



Instant Wrestling Room Measure + Install

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

Please contact customer service if you have any questions
sales@akathletics.com



Measuring and installing AK Athletics Instant Wrestling room is a breeze and can be completed within one day. Start by finding the best corner for you to work out and practice. The foam used for the wrestling mats is also, used for the wall pads. Take the wall mats off the walls and use them for stretching, grappling, and gymnastics. The mats are great to use outside but do not leave them outside, velcro the mats back onto the wall

Install Wrestling Mat

Step 1. Unlike our competitors, AK Athletics roll-up mats do not require a curing step and are immediately ready for grappling. Before you open your package is it crucial that you do not cut the mat. Start at the top where there is cardboard.

Step 2. After unpackaging, slowly unroll each mat. The mat should be lying flat with the vinyl facing upward. There will be a roll of clear mat tape in one of the sections. Line up the sections next to each other and tape them together using the clear mat tape. The edges may slightly roll up but, over time it will flatten.

Install Removable Folding Wall Mats

You will need a level, self drilling screws, pencil, stud finder (if you have a wall with studs) and an electric screw driver.

Step 1. The whole installation process is easiest if you can indicate where the top of all of the wall pads will be. This will also be where the top of the included aluminum velcro strips will be adhered to the wall. The best way to do this is with the help of a laser guide or level to create a straight, even line that is parallel to the floor. The height of this line will depend how far up the wall you will be hanging the wall pads, and the height of your wall pads. Most people prefer the bottom of the wall pads to be directly above the wrestling mat but not sitting on the floor mat.

Step 2. Ignore this step if you are hanging the wall pads on a cement, stone, or brick wall. Mark where the studs are so you know where to drill the screws into the wall. Each removable folding wall pad kit will come with strips of aluminum covered in hard velcro to attach to the wall. This will create a long sturdy velcro strip for your folding wall pads to hang from.

Step 3. Line the velcro strips up with the level pencil line created in step 1. Using your drill and self drilling screws drill through the aluminum velcro strips into the wall using your studs to determine where the screws should occur on the length of the wall.

Using self drilling nails in this step is important, as will allow you to drill directly through the metal strip and attach to the wall simultaneously. The aluminum strips DO NOT come with pre drilled holes for screws

If you received multiple velcro strips for your wall pads, make sure that they are placed as closely next to one another to create a continuous velcro strip for hanging the wall padding.



Step 4. If you have a buddy this process is much easier with two people! Unfold the wall pad and start hanging the wall padding starting from one end. Line up the soft velcro found on the pad with your mounted aluminum velcro strip on the wall.

Now step back and enjoy your work! These pads are made to be utilized on the floor and the ground and can be used for gymnastics, basketball, or any other activity that requires floor or wall padding.

