



**Topo Mat by Ergodiven is the only anti-fatigue mat designed with standing desk users in mind. Inspired by the natural terrain of the outdoors to encourage healthy movement and the true benefits of standing.**

While there are many benefits of standing over sitting, it is only healthier if it is done right and that requires increased movement. Topo has been meticulously designed with 'terrain' features to encourage you to subconsciously move more by moving your feet to explore, articulate, and stretch as you stand. The peaks and valleys activate blood flow and engage more muscles than simple standing mats are able to.

The easy hands-free position lets you slide the mat on various floor surfaces, without needing to bend down. Made from a durable and comfortable polyurethane foam that easily wipes clean. The surface is gently pebbled to keep Topo feeling natural, airy and comfortable. Measures 74cm x 68cm x 7cm.

## TOPO MAT TERRAIN FEATURES

Topo's calculated terrain features are proven to drive natural, healthy movement:

1. A multifaceted rear ramp for calf pump breaks and support for split stances.
2. The slight crown in the neutral area is just enough to activate your balance circuits and promote healthy blood flow.
3. Raised front corners support diagonal split stances and engage your toes.
4. The centre "teardrop" further drives movement and ankle range of motion.
5. The raised side rails maintain your torso height and hand position when you switch to a wide stance.
6. A contoured front edge provides a foot prop for split stances and a leading edge to "hook" with your toes.
7. The underside is designed to slide easily when you switch between standing and sitting.

