

How to Install Cut Out Inserts



ATHLETIC EQUIPMENT

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



Cut Out Inserts are ideal when installing wood back wall pads on site. The 4 inches wide by 6 inches tall insert is designed for the standard single outlets and light switches.

You will need a speed square, marker, jigsaw, sharp knife and staple gun.

- **1.** Using a speed square and permanent marker, location on the wood back side of the pad where the cut will be made.
- 2. With the jigsaw, cut wood backing around the perimeter of the future cutout 4" x 6".
- 3. Cut the foam with the sharp knife. Do not cut the vinyl and remove the cut foam.
- 4. Use the sharp knife to cut the vinyl in an "X".
- **5.** Fold the 4 flaps of cut vinyl to the wood on the back of the pad. Staple the folded vinyl to the wood.
- **6.** Squeeze the sides of the insert and push it in the rectangular hole. When the insert is put in places, secure the insert by stapling it to the wood.

