

# TECHNICAL DATA SHEET



## GYMFLEX®



### PRODUCT OVERVIEW

## GYMFLEX FREEWEIGHT

Our Free Weights floor is a specialised High Density, impact Absorbing, Rubber floor system designed to withstand the unique stresses of heavy lifting and impacts of free weights, whilst having excellent Acoustic isolation properties.

This system is built using our Rubberflex shock absorbing cradle, with an extra strength layer to protect both the gym structure and the equipment, whilst also ensuring the safety & comfort of the lifters.

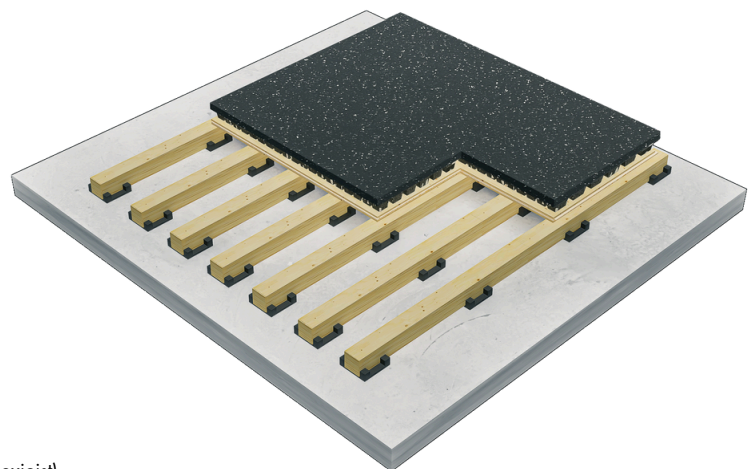
Floor Finish	Recycled Rubber tile 40mm
Colour	Black/15% Grey Fleck
Structural Layer	18mm T&G Plywood
Usage	Fitness Studio/Free Weights
Cradles	New Era Rubberflex*
Flexjoists	36mm or 48mm Flexjoists**
Floor Heights	104-156mm
Flexjoist Centres	150mm
Cradle Centres (Along Flexjoist)	300mm
Acoustic Reduction	29db (Minimum)
Loading	650kg Static load & 400kg Point load
Impact Load	80KG from Free-weights

\*Cradle Calculations: 17.0 per m2 (36mm, 48mm, 63mm Flexjoist)

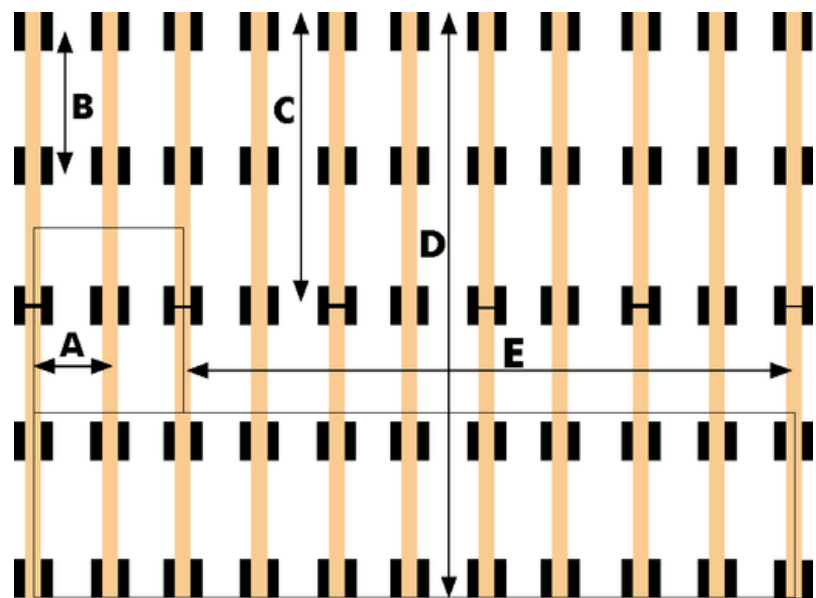
\*\*Flexjoist Calculations: 4.0 per m2 (36mm, 48mm Flexjoist) 3.4 per m2 (63mm Flexjoist)

## KEY FEATURES AND BENEFITS

- ✓ Recycled Interlocking Rubber Tile 40mm
- ✓ Adjustable heights 104-156mm
- ✓ Acoustic Isolation
- ✓ Ideal for free weights, Machines and medium impact use
- ✓ Excellent shock absorption
- ✓ Impact up to 80KG (height of 1.5m)



# GYMFLEX FREEWEIGHT



GYMFLEX FREE  
WEIGHT FLEXJOIST &  
CRADLE LAYOUT

Flexjoint Size		A	B		C	D		E
36mm	Layout	Flexjoists 150mm	Cradles 300mm	Flexjoist Stagger	Flexjoists 900mm	Flexjoists 1800mm	Floor Stagger	Floor 1200mm
48mm	>	Flexjoists 150mm	Cradles 300mm	>	Flexjoists 1200mm	Flexjoists 1800mm	>	Floor 1200mm

