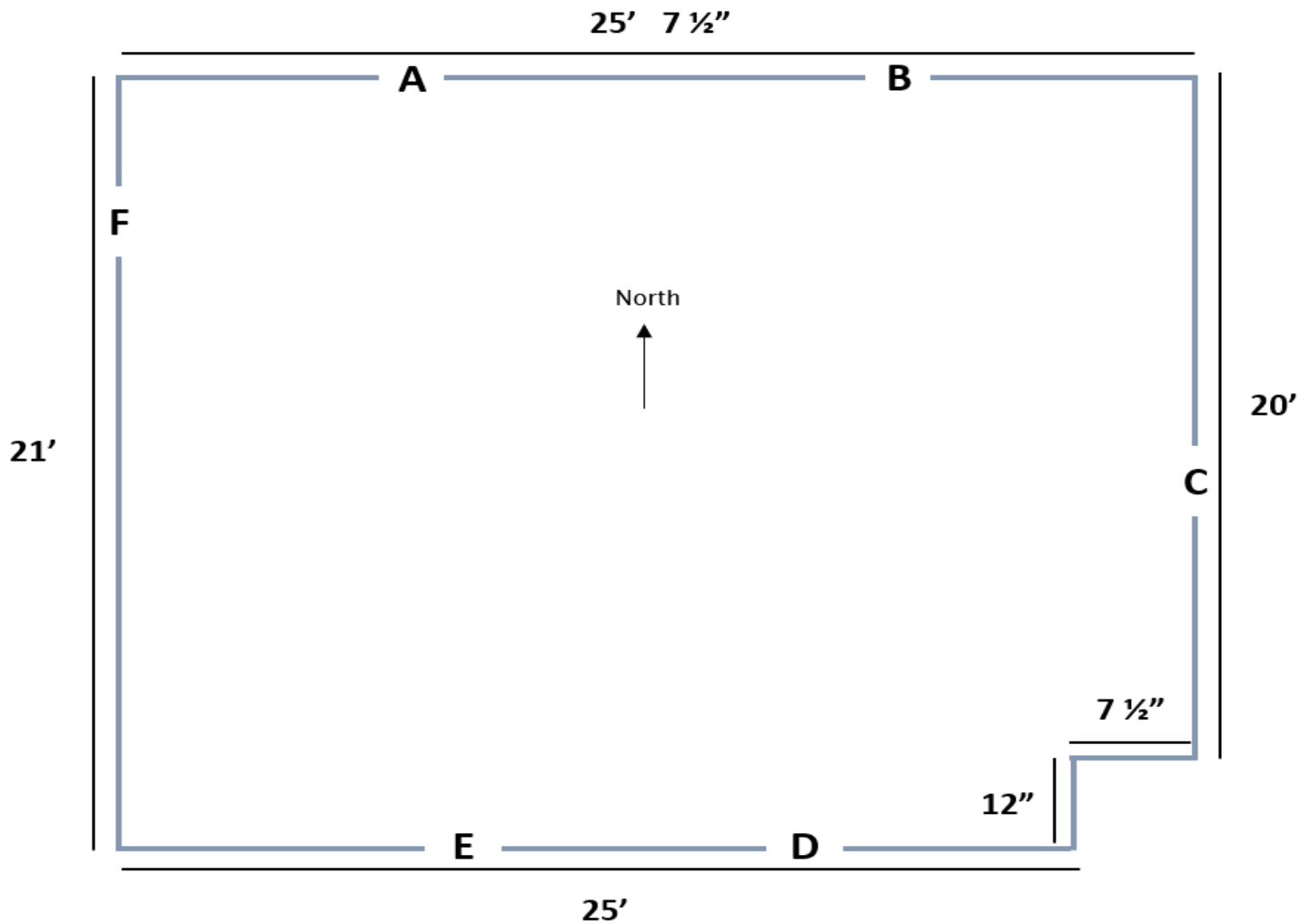
Windows

I-beams

Corners

Poles

## Brid's Eye View



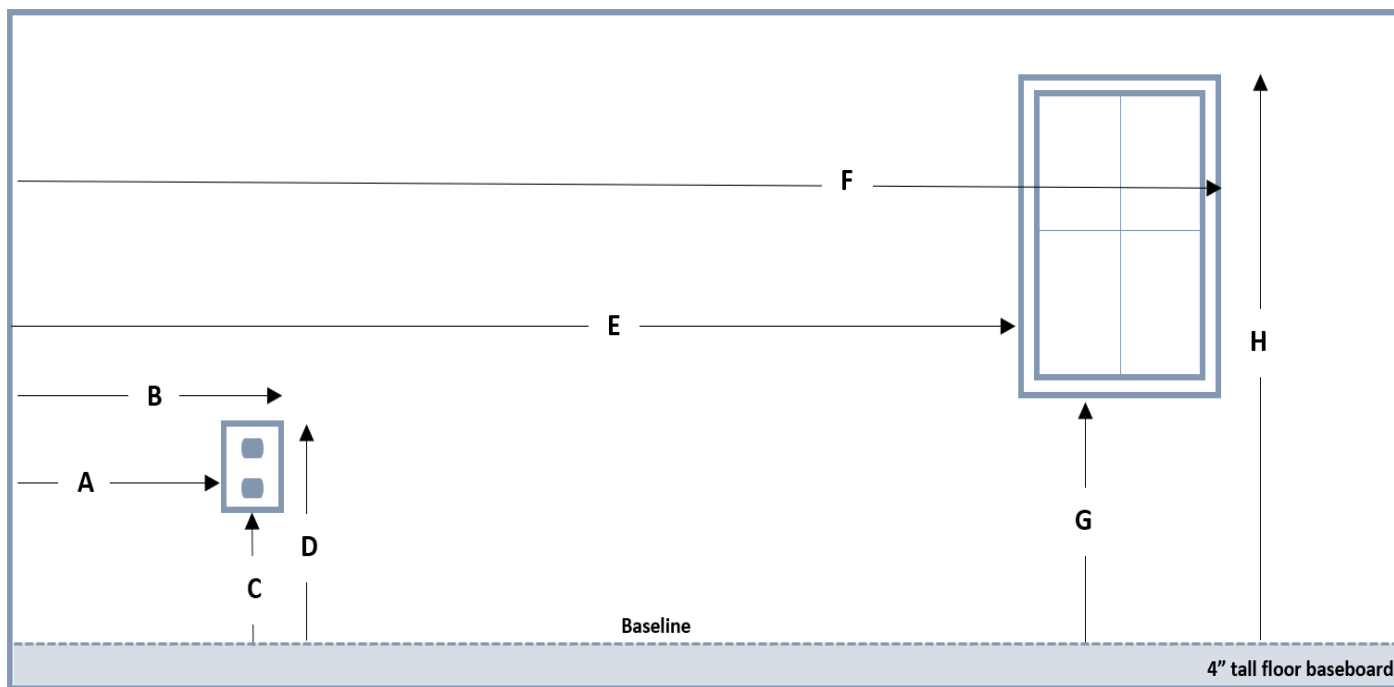
## Obstacles

- A:** Outlets and light switches
- B:** Window
- C:** Column
- D:** I-Beam
- E:** Trapper beams
- F:** Doors

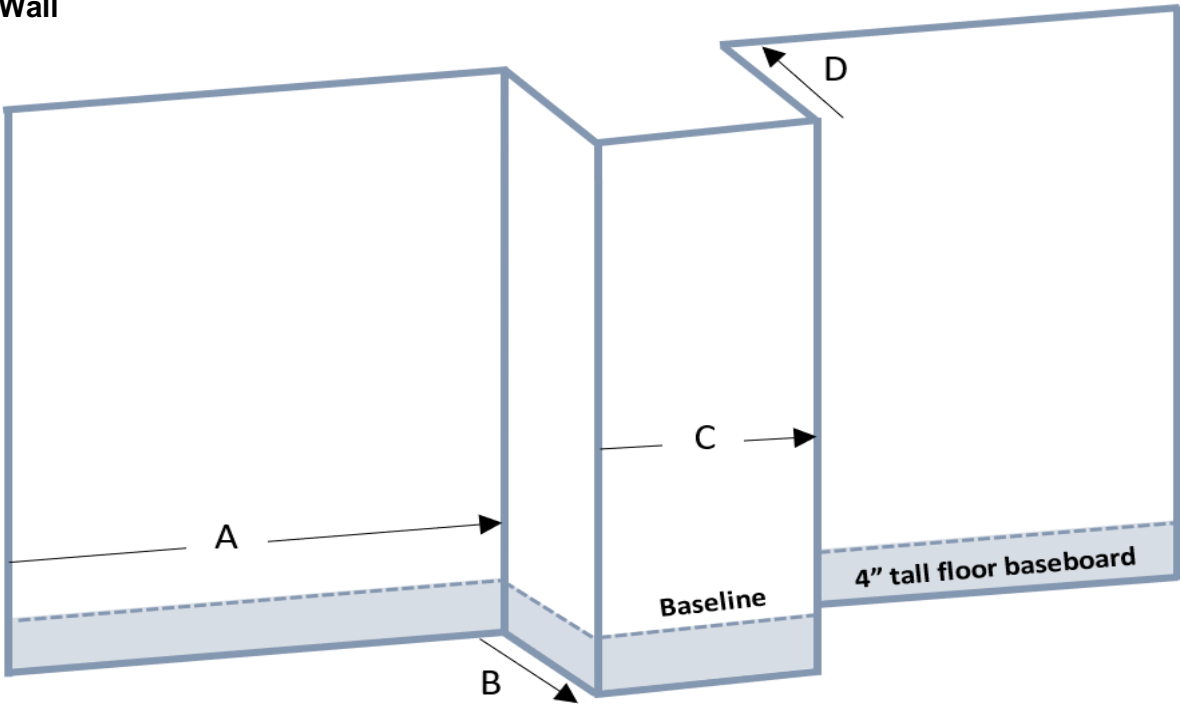
When taking measurements, think about where you are hanging the pad. You may need to install the wall pads above a floor mat or baseboard. To indicate where each obstacle is located at on the wall, always face the wall straight on and start from the left. The bottom of the pad is called the “baseline”, measure from the baseline on up. In the diagrams, the letters represent the measurements needed for cutout.

### North Wall: Outlets/light switch and window

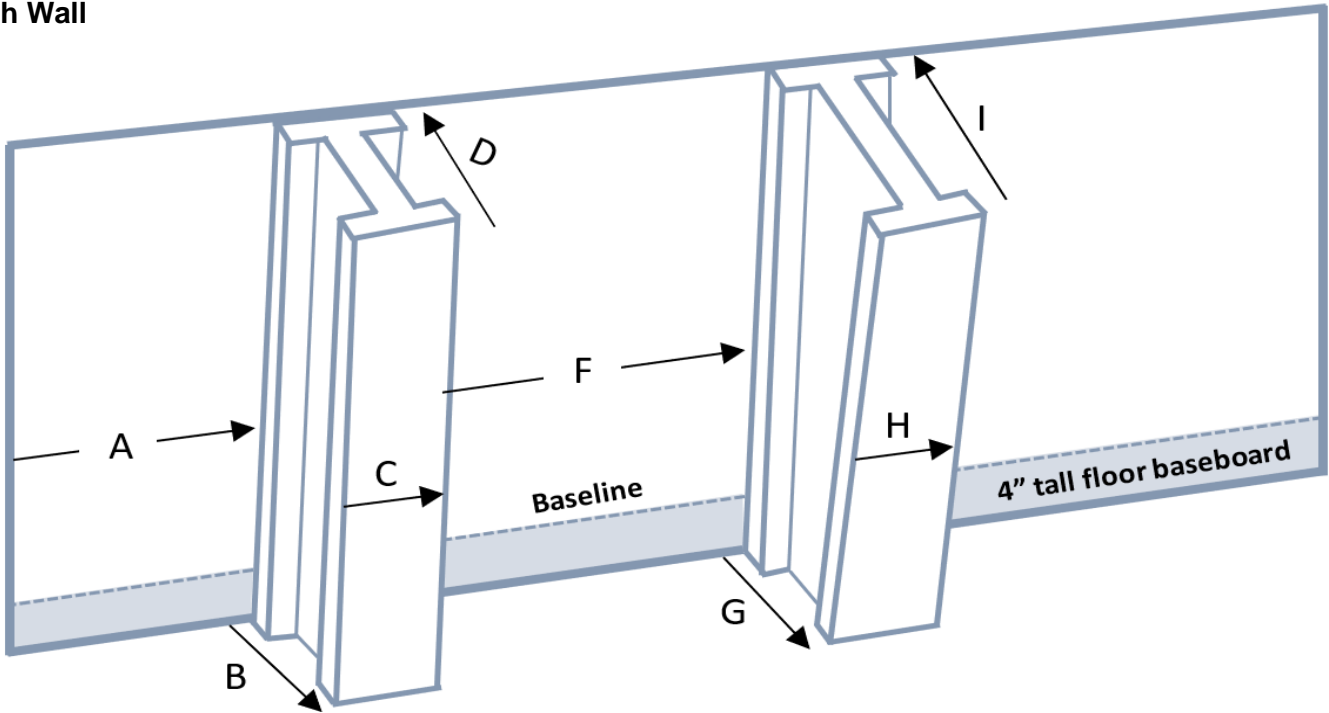
If you are wanting to perform outlet and light switch cutouts on site during installation [click here](#) to see our 4" x 6" wall pad insert.



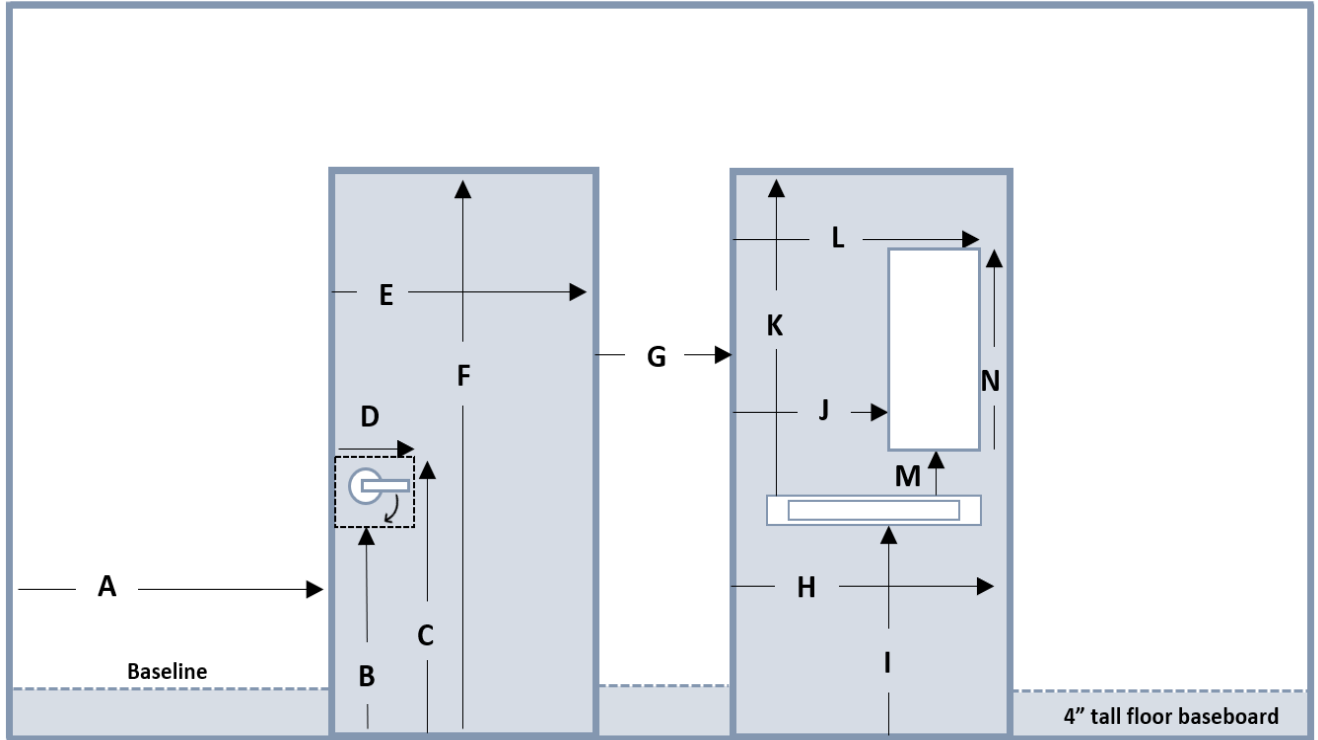
East Wall



South Wall



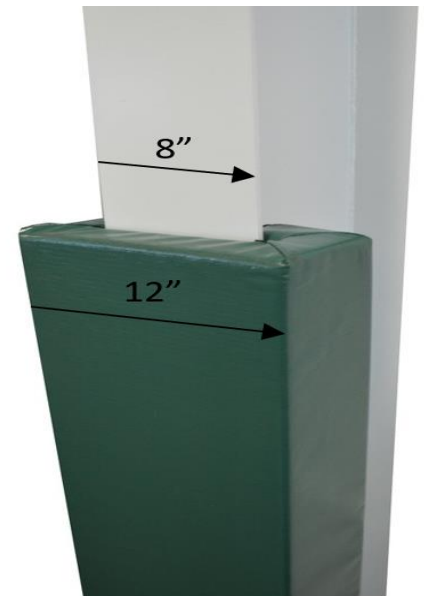
## West Wall



## Replacing Existing Wall Pads

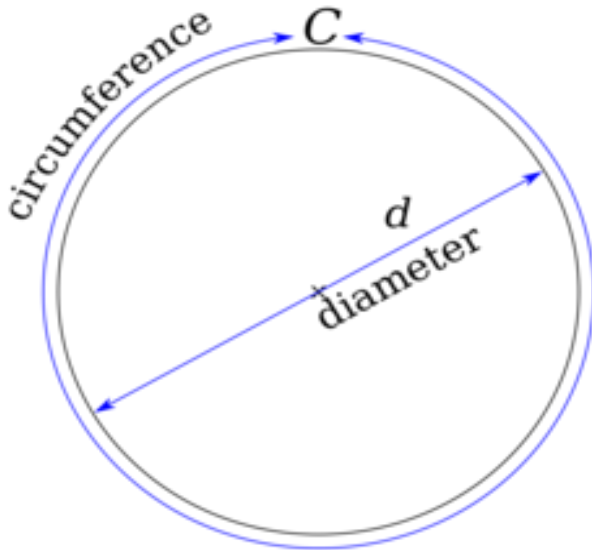
If your gym is ready for an update, it is crucial to give the wall measurements and not the existing pad measurements. The outside of the pad is larger than the wall due to the thickness of the foam.

In the photo below is an example of an i-beam. The beam is 8 inches wide and the pad is 2" thick. The outside measurements of the pad is 12 inches because you add an additional 4 inches (2 inches for the left side and 2" inches for the right side.)



## Round Pole

To get the measurements of your pole, it is important to distinguish between diameter and circumference.



1. Use a soft measuring tape and find the circumference of your pole.
2. To find the diameter, divide the circumference by 3.14
3. If your diameter is in between two whole number purchase the larger diameter as the smaller size will not fit.

Example:

$16 \frac{1}{2}$ " circumference / 3.14 = 5.25" diameter  
(Purchase the 6" diameter pole pad)

## Square Pole

Measure each of the 4 sides independently. If your pole is more of a rectangle versus a square, we can tailor padding to fit your needs.

