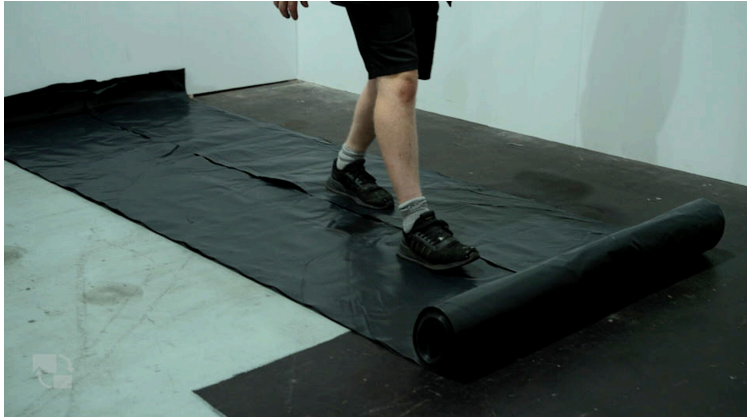


INSTALLATION INSTRUCTIONS

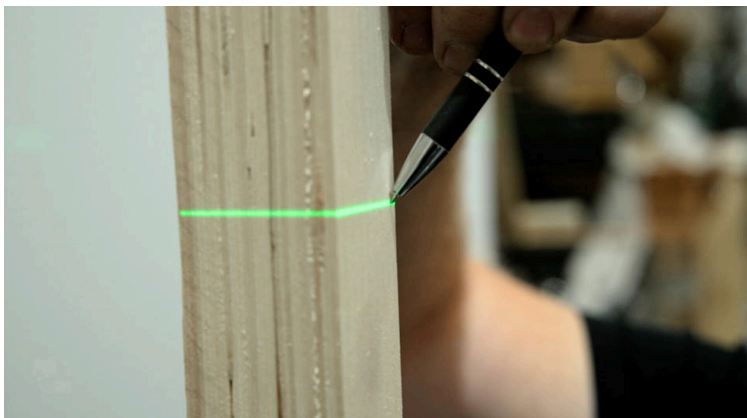
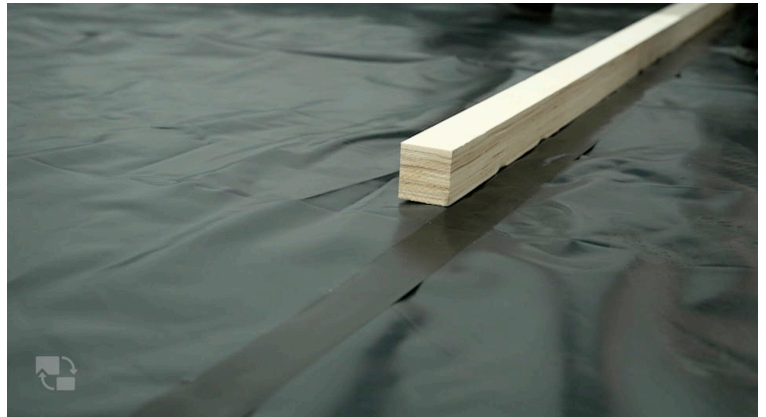
GYMFLEX POWERLIFT

INSTALLATION INSTRUCTIONS FOR FREE POWERLIFT FLOORS



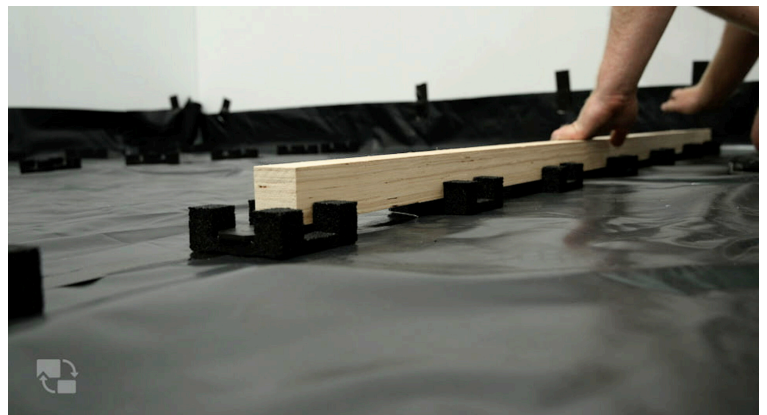
1. Lay 1000 gauge polythene with 150mm overlapped and taped joints. Lap up wall passed finished floor height.

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.



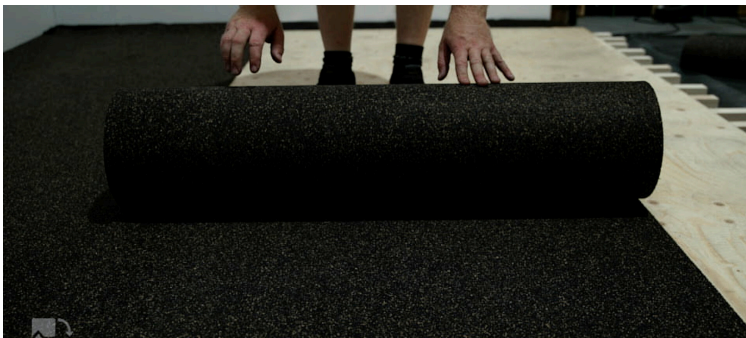
GYMFLEX POWERLIFT

INSTALLATION INSTRUCTIONS FOR POWERLIFT 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 5mm Shockroll on plywood, joints taped using Gymflex Shock tape.

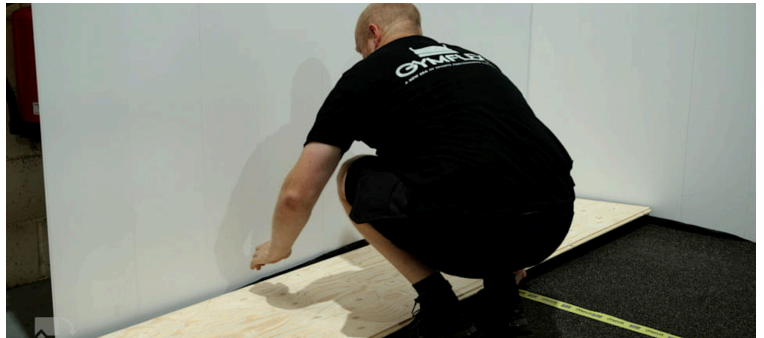
Note: On every installation the subfloor must be checked to ensure compliance with BS8201 and no system should be laid on concrete substrates unless RH is tested and recorded to be below 75% RH (65% if it has underfloor heating)

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

GYMFLEX POWERLIFT

INSTALLATION INSTRUCTIONS FOR POWERLIFT FLOORS

8. Lay 2nd layer of plywood, floated on top of Shockroll, glued together using P300 PVA adhesive on all T&G joints, in a brick bond pattern.

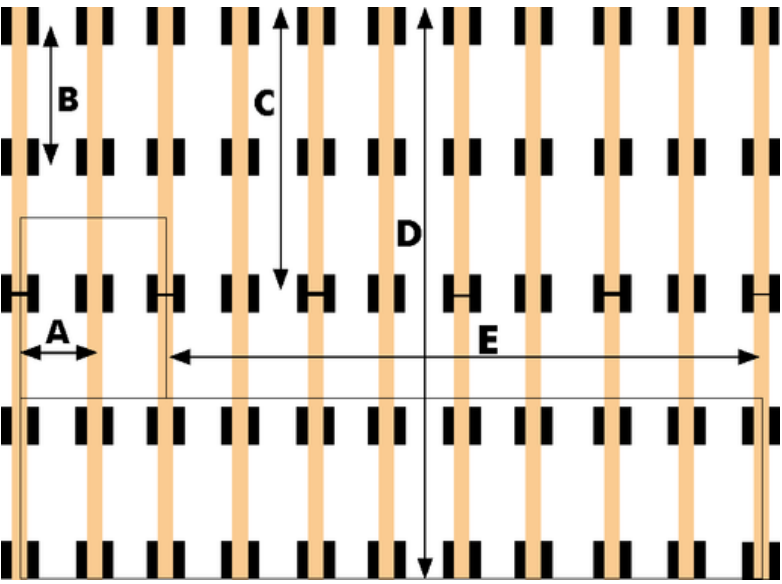


9. Lay Gymflex 40mm tiles with clips, lay in a brickbond pattern with fixing clips on reverse side. Use a rubber mallet to ensure fixings are correctly located and floor is sitting flat. Leave 10mm expansion to all abutments.

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 POWERLIFT



GYMFLEX POWERLIFT
FLEXJOIST & CRADLE
LAYOUT

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

