

Gym Floor Mats

#1 selling rubber Gym Mats

The General Mat Company Gym Floor Mats form an impact attenuating comfortable, quiet floor covering for many varied applications.

Installation Guide

Preparation is the key to any successful flooring installation. Reasonable time should be spent to ensure that your subfloor is prepared well. Concrete floors should be smooth and level. For best results mats should be adhered to the sub-base, however it is not necessary (subject to end use) if mats can be locked in place in suitable areas that are bordered with suitable edge strips or walls to butt to. To determine the appropriate installation works consideration should be given to the end use.

Aerobics, boxing or any extreme use activities require full adhesion to the sub-base and a minimum of three coats of gloss floor finish. Loose lay installations must give consideration to temperature variations during and after installation. Environments with conditioned air require the mats to be acclimatized if the ambient temperature at installation will be higher than when in service.

If adhesives are to be used, a concrete moisture test should be carried out to make sure the floor is dry (below 5.5%). If the mats are to be installed over timber and chipboard floors and the surface is uneven or has gaps they should be sheeted with flooring Masonite and anchored with the proper nails or staples. The mats should not be installed over carpet.

All mats should where possible be installed in Brick Pattern.

1. Once the subfloor is prepared, establish your starting point by laying out one row of loose mats horizontally at the front entry point of the area. Form a line across the room with the intention of working horizontally backwards to the rear of the room. The front row of mats should be the first row of mats that will be walked onto. Adjust their position to give equal gaps at the walls, trying to avoid thin slivers. This first row of mats should be glued down along the front leading edge or held in place with the appropriate nails (nails to be removed after installation) or a protective aluminium or timber strip can be installed to hold the position of the front row of tiles whilst the remaining tiles are installed.

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