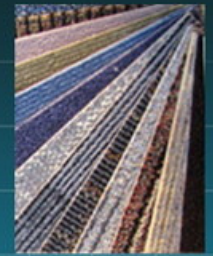
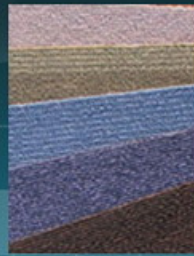


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ABN 40 143 451 177

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## DIY GYM RUBBER INSTALLATION GUIDE

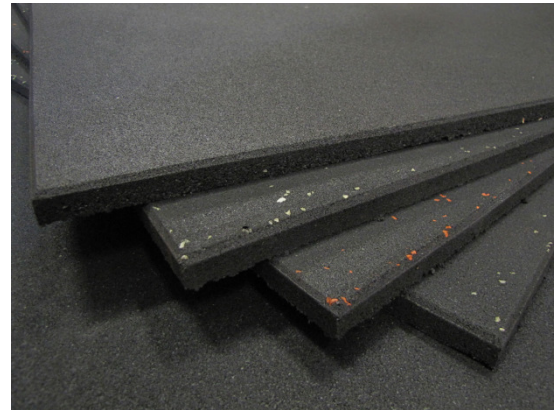
Installing your gym rubber flooring is not difficult and an average room can be completed in just a few hours after the necessary preparations have been completed. As with all DIY projects the end result depends upon using the right tools and methods from preparation to completion.



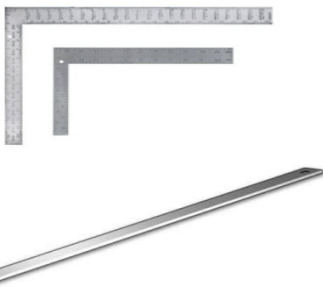



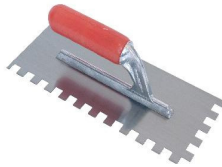


This Guide is intended to give you an understanding of the fundamentals of laying your Gym Rubber Tiles and give you some tips on how to get it right the first time.

We will now attempt to explain to you the logical order for your project to proceed from start to finish.

### Tools for the Job.

So you have gone to Carpet tiles 1 and purchased your Gym Rubber Tiles. What are some of the other essential items you should have on your shopping list? Consider this list:



 <p>A heavy duty utility knife or “Stanley knife” with extra brand new heavy duty blades.</p>	 <p>A solid scraper, heat gun and / or sanding equipment if you need to remove stubborn old glue.</p>	 <p>A metal straight edge to cut along (at least) or at best a straight metal edge with a right angle, like a “Try Square” that carpenters use</p>	 <p>A chalk line for finding and marking the centre of your room. (more on this later)</p>
 <p>A marker pen.</p>	 <p>A wooden surface or dedicated cutting mat to cut and trim down your Gym Rubber tiles if needed.</p>	<p>(OPTIONAL)</p>  <p>1.5mm Notched Trowel If you are gluing down. ( the above picture has bigger notches to illustrate only )</p>	 <p>Pressure Sensitive glue. - The specialised glue sold by Carpet Tiles1 is an adhesive specifically designed for Gym Rubber flooring</p>
			 <p>For a professional finish it's worth hiring a roller from a hire company to bed the Rubber tiles to the glue properly.</p>

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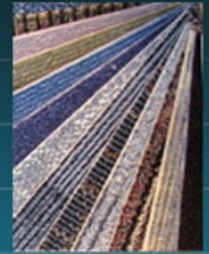
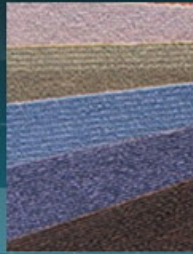
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## **Surface Preparation.**

Gym Rubber is easily laid over a variety of subfloor with very little preparation. It is essential to have a relatively flat and damage free subfloor without holes. Normal expansion joints, concrete seams, or board joints will be no problem for the Gym Rubber tiles. However, If there are significant imperfections in the subfloor we recommend filling them and levelling them with a levelling compound

***Whatever the surface you are laying on, all traces of old carpet, carpet gripping, nails or screws, old glue, dirt and grime must be removed completely.***

Just like painting, time spent on initially preparing the surface that will be under your Gym Rubber tiles will ensure your end result. Take the extra time at this stage to ensure that your installation comes up to the best possible



❖ ***The floor surface should then be swept, mopped then vacuumed.***



❖ ***Fill any holes and nail in protruding nails in your floor. This should be completed at this stage so you end up with the optimal fresh clean flat surface to begin your job.***

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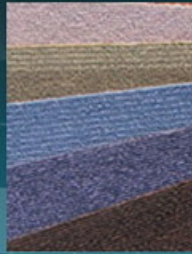


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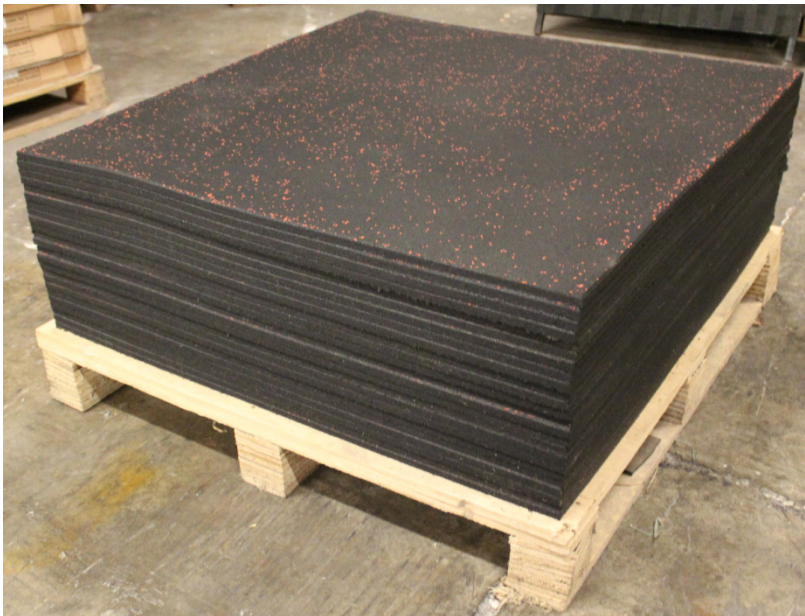
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## Always allow your gym rubber tiles to acclimatise to their new environment before installing.

- ❖ *Now you have your sub-floor ready to lay over, you can start unpacking and acclimatising your tiles.*



It is **imperative** that you allow your Gym Rubber Tiles to **acclimatise** to your room. We recommend at least 72 hours of acclimatisation before laying. This will allow for expansion &/or contraction to the temperature at your location.

Remove them from the pallet and leave them to sit flat, spread around the room so they adapt to room conditions, heat, and humidity. This will ensure they all come to a consistent temperature.

It is worth giving serious planning and consideration to the design options available to you when laying your tiles.

As you will see on the following pages, there are several popular methods of laying out your tiles to create different design options.

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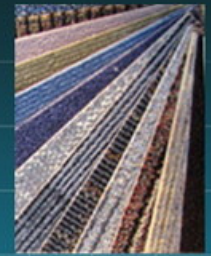
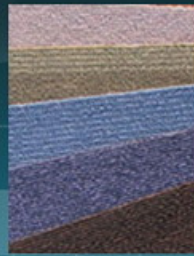
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## We recommend laying your tiles in "Brick Style" as shown below.

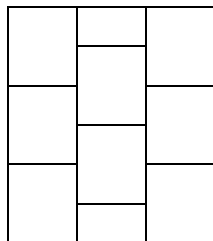
The rationale for this is that over any larger area you will get some variations in temperature which will cause some movement in the tiles over time. Brick style laying in gym rubber will minimise the subtle changes in appearance caused by movement, most effectively out of all of the installation methods covered below.

The remaining options are provided to indicate the other choices available in laying styles.

### **"Brick Style" –**

This is where tiles are laid offset to create a stepped or staggered look.

Where a room is not perfectly square, this method is great to disguise the problem.

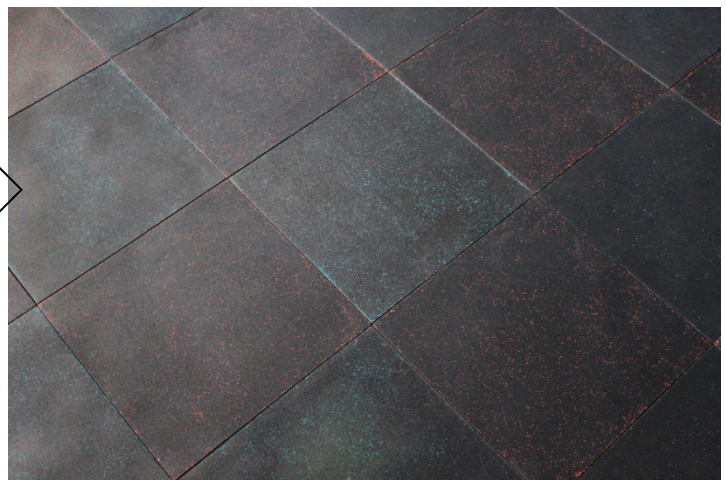
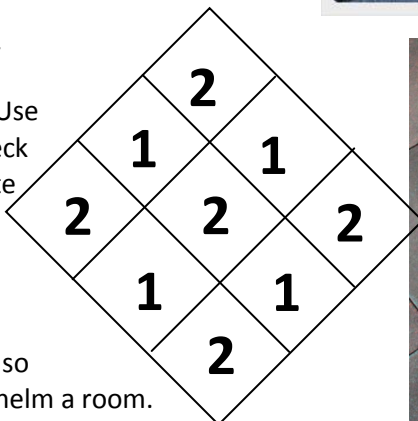


### **"Two Tone / Diamond" –**

Use two different fleck colours to create a diagonal checkerboard effect. It is an effective way to break up colour so as to not overwhelm a room.

It can also be highlighted with a border around the main floor area.

Installation is the same as above; just select a different fleck colour for each alternating Gym Rubber tile.



After discussion with our installers, they have drawn attention to the fact that in checker pattern installations, the eye is drawn to tiles that are not cut even or balanced from side to side. The best solution is to make sure that the main area, uses only whole tiles, and that a border is added around the edge in one of the two fleck colours.

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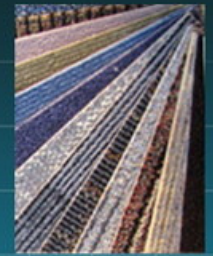
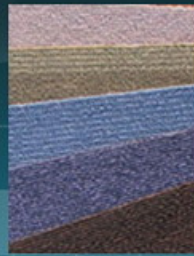


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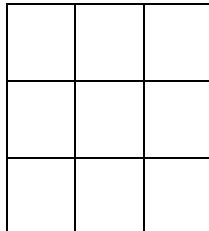
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This gives you space to make cuts around counters, edges and uneven walls by cutting the border tiles and not those that are two-tone. The other advantage is that it helps make your tiles stand out and keeps an even pattern of full tiles that remains pleasant to the eye.

## “Monolithic” -

This is where all the tiles are laid side by side, in a square grid fashion. This will ensure a consistent



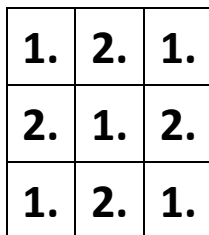
look when the installation is complete.

To mix it up a bit consider a border or walkways of a different fleck colour to highlight the main floor area.



## “Two Tone / Checkerboard”

– Using two different fleck colours creates a checkerboard effect.



It is an effective way to break up the colour so as to not overwhelm a room.

Installation is the same as above; just select a different colour tile for each alternating tile.



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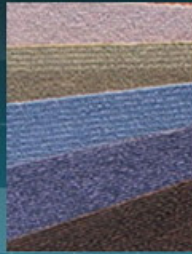
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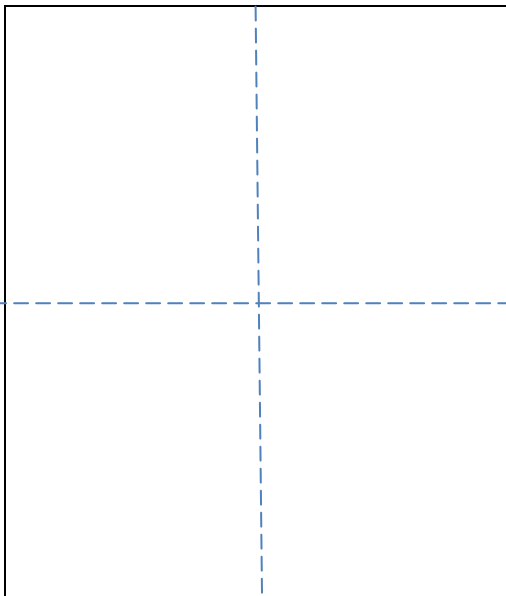
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## ❖ Find and Mark the middle of the room.



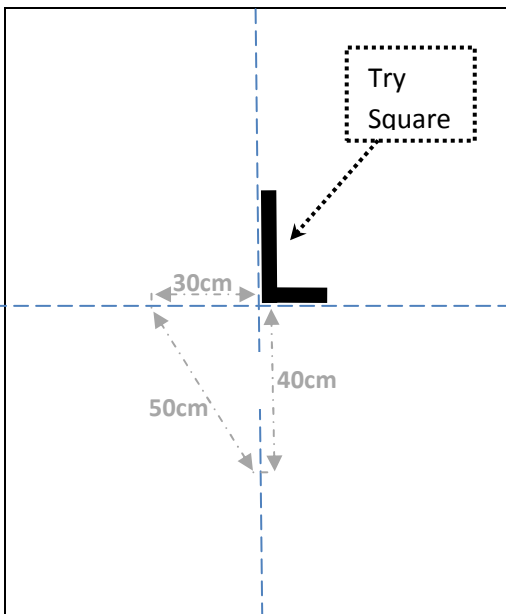
Using your chalk line its time to work out the centre of the room.

Measure along the length of your walls and mark the centre point of each of the walls.

It is important to measure each wall as often rooms are not exactly square and can be slightly out.

Position your chalk line and mark lines across the floor from side to side.

Doing this across all walls should end up with a cross point in the centre of the room. It is important that these lines are square as they will be the guide for all your future efforts. Take a moment and determine if they are square using the following methods.



If you do have a "Try Square" available, use it to place along the lines and make sure they line up square.

If you do not have a Try Square, it is not a problem as there is a simple way to work out if your lines are square.

Using a tape or ruler, measure and mark from the cross point out 40 centimetres. Now measure and mark along the other line out from the cross point out 30 centimetres.

Finally measure from one mark to the other mark. The distance between the two should be 50cm.

If it is not 50cm or your try square does not line up with your lines on both sides, your lines and room are not square and your tiles will not line up exactly with the walls. It is very common for rooms to be slightly out from square so do not worry if this is the case.

Assuming that your room is not square, there are several techniques you can use to mark your start lines square.

Following on from above we will use the same techniques described above to measure out points and mark lines that are square.

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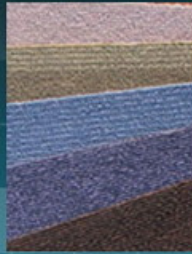
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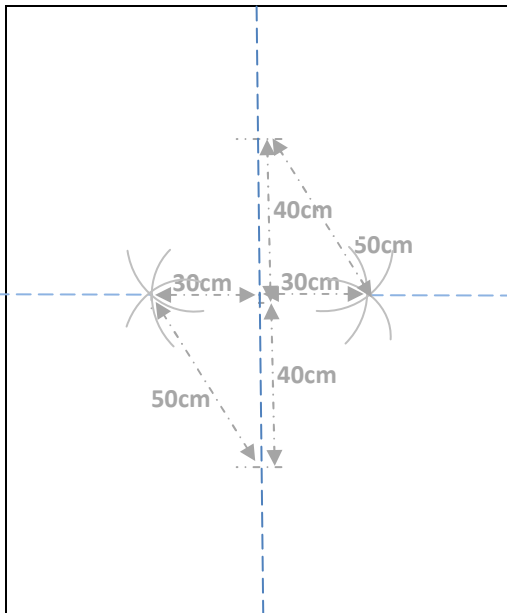
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## ❖ *Squaring up your guide lines.*



### Without a try Square:

Pick the opposite walls where the length of the walls is the closest, and use the chalk line from the centre of those walls to be your starting point.

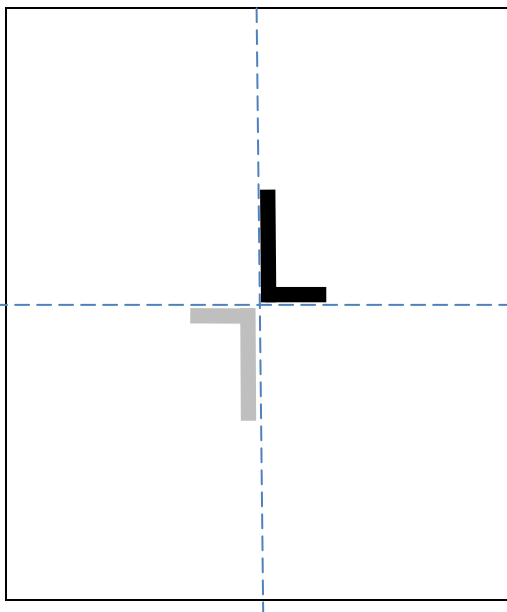
Now that we know the centre point of that line ( from the step above ) measure back up that line 40cm on each side of the centre point.

From each of these points 40cm off centre, measure out 50cm and mark a small curve at 50cm from each of these points.

Next measure 30cm each side of the centre point and mark a small curve at 30cm from the centre point.

Finally line your chalk line to mark a straight line from one wall through the point where the three arcs meet, then through the centre point on the middle line, then through the other meeting point of the arcs on the other side, and finally out to the wall on the other side.

If done correctly, these lines will now be square and you are ready to progress to the next step.



### With a try Square:

If you have your try square, place the point of it at the centre point where the lines cross. Mark out the points each side from the end of the other arm of the try square. Do the same measuring the other side of the centre line.

Using your chalk line to then mark lines that go straight through the centre point where the lines cross and through the point where your points each side were marked using the try square and extend the new chalk line out to the walls each side.

If done correctly, these lines will now be square and you are ready to progress to the next step.

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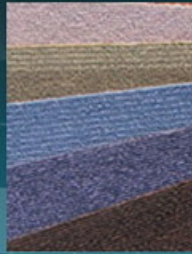


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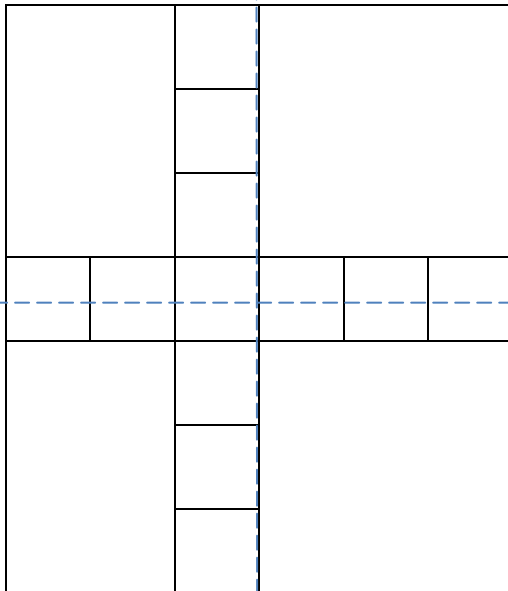
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## ❖ Lay your tiles.



Taking your loose tiles, start at the centre and loose lay then out from the centre and work out the best fit for your room.

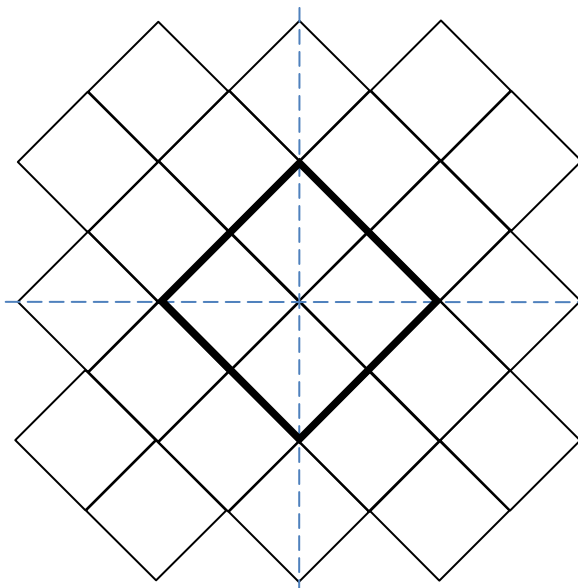
Determine if you are better laying your tiles along the centre line, or down the middle of the centre line.

Lay tiles out from the centre and work out how many to each wall, and determine if you will need to trim tiles to fit to your room.

In the example to the left, if we laid the vertical centre row with the tile edge along the centre line, then we would need to cut each tile at the top and bottom in half to fit the room.

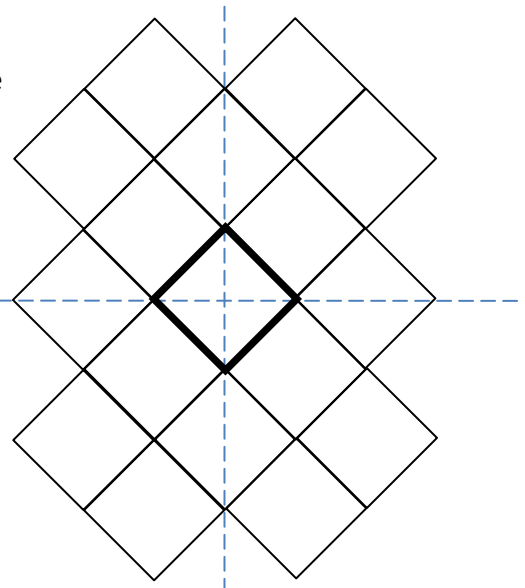
It is best to take the time now and plan out what looks best for your circumstances.

If you are going to lay your tiles in Diamond Pattern ( with or without a border ) loose lay your tiles and determine if the centre point of the room will be in the centre of a tile, or if it will be where four tiles intersect.



It is best to determine this beforehand, and base the decision on which will give you the most whole tiles in your individual room.

Lay your square tiles out with their corners lined up along your lines to keep square.



Lay your tiles until the last full sized tile. When doing Diamond Pattern installations, it is critical that you remain square.

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## ❖ *Laying your tiles using Glue.*

25	27	30	39	36	34
26	29	32	41	38	35
28	31	33	42	40	37
7	10	12	24	22	19
4	8	11	23	20	16
2	5	9	21	17	14
1	3	6	18	15	13

Ensuring that your floor is still clean and prepared in line with the instructions on the previous pages, use a flat trowel or a roller, and apply the glue to the floor. When doing larger areas, focus on laying one section at a time then move on to the next section.

Make sure you keep the area well ventilated while you are gluing tiles.

The references to the adhesive in this guide are made to the adhesive sold by Carpet Tiles 1. Other manufacturers' instructions for glue application may be different.

### **Follow the specific instructions for the glue you intend to use.**

When the adhesive first goes down it is a white colour. Allow it to go off, making it tacky and ready to lay the tiles. When the glue is ready to begin laying the colour changes from white to a dull clear - transparent.

This generally takes between 15-30 minutes depending upon climate in the room.

Starting in the corner of the room, do one section of the room at a time. (Tiles 1-12 in the diagram to the left). If the tiles next to the wall need to be cut or trimmed to fit to the wall, cut them per the instructions at the end of the guide, to maintain the other sides square.

Continue laying your Gym Rubber tiles, working out from the corner towards the centre again, placing tiles up to the wall or surrounding tiles, squaring them snug to the surrounding tiles as you go. Continue laying diagonally until you finish your section, then lay glue in the next section and continue in a similar fashion. Lay all tiles that you can lay as full tiles, leaving out difficult tiles, then once all full tiles are down, move on to trimming and cutting tiles to fit remaining gaps and around pillars and other obstacles.

Please note that you can either follow the above numbering to lay to glue, do a quarter of the room then move to the next quarter of the room, lay up and down along a sidewall, or follow a spiral laying sequence for laying your tiles.

In some installations you may also need to start from an access point like a doorway and line up to that, however you should always measure and plan from the centre point of the room.

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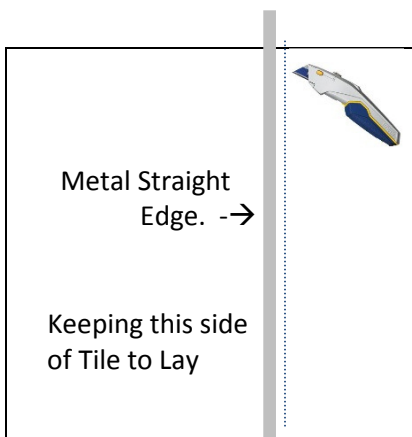
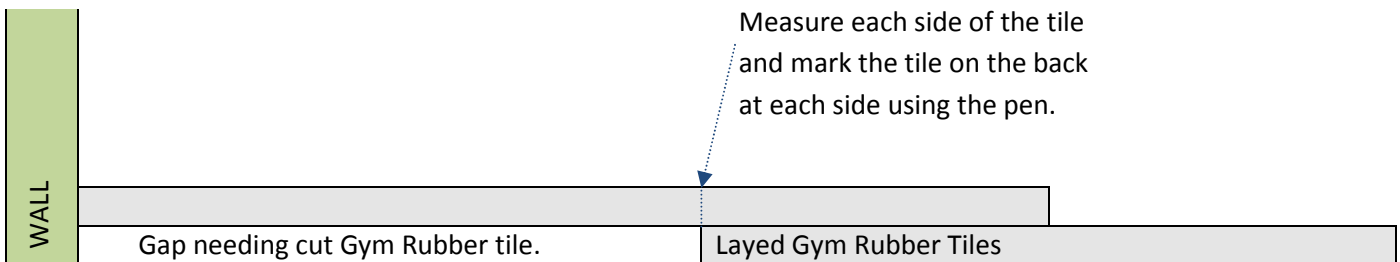
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## ❖ *Cutting your tiles to walls and obstacles.*

Where you need to cut your tiles to fit between walls and the remaining tiles, or around obstacles in the room it is best to measure twice cut once. Remember to make sure that you take care cutting the back of the tiles.



Get your marked tile and put it face up, on the cutting mat or board.

Line up your metal straight edge or T-square between the two marks towards the side that will be laid so that if you accidentally make a mistake it will not affect the portion that will get laid on the floor.

Use your Utility knife or Stanley knife to cut a straight line in the “surface wear” layer along the metal straight edge.

The surface wear layer is the top layer of the tiles, not the underside.

Be very careful to take it slow so that your knife does not wander away from the straight edge. Cut and fit your tile, then move on to repeat the process for the remaining tiles.

Where you have poles pillars and other obstacles, Measure out where you need to cut your tiles and follow the above instructions in a similar fashion. Always remember it is better to cut out less tile than more as you can trim it down to fit in better, whereas if you cut out too much you will then have a gap or have to cut other slivers of tile to infill the mistake.

## ❖ *Roll the Gym Rubber Tiles ( Optional ).*

As a final step, consider using a roller to bed the Gym Rubber tiles down into the glue. Rollers can be hired from most equipment hire businesses for reasonable prices. This will ensure that your Gym Rubber tiles properly bond to the pressure sensitive glue, remove any air bubbles and remain in place and stuck down for years to come.

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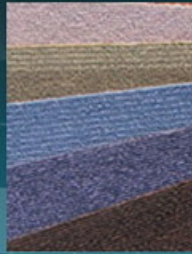


# CARPET TILES 1

A Division of Perry Properties Pty Ltd  
ABN 40 143 451 177

Web: <http://www.carpettiles1.com.au>

Email: [info@carpettiles1.com.au](mailto:info@carpettiles1.com.au)



## ❖ *Apply Gym Rubber Sealer ( Optional ).*

Depending upon your ventilation, you may wish to apply a Gym Rubber Sealant to your tiles.

Some of the advantages of a sealant are that it adds a sacrificial layer to your tiles, helps seal in VOC Gasses from the rubber binder, and assists in repelling water, moisture and sweat from your tiles.

Due to demand we have now started stocking sealer.

Call us on 02 9519 8785 or 0414 266 267 to discuss sealing your tiles.



The sealers we sell come in two sizes ( 5 Ltr and 15 Ltr ) and cover 50-60 Sqm ( 5Ltr ) and 150-180Sqm ( 15 Ltr).

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Carpet Tiles 1 are always happy to answer any questions you may have about installing your Gym Rubber tiles, to ensure you get the best installation possible for your room. If you have any questions give us a call on 02 9519 8785 or 0414 266267 and we will gladly answer your questions.

Vince Perry.

### Office, Storage & Display:

3 – 9 Cook Rd, Marrickville, NSW, 2204

P: (02) 9519 8785 or M: 0414 266 267

F: (02) 9519 9810



Email: [info@carpettiles1.com.au](mailto:info@carpettiles1.com.au)

Warehouse number and mobile number will be answered 7 days & 7 nights per week.

### Business Hours:

Monday to Friday – 9am to 5pm

Saturday – 9am to 3pm. Other times including Sundays can be arranged by appointment.

Call Vince Perry on Mobile: 0414 266 267