



INSTALLATION PROCEDURES

The following guidelines have been prepared to ensure that your installation is properly compressed using a minimal amount of effort. This advanced installation technique will introduce new terminology and concepts involving the use of keystone tiles, strategic tile rows and compression rows.

Note: The installation techniques outlined in the following sections are mandatory to ensure the surface has been installed to specification and to validate the lifetime warranty.

A – Locate the Center Line of the Room

Locate, measure and chalk line the vertical and horizontal center lines in the room. Center lines should be shifted based on the best visual effect on the perimeter cuts. When possible perimeter cuts should be a minimum of 10" in width (**Fig. 1**).

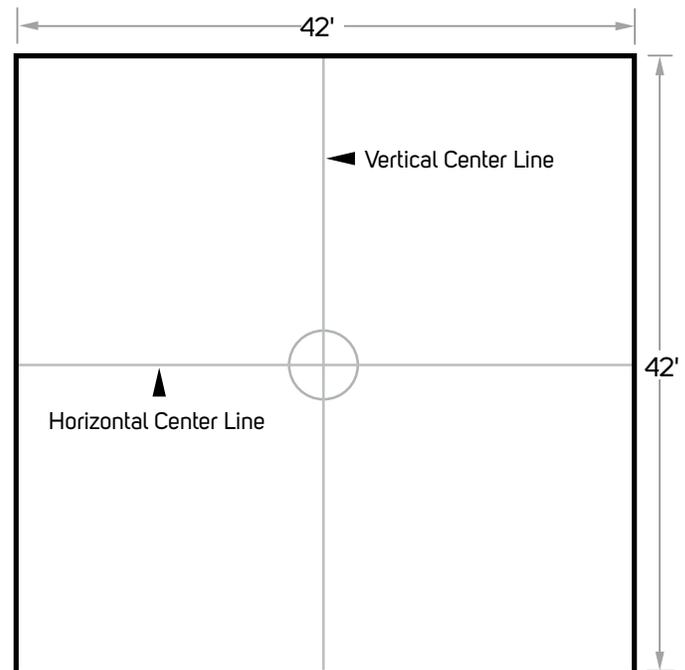


Fig. 1

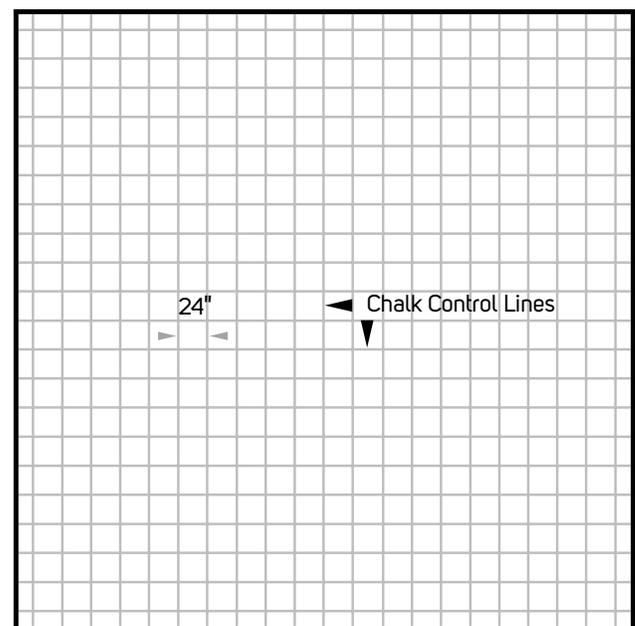


Fig. 2

INSTALLATION GUIDE

INTRODUCTION

Fit Rubber Premium Fitness Flooring must be installed correctly in order to maintain the limited lifetime warranty. It is **imperative** that all tiles be installed under compression to create a tight seam between the tiles. Failure to install the Fit Rubber system under compression to the dimensions outlined in the attached **Table** will void the system's lifetime warranty. By carefully following the instructions below you will be able to achieve the required compression during installation.

THE LAYOUT

When preparing the initial site layout there are important factors to take into consideration:

- Each Fit Rubber tile is manufactured to a nominal dimension of 24 1/16" x 24 1/16" (+/- 1/8") from the factory (or 24.0625" x 24.0625").
- The Fit Rubber installation process requires that each tile be installed under compression to a finished dimension of 24"x24" (for a total compression of 1/16" per tile).
- For installation efficiency, you may wish to pre-mark your tape measure in 24" increments based on the attached compression chart.
- It is unlikely that the site is perfectly square or exactly as shown in the drawings.

To ensure a visually proportionate site, lay the surface out with similar dimension cuts on all four sides of the floor. **When possible, cut tiles should be a minimum of 10" in width.**

FULL GLUE DOWN INSTALLATION METHOD

Each Fit Rubber tile measures approximately 24.0625" x 24.0625" (+/- 1/8" or 0.125") from the factory.

Once installed under compression each tile must measure 24" X 24" meaning each tile must be compressed by 1/16" or 0.0625".

Since each individual Fit Rubber tile must be compressed by 1/16", the cumulative compression over a large floor span can best be achieved by breaking the total area into smaller more workable grid sections.

Extreme heat or extreme cold will affect the physical dimension of your tiles. Prior to installation, allow 72 hrs for the tiles to climatize to ambient temperature (68-77°F).

B – Striking Lines

From the center point in the room strike chalk lines in 24" increments across the room in both directions so that a grid pattern has been created across the entire room (**Fig. 2**).

C – Install Keystone Tiles

Tiles that are permanently fastened to the subsurface in strategic locations throughout the installation are referred to as keystone tiles. Keystone tiles are fastened to the floor using the adhesive supplied with the order. See **adhesive section** at the back of the book for detailed instructions. The purpose of keystone tiles is to provide a fixed point of compression for the strategic tile rows.

Using the adhesive method at the back of the book, adhere keystone tiles in each of the four corners of the installation. Since perimeter cuts can be placed last, each keystone tile should represent a full tile (**Fig. 3**).

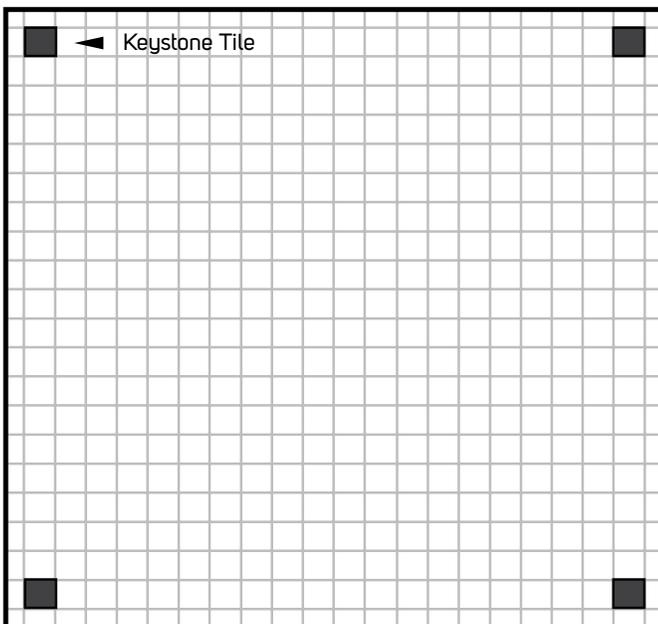


Fig. 3

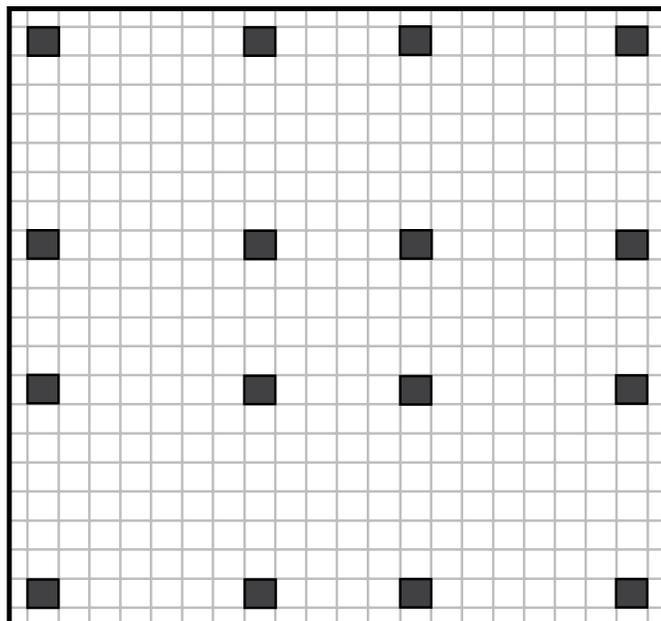


Fig. 4

Continue to place and secure keystone tiles every 7th tile through-out the installation (6 tile spaces between keystone tiles) (**Fig. 4**).

Note: Keystone tile adhesive must cure enough to prohibit movement before strategic tile rows are placed. Average set time is 4 hours based on temperature and humidity.

D – Install Strategic Tile Rows

Strategic rows of tiles are compressed between the keystone tiles. Installation of strategic rows assists in breaking large sites into smaller areas that are much easier to compress into place.

- Begin by trowelling the factory supplied adhesive in a continuous 12" wide strip through the center of the grid lines where the strategic tile rows will be placed (**Fig. 5**). The outer 6" edge of each tile must not be adhered at this point in the installation in order to allow compression of these tiles during the next installation step. The outer 6" of each tile will receive adhesive during the installation of the field tiles.

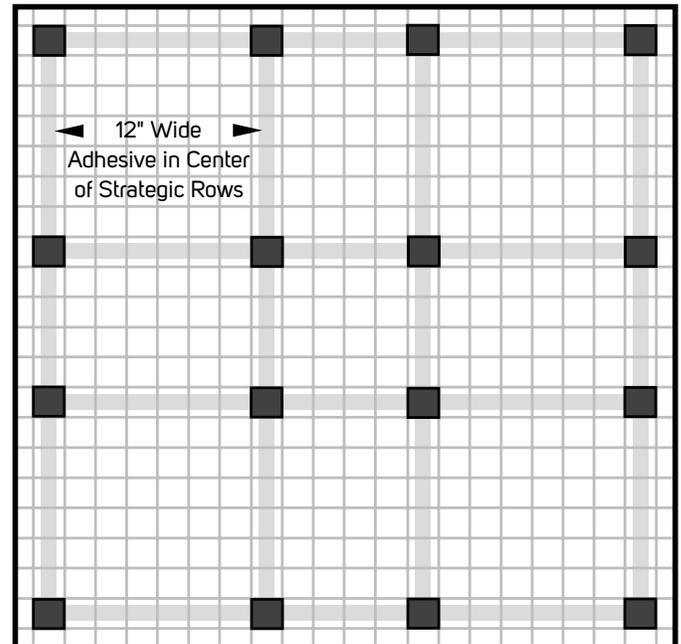


Fig. 5

- Install strategic rows of tiles beginning at opposite ends of the keystone tiles working inwards towards the center (**Fig. 6**).
- The final tile located in the middle of the strategic row is the compression tile and must be compressed into a space smaller than the tile. The process of compressing the tile into this space will force the other tiles to compress in each direction (**Fig. 7**).
- The locking mechanism on each edge of the tile should be engaged with the adjacent tile forcing the tile to buckle upwards. Once the locks are engaged, force the tile flat by applying downward pressure onto the tile (**Fig. 8**).
- The tile must be compressed into each strategic row within the adhesive working time to ensure the tiles are able to move before the adhesive cures.

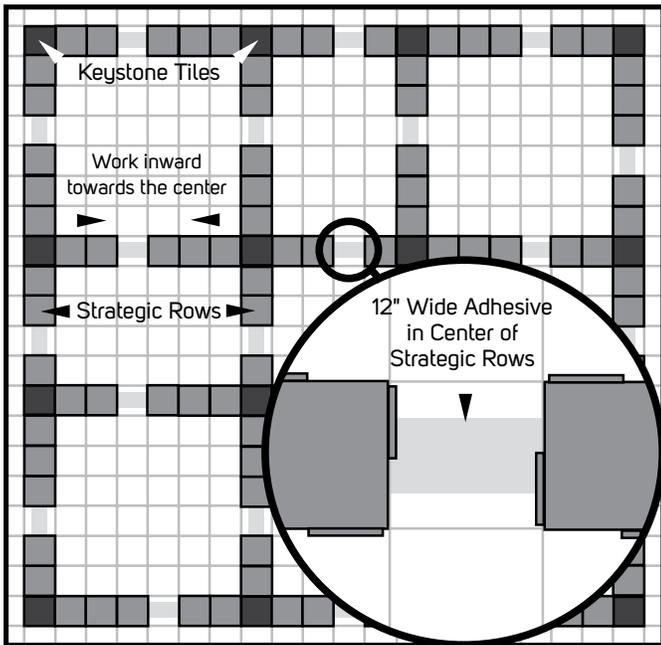


Fig. 6

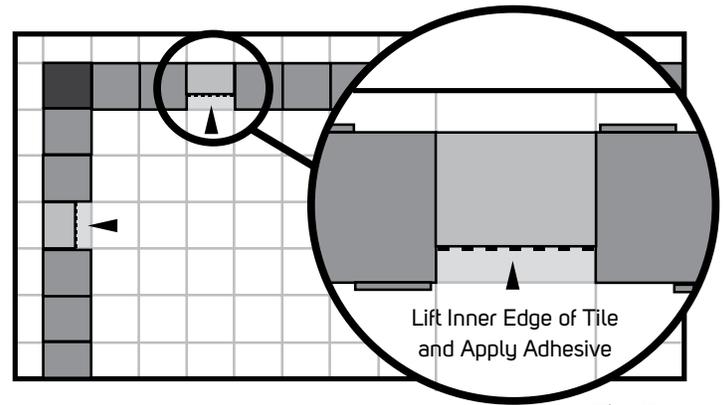


Fig. 9

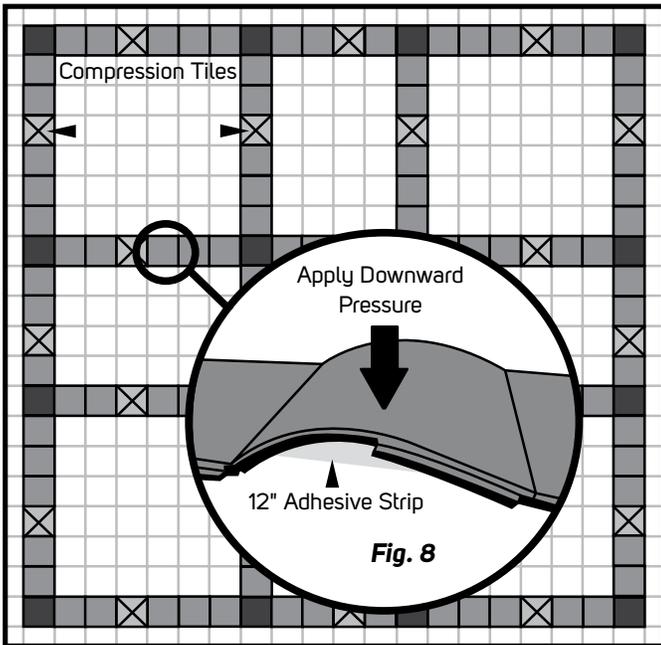


Fig. 7

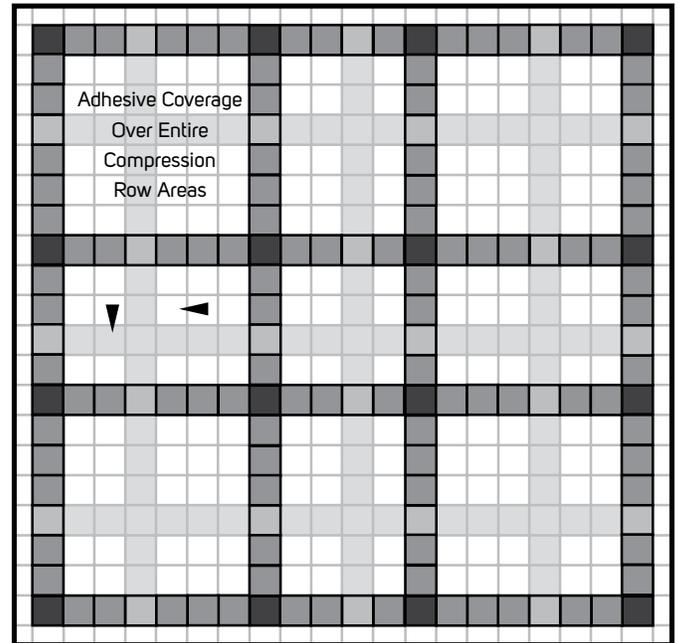


Fig. 10

Install compression rows forming a cross hair in the center of each grid (Fig. 11).

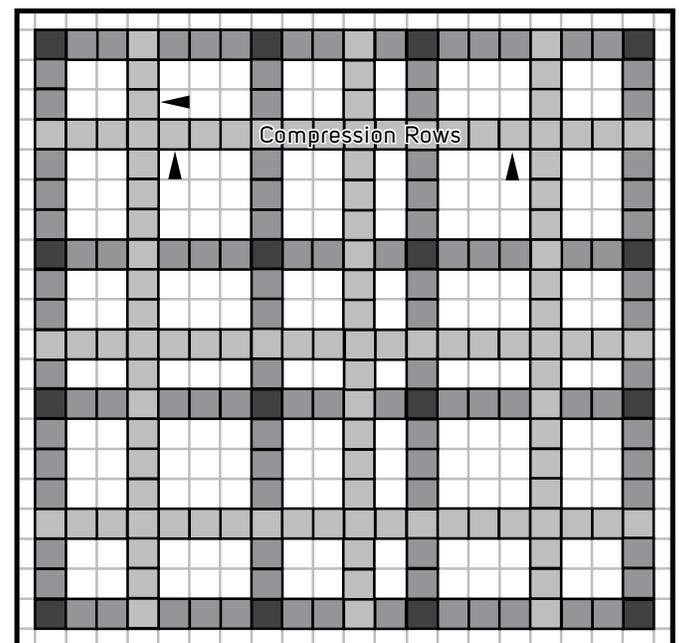


Fig. 11

E – Install Compression Rows

Compression rows are defined as the rows of tiles installed in the center of the strategic rows forming a cross hair in the center of each grid. Compression rows must be installed after the strategic row adhesive has fully cured and before the field tiles are installed.

Note: EDGE ADHESION IS OF UTMOST IMPORTANCE. Prior to installing the compression rows, adhesive must be troweled under the remaining edge portion of the compression tiles around the inner perimeter (Fig. 9).

Continue by troweling the factory supplied adhesive within the entire grid lines where the compression rows will be placed. Ensure that the adhesive spread covers 100% of the tile area extending to the outer edge of the tile (Fig. 10).

F – Installing Field Tiles

The remaining tiles to be installed are referred to as the field tiles. Install field tiles according to the diagram shown in **Fig. 14**.

Note: As in Fig. 12, all loose tiles edges around the inner perimeter of each grid must receive adhesive before installing the field tiles. Lift the loose edge of the strategic tile rows and trowel adhesive to the edge of the tile. Ensure that tiles are placed within 20 minutes of troweling the adhesive by installing one grid at a time.

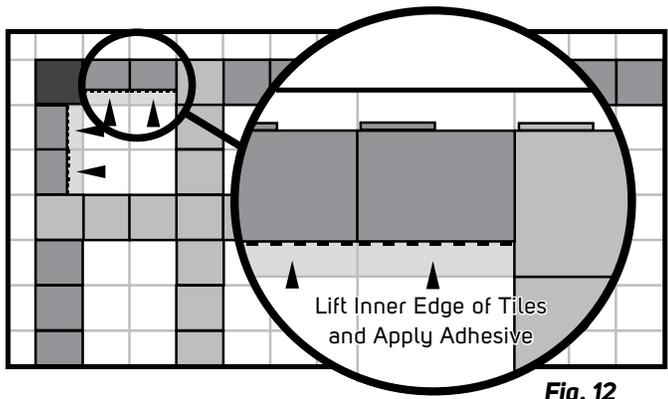


Fig. 12

Proceed by troweling the factory supplied adhesive onto the remaining areas where the field tiles will be placed and ensure 100% tile coverage (**Fig. 13**).

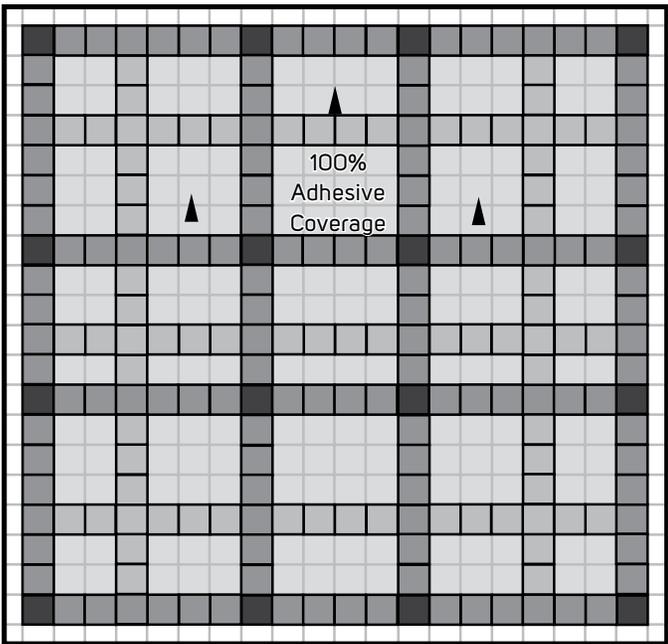


Fig. 13

G – Cutting in the Perimeter

At each seam location along the chalk line around the perimeter of the room, measure the distance from the perimeter tile edge to the wall and add $\frac{1}{16}$ " to this measurement. Transfer these measurements onto the tile (**Fig. 15**).

Cut tiles with a razor blade knife and metal straight edge on the line but with a back-cut or under-cut of approximately 5 degrees. Trowel adhesive into the perimeter and void where cut tiles will be placed. Install the cut tiles all the way around the perimeter. Start at the corners and work around (**Fig. 16**).

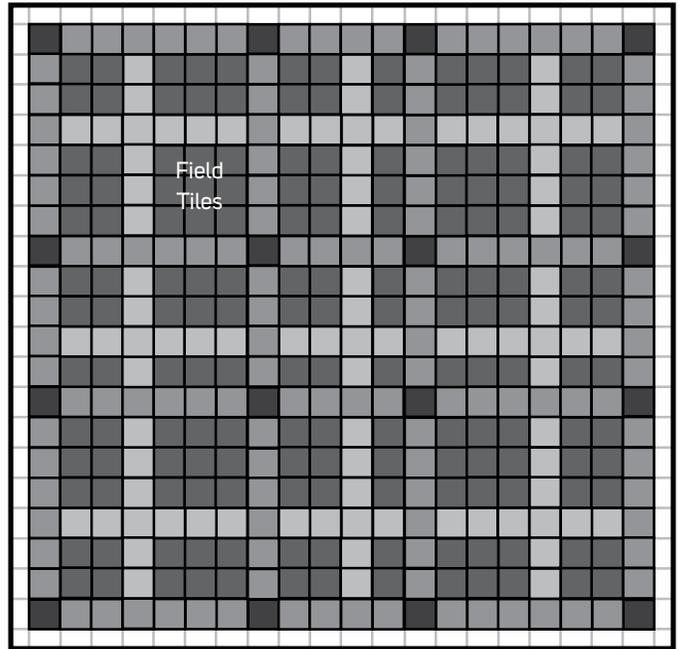


Fig. 14

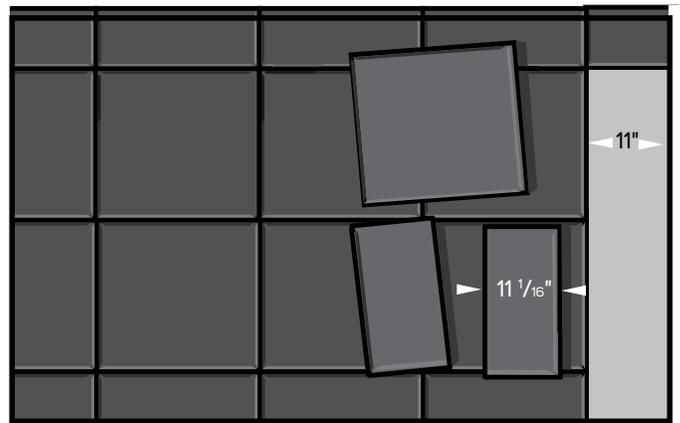


Fig. 15

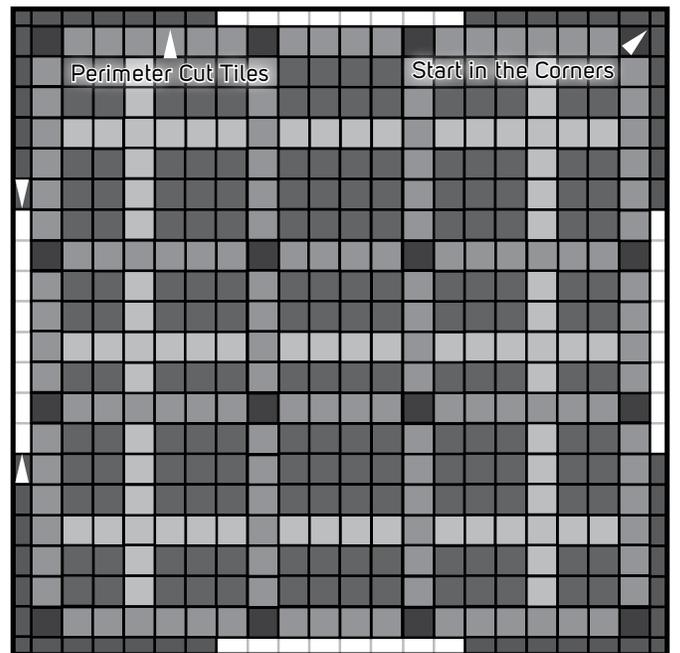


Fig. 16

H – Transitional Ramp Installation

If transitional ramps are being utilized on one or more sides they must be permanently secured to the floor using the adhesive application method below.

sofRAMPS are to be used only when a containing edge is not in place. sofRAMPS are manufactured with a measurement range of 47.5" to 48.5". Every other sofRAMP is to be adhered in place with a gap that measures 0.25" smaller than the manufactured size. Once the adhesive has been given time to cure, the gaps can be filled with the remaining ramps. These will be inserted into the smaller spaces under compression. It is a requirement that all ramp components are glued to the surface.

ADHESIVE INSTRUCTIONS

Depending on the size and scope of your project, different adhesives may be supplied with the order:

- 3M adhesive is supplied for installations that require less than 2 gallons of adhesive. 3M adhesive is supplied in 600 ml sausage tube format and will need to be dispensed using the adhesive gun supplied with the order.
- Greenfusion is supplied on installations that require more than 2 gallons of adhesive. Greenfusion is supplied in 4 gallon pails.

Ramp Edge Adhesion

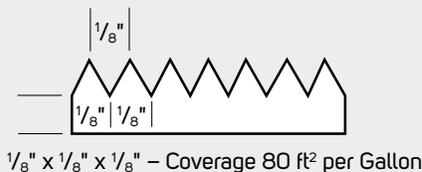
Prior to beginning the adhesive application process, measurements should be verified to ensure that the ramp edge pieces are placed in the exact position required based on the compression table and floor layout.

Adhere transition pieces by placing the manufacturer supplied adhesive between the transition edge and sub-floor. If using 3M adhesive, begin by dispensing several large beads of adhesive from the tube onto the subsurface.

Finish the adhesive using a 1/8" V-notched trowel to obtain 100% coverage.

Once the transition ramp has been placed over the adhesive, it should be allowed to fully cure before any compressive force is placed on it.

Recommended Trowels for Maximum Performance



- Trowel size is suggested to maximize coverage of adhesive. Periodically check coverage of adhesive during installation. Uneven surfaces may require the use of either a leveling/patching material, or a larger notched trowel for proper coverage of adhesive.

Keystone and Strategic Tile Row Adhesion

Prior to adhering any tiles check the drawing to ensure that the installed tiles represent the intended design.

Ensure that the control lines have been properly marked based on the attached compression chart.

Trowel the factory supplied adhesive within the gridline location that will receive the tile. Ensure that troweled adhesive remains within the grid lines where strategic tile rows will be placed (**Fig. 17**).

Apply adhesive using a 1/8" V-notched trowel. Apply adhesive in increments covering only the areas that will receive tiles within 20 minutes of adhesive application.

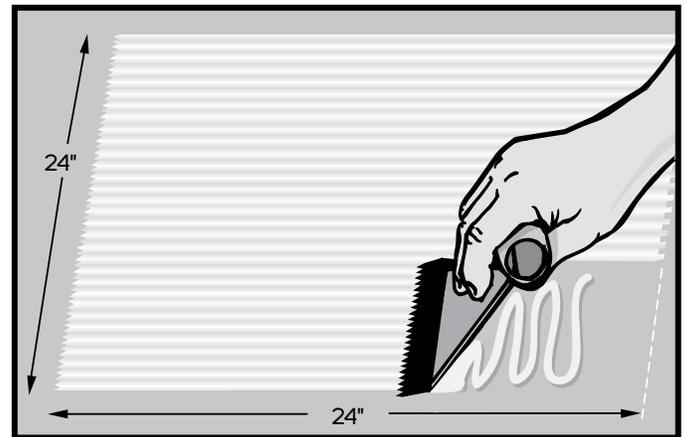


Fig. 17

Note: The adhesive placed under keystone and strategic tiles must cure before compressive forces are applied.

CLOSING STATEMENT

The entire IncStores team wishes to thank you for your careful consideration and decision to purchase a Fit Rubber Premium Fitness Flooring System. Your investment in a Fit Rubber floor is a wise one. We work hard to produce the highest quality products and our dedication to customer service does not end with the sale of our flooring. As industry leaders, we are committed to the long term success of your project.

**WE ARE AVAILABLE BY PHONE
AT: 1-800-263-2363 E.S.T.
FROM 8:00 AM TO 5:00 PM
MONDAY THROUGH FRIDAY.**