## TO INFLATE WITH FOOT

STEP 1 - Level the mattress on flat surface



STEP 3 - Remove the cap and rubber plug from the front nozzle (Foot pump). Completely cover the front nozzle with your foot and begin pumping until the pad reaches a satisfactory level of firmness.



STEP 2 - Ensure that both parts of the back

nozzle are fully & tightly closed.

STEP 4 - Once fully inflated, close the nozzle using the cap and rubber cap to prevent any air loss.





Step 3 - Once inflated, cover the black check

valve with the clear lid cover.

## TO INFLATE BY MOUTH/PUMP

Step 1 - Make sure the rubber plug and cap from the Foot pump are securely closed.



Step 2 - Flip the mattress to the back and open the clear lid cover. Either blow air with the black cap (check valve) on, or use a pump. Continue inflating until the pad reaches the desired level of firmness.



TO DEFLATE

STEP 1 - Open the nozzle fully on the back side of the mattress.



STEP 2 - Kneel on mattress to release the air



STEP 3 - Roll up the mattress and close the

nozzle.

- Be careful not to over-inflate the mattress
- Keep away from fire and high temperature goods
- Refrain from allowing pets near to prevent holes or punctures.