



## PRODUCT OVERVIEW

# GYM FLEX CARDIO

Our Cardio floor system is a specialised high Performance Rubber surface to support and enhance Cardio workouts. It's designed to provide a safe, comfortable, and durable foundation for equipment like treadmills, Exercise bikes, and rowing machines, as well as for bodyweight cardio exercises like jumping jacks and burpees. Unlike general-purpose flooring, cardio gym flooring focuses on specific characteristics crucial for repetitive, high-impact movements and heavy equipment. The system is built using the New Era Acoustic Cradle System to enhance impact sound reduction, making it an ideal solution for upper-level gym where Acoustics are vital.

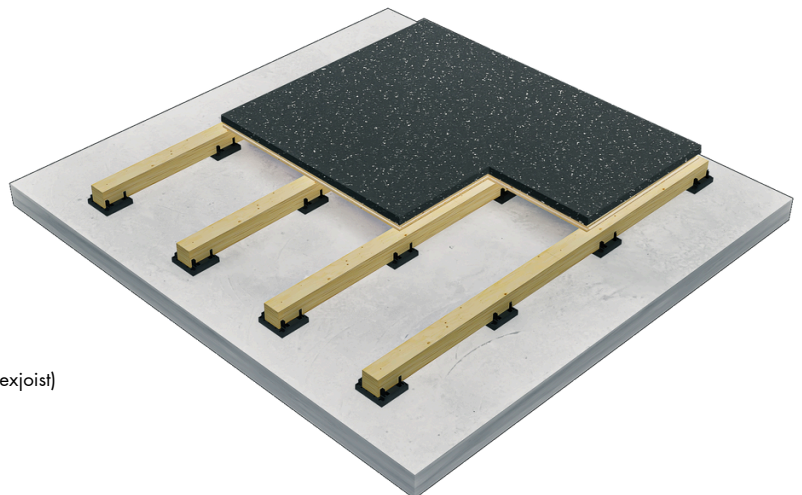
Floor Finish	Recycled Rubber tile 20mm
Colour	Black/15% grey fleck
Structural Layer	18mm T&G Plywood
Usage	Fitness Studio/Cardio
Cradles	New Era Acoustic*
Flexjoists	36 or 48mm Flexjoists**
Floor Heights	90-338mm
Flexjoist Centres	300mm
Cradle Centres (Along Flexjoist)	450mm (36mm Flexjoist), 600mm (48mm Flexjoist),
Acoustic Reduction	29db
Loading	500kg per m2 Static Load & 350KG point load

\*Cradle Calculations: 17.0 per m2 (36mm Flexjoist) 14.0 per m2 (48mm Flexjoist)

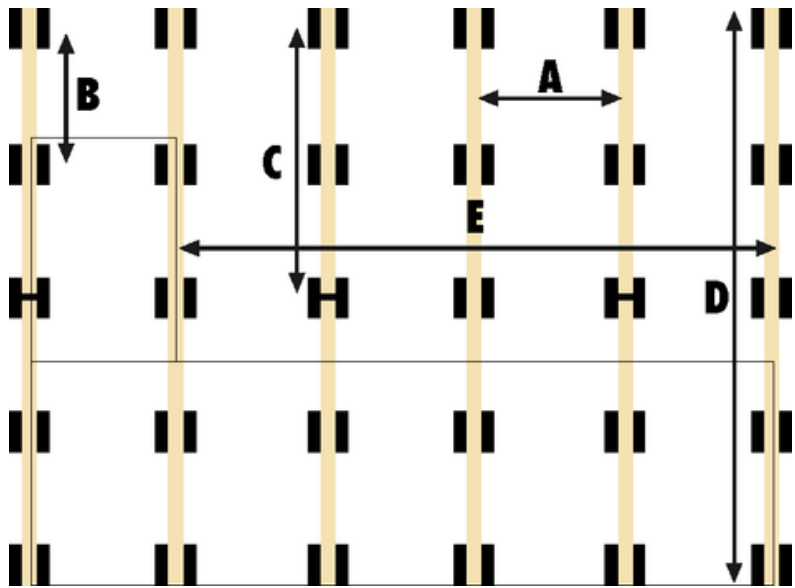
\*\*Flexjoist Calculations: 4.0 per m2

## KEY FEATURES AND BENEFITS

- ✓ Recycled Interlocking Rubber Tile 20mm
- ✓ Adjustable heights 90-338mm
- ✓ Acoustic Isolation
- ✓ Ideal for fitness machines and light impact use
- ✓ Excellent shock absorption



# GYMFLEX CARDIO



GYMFLEX CARDIO  
FLEXJOIST & CRADLE  
LAYOUT

Flexjoint Size		A	B		C	D		E
36mm	Layout	Flexjoists 300mm	Cradles 450mm	Flexjoist Stagger	Flexjoists 900mm	Flexjoists 1800mm	Floor Stagger	Floor 1200mm
48mm	>	Flexjoists 300mm	Cradles 600mm	>	Flexjoists 1200mm	Flexjoists 1800mm	>	Floor 1200mm

