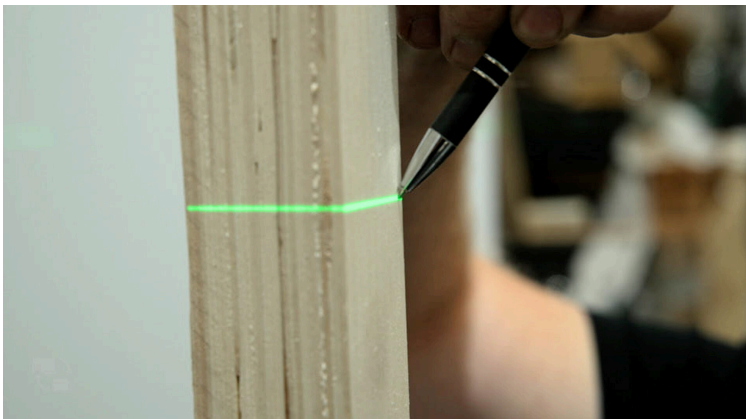
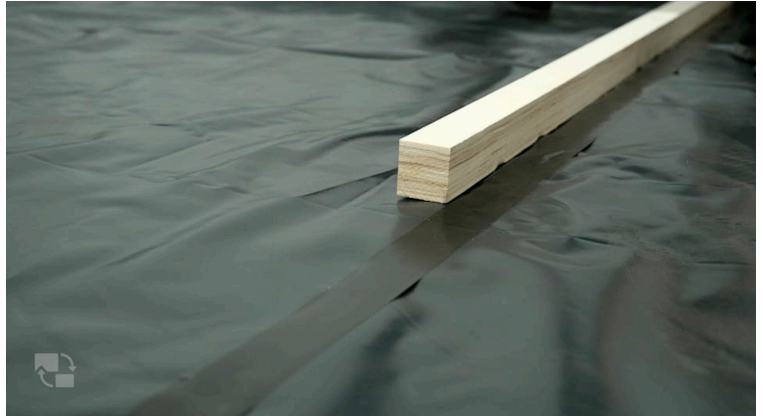


## GYMFLEX FREEWEIGHT INSTALLATION INSTRUCTIONS FOR FREE WEIGHT FLOORS



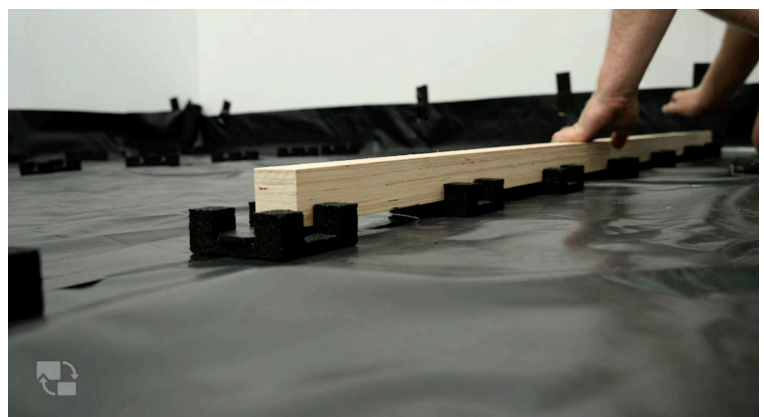
1. Lay 1000 gauge polythene with 150mm overlapped and taped joints. Lap up wall passed finished floor height.

2. Flexjoist Centres to be set out at 150mm and cradles along the flexjoist at 300mm.



3. Rubberflex 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.



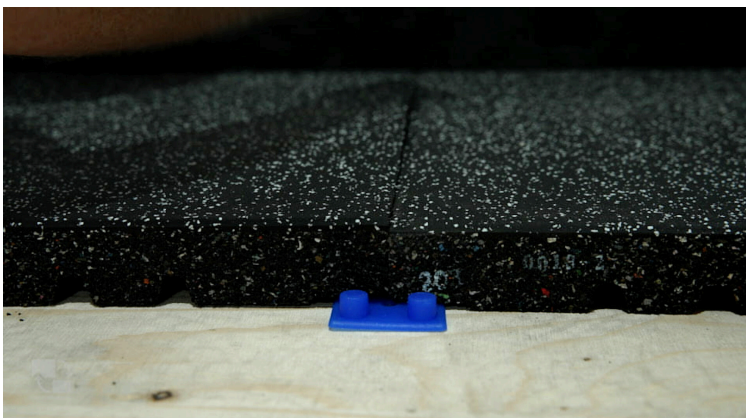
## GYMFLEX FREEWEIGHT

### INSTALLATION INSTRUCTIONS FOR FREE WEIGHT 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 40mm 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.

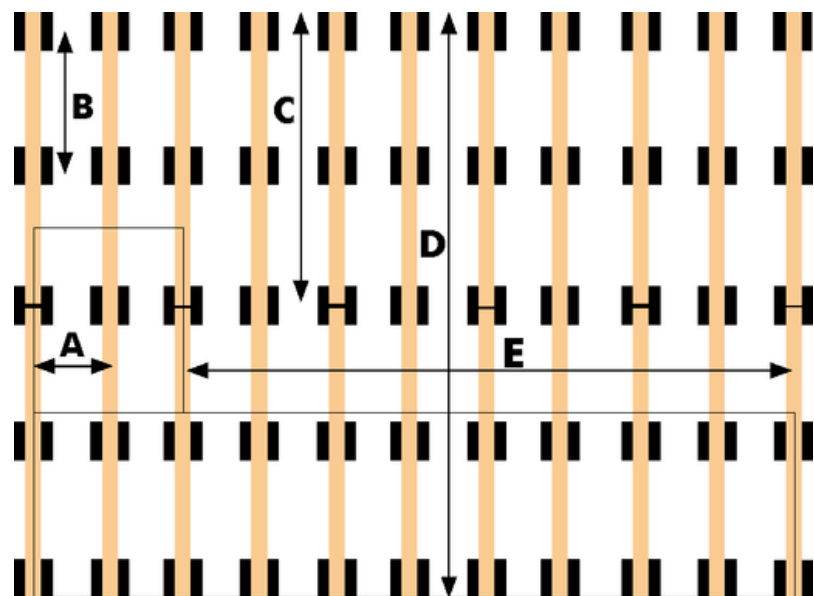


## WATCH INSTALLATION VIDEO

**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%

# 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

