Gravolite

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GYM TILES AND ROLLS INSTALLATION GUIDE

About Company

Since 1980, Gravolite has been a trusted leader in high-quality sports equipment, specializing in mats and accessories. Our products are relied upon at prestigious National and International events. With full customization options in colors, designs, and thickness, we deliver tailored solutions that meet the highest standards of quality and performance.

Get in Touch:
+91 9810312442

Support
info@gravolite.com

Address
Khewat No.-24, Killa No.-16/22, Village Hasamabad, Sonipat, Haryana-131001

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01 Introduction

Gym tiles and rolls are versatile flooring options for fitness centers, home gyms, and sports facilities. These flooring solutions are designed for durability, ease of installation, and maintenance, and they offer superior comfort and protection during physical activities. Gym flooring comes in various materials such as rubber, vinyl, or foam, and is available in Tiles (interlocking or loose lay) and Rolls (to be unrolled and cut to fit).

This guide provides step-by-step instructions on installing both gym Tiles and Rolls and offers maintenance tips to keep your gym flooring in top condition.

02 Types of GYM Flooring

Gym flooring can be categorized into two main types: Tiles and Rolls.

- **Gym Tiles:**
- Available in various sizes, typically 24" x 24" (60cm x 60cm) or 36" x 36" (90cm x 90cm).

- Interlocking Tiles: Connect easily without adhesives for a seamless look and quick installation.

- Loose Lay Tiles: Do not require adhesive and are designed to fit snugly together. Available in materials like rubber, foam, or vinyl for various use cases.

- **Gym Rolls:**
- Available in widths of 4-6 feet (1.2m to 1.8m), and lengths that vary depending on your space needs.

- Made from rubber or vinyl, offering continuous coverage with fewer seams, making it ideal for larger spaces.

- Rolls are typically secured with adhesive or double-sided tape.

03 Tools and Materials Needed

- Gym Tiles or Rolls (rubber, vinyl, or foam)
- Measuring Tape
- Utility Knife or Mat Cutter
- Chalk Line or Straight Edge
- Rubber Mallet (for interlocking tiles)
- Floor Adhesive (if required for rolls)
- Double-Sided Tape (for securing rolls or tiles)
- Floor Leveling Compound (if necessary)
- Cleaning Supplies (mild soap, water, and a soft cloth)
- Notched Trowel (for adhesive application, if needed)

04 Preparing the Installation Site

Before starting the installation of gym flooring, ensure the space is clean and prepared:

- **Clear the Area:** Remove any debris, furniture, or equipment from the space where the gym flooring will be installed.

- **Inspect the Subfloor:** The subfloor must be level, clean, and dry. Use a floor leveling compound if needed to correct any unevenness.

- **Measure the Area:** Measure the area to ensure you have enough tiles or rolls to cover the space. Plan for waste and trimming by adding extra material (usually 10% more).

05 Gym Tile Installation

Step 1: Preparing the Subfloor
• Sweep or vacuum the subfloor to ensure it is clean and free of debris.
• If the floor is uneven, use a floor leveling compound to smooth out the surface.

Step 2: Laying the Tiles
• Start from the center of the room or along a straight wall. This helps ensure a uniform installation with even cuts along the edges.
• For interlocking tiles, connect them by aligning the edges and pressing the pieces together. Use a rubber mallet to ensure the tiles lock tightly.
• For loose lay tiles, position the tiles snugly together, ensuring they are aligned correctly.

Step 3: Aligning and Securing the Tiles
• Use a chalk line or straight edge to align the first row of tiles, ensuring the pattern remains consistent throughout the room.
• If the tiles are interlocking, they should naturally stay in place without additional adhesive. For loose lay tiles, you may use double-sided tape along the edges to secure them.

Step 4: Cutting and Trimming Tiles
• Measure and cut tiles along the edges of the room or obstacles using a utility knife or mat cutter.
• Always leave a small gap (about 1/8 inch) between the tiles and the walls for expansion.
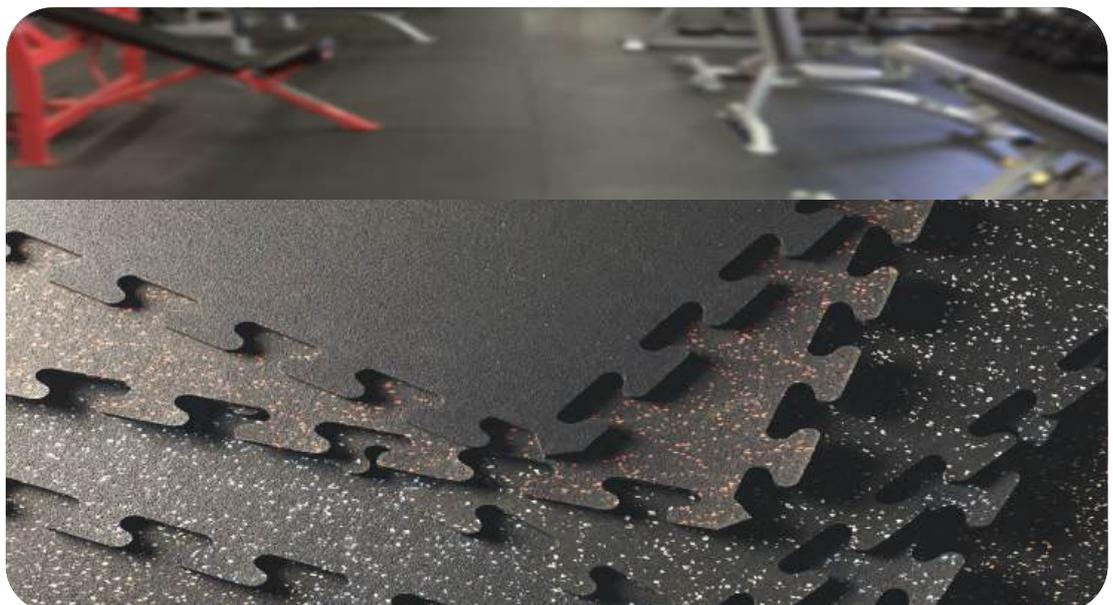
06 Gym Roll Installation

Step 1: Preparing the Subfloor

• Similar to tile installation, ensure the subfloor is clean, dry, and level. Sweep or vacuum the area to remove dirt or dust.
• If the subfloor is uneven, apply a floor leveling compound to smooth out imperfections.

Step 2: Unrolling the Roll Flooring
• Unroll the gym roll along one side of the room, starting from the wall. Make sure the roll is aligned with the edge of the room or area being covered.
• If the roll is heavy or large, it may be easier to unroll with assistance.

Step 3: Aligning and Securing the Rolls
• As you unroll the mat, align it with the walls and ensure it lies flat without wrinkles or air pockets.
• For vinyl or rubber rolls, apply floor adhesive or double-sided tape around the perimeter and along seams to keep the roll in place.
• For larger rolls, use a notched trowel to spread adhesive evenly across the floor before laying down the mat.

Step 4: Cutting and Trimming Rolls
• Use a utility knife to trim the edges of the roll at walls or other obstacles. Make sure to cut the mat cleanly to avoid jagged edges.
• As with tiles, leave a small gap between the roll and the wall for expansion purposes.

07 Post-Installation Care

Once the tiles or rolls are installed:

• **Trim Excess Material:** Ensure the edges of the flooring are neatly cut to fit against walls and other obstacles.

• **Secure the Flooring:** Double-check that all tiles or rolls are properly secured, especially around edges and seams. Ensure no gaps remain between tiles.

• **Initial Cleaning:** Sweep or vacuum the newly installed floor to remove any dust or debris. Use a damp cloth to clean the surface if necessary.

08 Routine Maintenance

To keep your gym flooring in good condition:

• **Regular Cleaning:** Sweep or vacuum the flooring regularly to remove dirt and dust. Use a soft cloth or mop to wipe the surface with a mild soap and water solution.

• **Deep Cleaning:** Every few months, give the floor a deeper clean using a mild cleaner or soap. Avoid using harsh chemicals that could damage the flooring material.

• **Odor Control:** For odor removal, mix a solution of vinegar and water, spray lightly on the surface, and wipe it down.

09 Troubleshooting

• **Problem:** Tiles are shifting or separating.
o **Solution:** Ensure all interlocking tiles are fully connected. If needed, use double-sided tape or adhesive for additional security.

• **Problem:** Rolls are curling at the edges.
o **Solution:** Apply more adhesive or double-sided tape to secure the edges. If necessary, use heavy objects to keep the edges flat during curing.

• **Problem:** Tiles or rolls have visible stains or scuff marks.
o **Solution:** Clean with a mild cleaner or specialized vinyl cleaner. For stubborn stains, gently scrub with a soft brush.

10 Conclusion

Proper installation and care of gym tiles and rolls will ensure your gym floor remains durable, comfortable, and safe for years of use. By following this guide, you can ensure a professional installation process and regular maintenance to keep your floor in excellent condition.