

How to choose the perfect gym mat?

How to choose the perfect gym mat? Well, it depends on many factors and it is not an obvious choice. There is a wide selection of gym mats which differ in size, the purpose of its use, the material they are made of, durability, softness, slipperiness, steady resistance and the ability to thermal and acoustic isolation. Before making a choice, you must take into consideration all these criteria if you want to feel comfortable during the workout session.

One thing is certain, if you train, the gym mat is essential for you.

Tell me what you train, and I'll tell you what gym mat will be perfect for you :)

Most of the doubts can be successfully overcome by the answering to this question.

tiguar portfolio contains a set of gym mats that have been carefully thought through in terms of the main purpose of use. Any of them were not placed there accidentally. Our gym mats are designed as a response to fitness market demand - mostly for fitness centers and gyms.

However, if you ask us whether tiguar mats are suitable for training at home, the answer will be: sure, they are.

The high quality is what distinguishes our products from other gym mats, that can be found in chain stores or supermarkets, making them unique and incomparable. If you are not afraid to be the owner of a gym mat in the long term, there are no contraindications.

The relevant size depends on the type of physical activity you want to perform. Long mats will be proper for those who do a lot of exercises in lying pose while short mats are perfect for dynamic training sessions. As far as thickness is concerned, the best option if you attend yoga classes is a thin mat, however for Pilates the thicker mat, the better.

Yoga and mental exercises

If you practise yoga, stretch, do mobility exercises or health promoting activities, you need a long mat so that you can lie down on it conveniently. Our **tiguar yoga basis** mat is 183cm long, however if you are below that height, or simply want a shorter mat, you can also find yoga mats that come in lengths of 170cm. The mat should give you the sense of security and make you feel comfortable. As far as the yoga mat is concerned, you might choose a thinner mat if you want to have better stability during balance exercises and prefer being connected to the floor or feeling each pose. However, it does not indicate discomfort because our yoga mat is made of rubber, which offers you the pleasant soft structure and non-slip surface. Neither the mat slips on the floor nor you slip on the mat.

Functional training, free-weight exercises

On the other hand, there are more dynamic ways of exercising, due to which sweat is pouring in streams (=our fat is crying). If you add training with weights, for instance with kettlebells, you may want a gym mat that satisfies all your needs with no harm to the floor. In such a case, **the tiguar comfortmat** mat, which is 1.6 thick with a well cushioning and extremely durable (a five-year warranty), will be a perfect choice. This mat has a waterproof surface as well as a special antibacterial layer for maximum hygiene. If you are keen on training at home and what is more you are lucky to have downstairs neighbours, the additional advantage will be acoustic isolation thanks to its thickness. Obviously it will not make your room 100% soundproof but let the neighbour know that you train :)

Pilates and acrobatics

Pilates requires having very comfortable conditions. **The tigrar deluxe** mat was designed with a view to this kind of workout. It is the longest, the thickest and the softest gym mat that you know. All is done in order to ensure your maximum safety and comfort during practice. The deluxe mat compensates for movements and protects your body against hard surfaces or the occurrence of minor bruises and injuries as a result of exercises. Its maximum size lets you stand on the mat and feel like you have found your place in the world and do not want to leave it :)

If you tend to practise acrobatic exercises, the deluxe mat will be perfect for you thanks to its unique thickness, softness and the ability to compensate. For the same reasons, the deluxe mat is willingly chosen by physiotherapists who value the proper size and the feeling of comfort due to its properties.

No holds are barred

If you do not need a long gym mat, but only protection and comfort for your back, hands and legs during workout, you may choose **the tigrar workout** mat which is short, universal and takes up very little space. The mat will be suitable not only for functional training or weightlifting but also because of its flexibility and compact size, it is suited to being put on the step in order to create an exercises bench which allows you to do barbell workout.

The tigrar workout is characterised by being resistant to deformation, having a non-slip surface and exceptional design which is adored by us sincerely. It is also recommended for customers who appreciate minimalism regarding the design of the product.

Our most universal gym mat, as for the size, the purpose of use and the design, is **the tigrar essential** (has been available for sale since 1st June 2020). Both above mentioned mats are made of foam and show the incredible degree of flexibility, moreover when it comes to the second one it has a very smooth surface too. In comparison with the tigrar workout, which comes in lengths of 1m, the tigrar essential is 40cm longer and 10cm wider. The last but not least both mats has non-slip surfaces which will give you comfort and safety during workout.

What if I choose my own way?

What will happen if I choose a yoga mat to do Brazilian butt lift workout? It is brilliant and we are looking forward to seeing the results of your exercises.

One must focus on selecting such a gym mat which will give the feeling of comfort and will be appropriate for one's training session. It is hard to imagine travelling with the comfortmat or taking it for outdoor training or to the fitness center (however, it is highly recommended even if you train in the fitness centre, your own gym mat will ensure hygiene and safety!). Therefore the best gym mat is your own choice, as it usually happens in life.