



Interlocking Gym Mat

Our Interlocking Gym Mat is a modular anti-fatigue matting system designed specifically for gym and fitness environments, from weight rooms and strength training zones to cardio studios and high-intensity interval training (HIIT) areas. The textured surface provides outstanding anti-slip protection and ergonomic comfort, making it ideal for high-traffic workout areas. Its shock-absorbing qualities and noise reduction benefits are perfect for dynamic fitness spaces, including yoga studios, and group exercise rooms.

Featuring a secure interlocking system with male and female edges and bevels, our Interlocking Gym Mat can be easily customised to fit any size or shape, ensuring a safe and seamless flooring solution for every fitness space.

Features

- ◆ **Typical applications:** Perfect for weight rooms, cardio areas, HIIT zones, and group exercise studios - a versatile flooring solution for every fitness space.
- ◆ **Material:** Natural rubber, recycled rubber and nitrile rubber.
- ◆ **Cleaning:** Wash with cold water, use a vacuum cleaner, or a pressure pump to remove dirt. The use of harsh detergents is not recommended.
- ◆ **Sustainability:** Nature friendly, biodegradable and recyclable. REACH compliant. Contributes to a cleaner environment by reducing the need to use cleaning chemicals.
- ◆ **Warranty:** Lifetime.

Suitable for
indoor and outdoor use



For more information about this product or, to place an order [click here](#)

Code	Metric	Imperial	Thickness	Weight	Type	Colour
GT3636BL	92cm x 92cm	3' x 3'	19mm	10.2kg	Mat	Black
CLS36BBF	92cm x 5.5cm	3' x 2"	19mm	0.75kg	Bevel - Female	Black
CLS36BBM	92cm x 5.5cm	3' x 2"	19mm	0.90kg	Bevel - Male	Black

Please note, all Imperial sizes have either been rounded up or down to the nearest whole number

Our delivery promise

We guarantee your order will be shipped on time, every time.
That's the Blue Diamond difference.

v1.11.24

Get in touch

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Technical Specification

Slip resistant:	Excellent slip resistance to level 3
Anti-fatigue:	Excellent anti-fatigue properties, resistant to level 3
Wear resistant:	Excellent wear resistance to level 3, suitable for heavy footfall
Connectable:	Yes, the mats are modular and interlocking with bevelled edges to create ramps to all sides
Cut to size:	Yes, mat can be cut to bespoke sizes
Disability friendly:	Yes, the mats have ramped edges making them suitable for wheelchair users
Dry area:	Yes
Heavy area:	Yes
Wheeled area:	Yes
Environment:	Suitable for indoor use
Impact resistant:	Yes
Product testing:	<ul style="list-style-type: none">◆ Tensile strength: 3-3.5 Mpa◆ Hardness: 55+ Shore A◆ DIN abrasion loss mm³: 250-300◆ Elongation at break: 200-250%
Sustainability:	<ul style="list-style-type: none">◆ Nature friendly, biodegradable and recyclable◆ REACH (Registration, Evaluation, Authorisation and Restrictions of Chemicals)◆ Contributes to a cleaner environment by reducing the need to use cleaning chemicals
Temperature resistance:	-20°C to +130°C
Cleaning:	Wash with cold water, use a vacuum cleaner, or a pressure pump to remove dirt. The use of harsh detergents is not recommended