

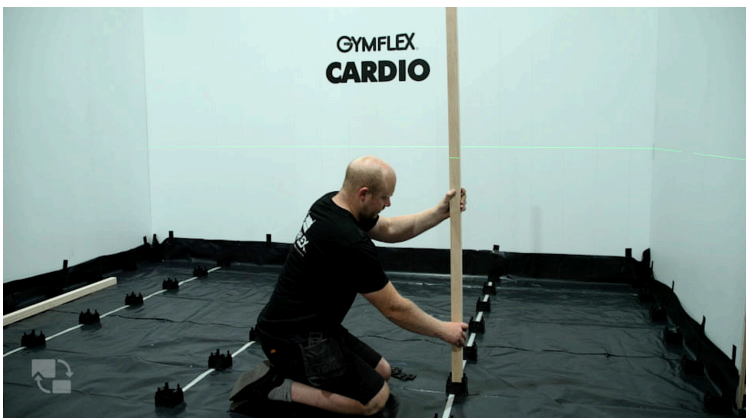
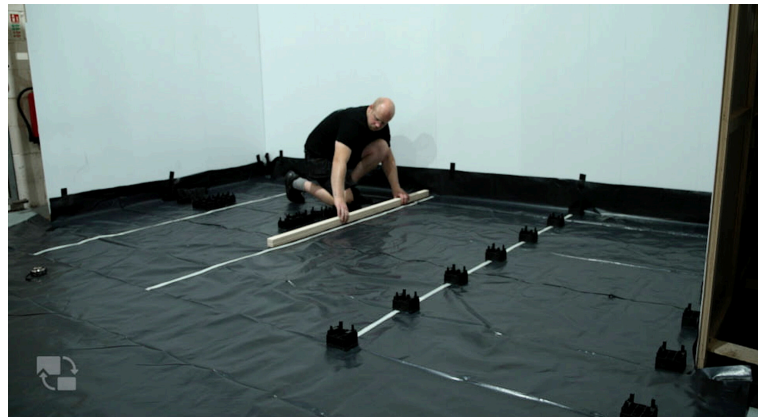
GYMFLEX CARDIO

INSTALLATION INSTRUCTIONS FOR CARDIO FLOORS



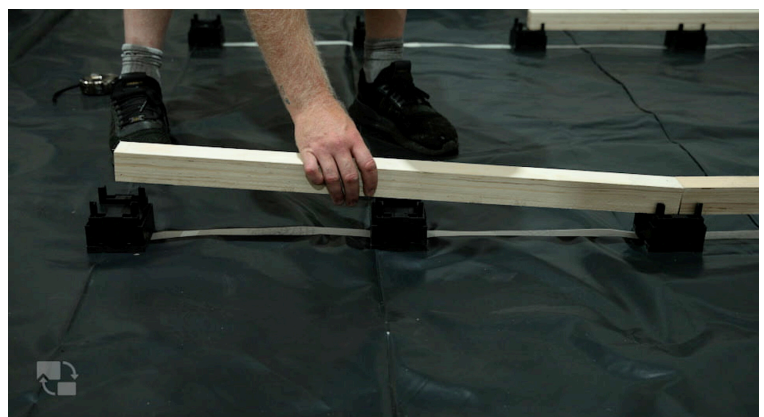
1. Lay 1000 gauge polythene with 150mm overlapped and taped joints. Lap up wall passed finished floor height.

2. Flexjoist Centres to be set out at 300mm and cradles along the flexjoist at 450mm for 36mm flexjoist & 600mm for 48mm flexjoist.



3. Acoustic cradles to be adjusted to datum using Laser level to ensure accuracy using the New Era packers.

4. Fit Flexjoist to cradles, ensuring each row is staggered to make sure floor is fully tied in. Leave minimum of 40mm expansion off wall on ends of every Flexjoist.



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INSTALLATION INSTRUCTIONS FOR CARDIO RUBBER FLOORS



5. Apply P300 adhesive to top of flexjoists and lay 18mm T&G plywood with all T&G joints glued using P300 PVA adhesive

6. Continue laying plywood, ensuring all T&G joints are glued using P300 PVA adhesive, staggered in a brick bond pattern, screw the plywood to the Flexjoists ensuring screws are located at front and middle of each row.



7. Lay Gymflex 20mm tiles with clips, lay in a brickbond pattern with fixing clips on reverse side. Use a rubber mallet to ensure fixings are correctly located and floor is sitting flat. Leave 10mm expansion to all abutments.

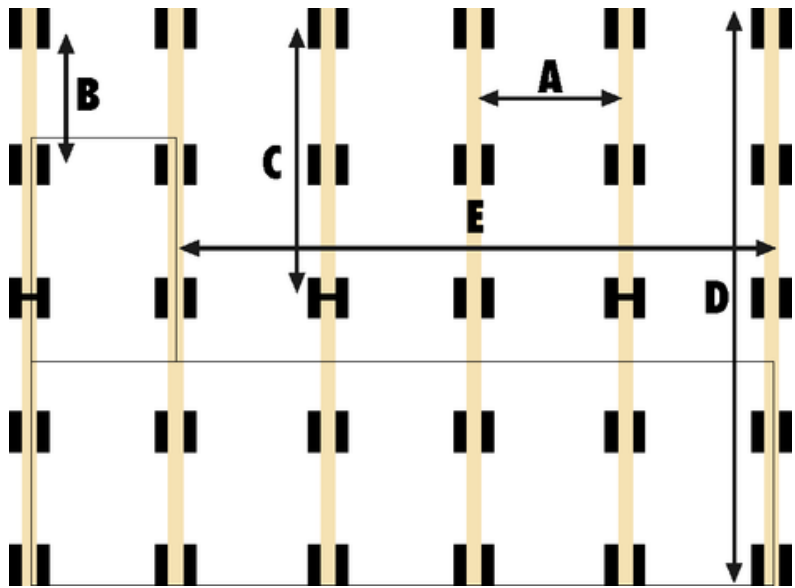


WATCH INSTALLATION VIDEO

Note: On every installation the subfloor must be checked to ensure compliance with BS8201 and no system should be laid on concrete substrates unless RH is tested and recorded to be below 75% RH (65% if it has underfloor heating)

Building should be weathertight and Relative Humidity (RH) be stable and between 35-65%

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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

