



## YOGA MAT

Add support to your yoga or floor workouts with this extra-thick, soft, nonslip mat that helps cushion your joints.

Provides a thick, textured surface for extra stickiness and grip

High-quality closed-cell PVC vinyl gives a pillowy feel, while embedded fabric mesh adds durability

Hand washable

For more products from the fitness experts at Beachbody®, visit [Beachbody.com](http://Beachbody.com).  
For even more support, learn how you can get a FREE Coach at [TeamBeachbody.com](http://TeamBeachbody.com).

### CARE AND USE:

- NEVER expose the Yoga Mat to excess moisture, as this may compromise its integrity.
- To clean the Yoga Mat, simply wipe with a damp cloth and dry with a dry, clean cloth.
- Store the Yoga Mat in a dry, clean place.
- Keep away from children.

#### LATEX WARNING:

The Beachbody Yoga Mat is made with natural rubber latex (NRL), which may cause minor to life-threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and even loss of consciousness. These reactions, anaphylaxis, or any of these symptoms or conditions could be life-threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction.