

SEAMLESS FLOOR INSTALLATION

PARTS:

1 Vinyl Tarp
Rolls of Crosslink Foam

STEP #1

Sweep the area where the floor will be laid down, and lay out a 1 x 4 perimeter or frame. (The 1 x 4 is suggested, you may choose from a variety of wood options, including the furring strips pictured below.) The frame should be fastened to the floor with screws or a nail gun, depending on the floor type.

STEP #2

Roll out the foam and cut it to size to fit inside the frame. A minimum 1" space is required between the foam and the frame to allow the foam to "spread out" and prevent buckling. (This way, you won't have to remove the tarp and recut the foam when the foam lifts in the center because you didn't give the foam "room to grow.") Use duct tape to cover the seams, and don't glue the foam to the floor.

STEP #3

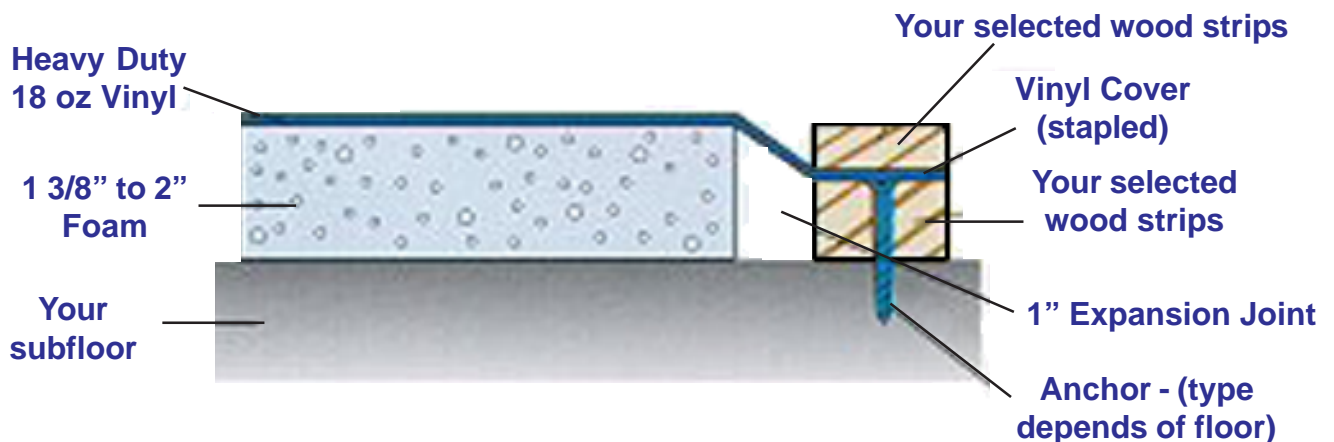
Spread out the tarp and prepare for stapling. (If you have a post in your floor area, use it as your starting point. After making sure rest of tarp is correctly in position, begin stapling around post.) Smooth side of vinyl should be up. If you have the time, it's a good idea to let the tarp sit out overnight to get rid of some of the wrinkles.

STEP #4

Prepare to start stapling. A pneumatic stapler works best, but an electric stapler also can be used. Start in the center of each of the sides and work your way toward the corners. This way, you avoid any problems when you get to the corners (3-foot increments of stapling is fine). You don't want anyone on the tarp when you are doing this. One person to staple and one to pull is enough. Anyone else on the floor just makes it harder to get the floor tight.

STEP #5

Prepare your top 1 x 4's. We suggest routing the edges and sanding them for a clean look. You can paint or stain the top boards—preferably before installation to prevent getting any paint on the floor.



FLOORING TIPS

1. Do not glue the crosslink foam to the floor.
2. The floor surface should be smooth and level. There is no need to remove previous flooring (carpet, tile, etc.) as long as the entire surface is even.
3. Use duct tape to hold the crosslink foam together (2" wide works great).
4. Don't worry about foam seams. Once the tarp covers the foam, you won't see or feel them.
5. Spread out the tarp over the floor area and leave it for 24 hours. (This step isn't mandatory, but it helps in getting any wrinkles out of the tarp material.)
6. If you have a post on the floor area, do that first. Staple around the post, making sure the rest of the tarp is in position.
7. Open up the tarp as soon as possible. The tarp is shipped folded up, and wrinkles can become permanent if left longer than 7–10 days.
8. Measure the tarp and all the foam before you get started and as soon as possible after delivery.

Warning: Any activity involving motion, height or power tools can lead to serious injury, even death. The American Gym accepts no responsibility for injury which can occur through the use and installation of this product. If you are unsure about installation or how to use this product, Stop! Contact someone trained and qualified to do it for you or show your how. It is not worth it to take a chance when it could harm you or others.