

# Gym Floor Mats

## #1 selling rubber Gym Mats

2. Lay the next row of mats horizontally directly behind and offset to in a stretch bond pattern (brick pattern). Attempt to push firmly against the first full row of mats and over cut at the walls by 10mm or more (dependant upon the length of run) to cause a horizontal direction force reduction tight fit. Continue laying horizontally down the room in stretch bond pattern until the floor is complete. Ensure the mats are tightly laid and over cut along the back wall to cause a vertical direction force reduction tight fit.

3. To mark mats for cutting, (in instances where the walls are square) place the mat pushed forward into the wall and lay it under the adjacent already laid mat. The edge of the top mat provides the line along which to mark for cutting. Using a straight edge, over cut the line with a very sharp stanley knife to enable a force reduction tight fit. Install the cut mat with cut edge to the wall. If the walls or the cut requirement is not square take measurements from the installed mat to the wall and mark the mat appropriately for cutting. Remember to over cut the mats for a snug fit.

4. For areas of high traffic or extreme use the mats should be fully adhered to the sub-base with Sikaflex adhesive. Use a notched trowel to spread the adhesive. Mats can be spot glued if the intended end use requires it

5. It is required that all floors be coated with two coats of gloss urethane floor finish (cork floor sealer) with a 10mm nap roller. **Be careful not to flood the mat with the sealer to avoid it swelling from the solvents.** If swelling occurs, the mats will typically contract after the solvent dissipates. Perform a test coat on a small area prior to full application

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