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Am-Finn Advanced Hybrid Steam Room Installation Guide

Hello Valued Customer,

Congratulations on purchasing one of Am-Finn's Advanced Hybrid Steam Rooms. This is a new style of steam room that has revolutionized the way people use and view steam rooms. This guide will help you build and assemble the steam room in your building or residence. This guide does not cover how to set-up the steam equipment, such as a boiler/generator, and any accessories associated with such.

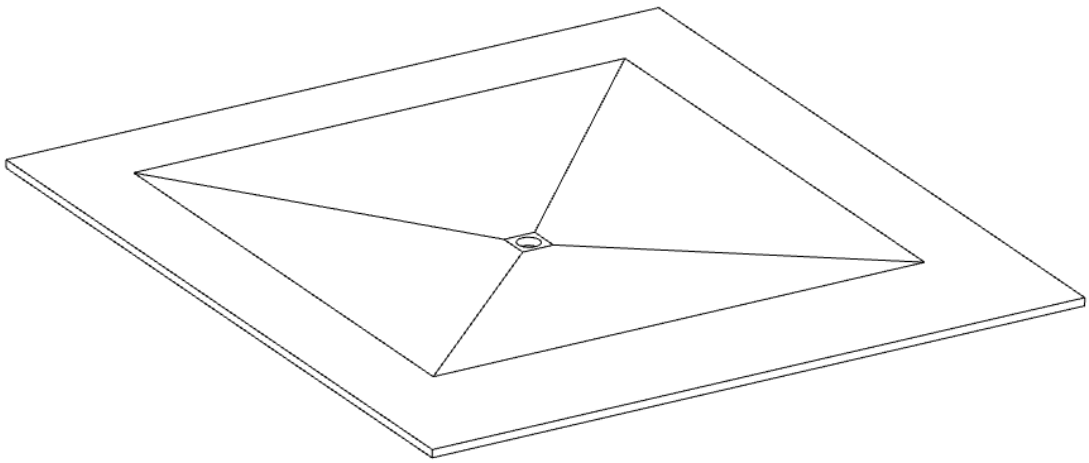
Table of Contents

1. Preparation

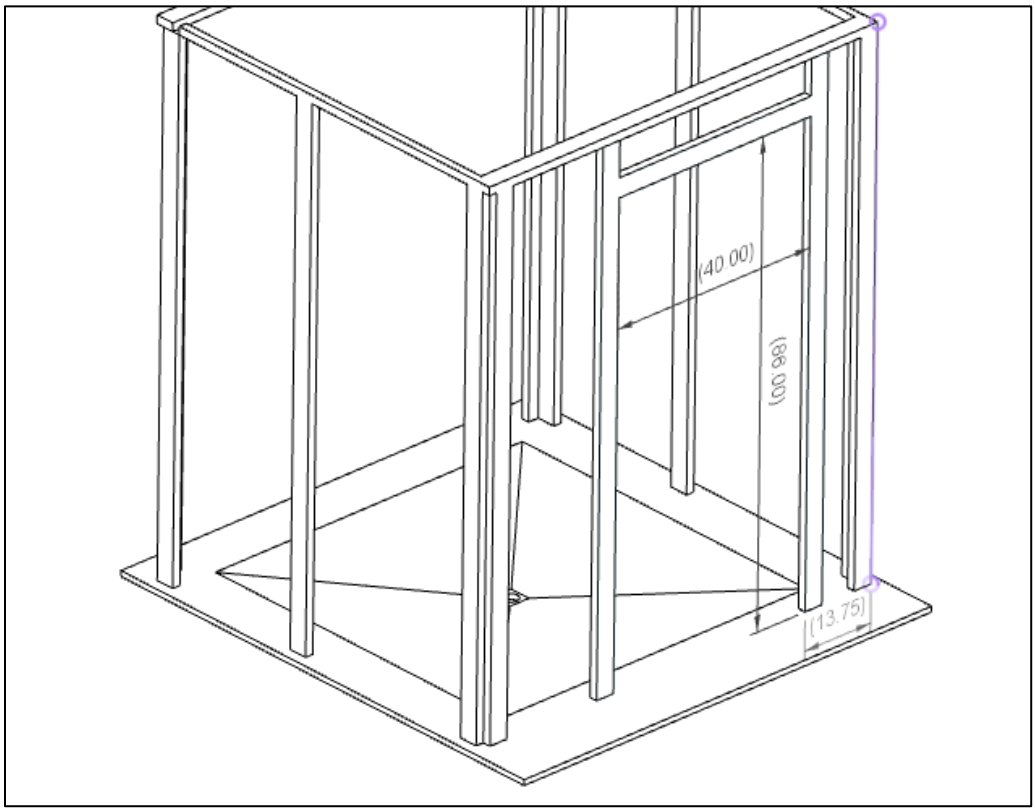
a. Preparing your room

The Am-Finn Steam Room is a room built inside of a room. This steam room will be free-standing, with its own frame and ceiling. The preparation of the room is crucial to a successful installation. To prepare and get the existing room ready, ensure you have your Am-Finn Layout in hand, then follow the below checklist and steps.

1. Floor
    a. The floor of your steam room is an important part in making sure the room is functioning correctly. A concrete, tile, or whatever waterproof floor you prefer is required. This floor must be sloped ¼" for every foot to allow for drainage. Using the Am-Finn layout provided with the steam room, mark out a rectangle that is 6 inches smaller in each dimension than the steam room frame. This marking is used to show where the sloping will start. Starting the sloping of the floor inside of the room itself allows for the frame of the room to sit flat on the floor. As well a drain will need to be placed near the center of the room. Ensure this drain is recessed to avoid lips rising above the floor.



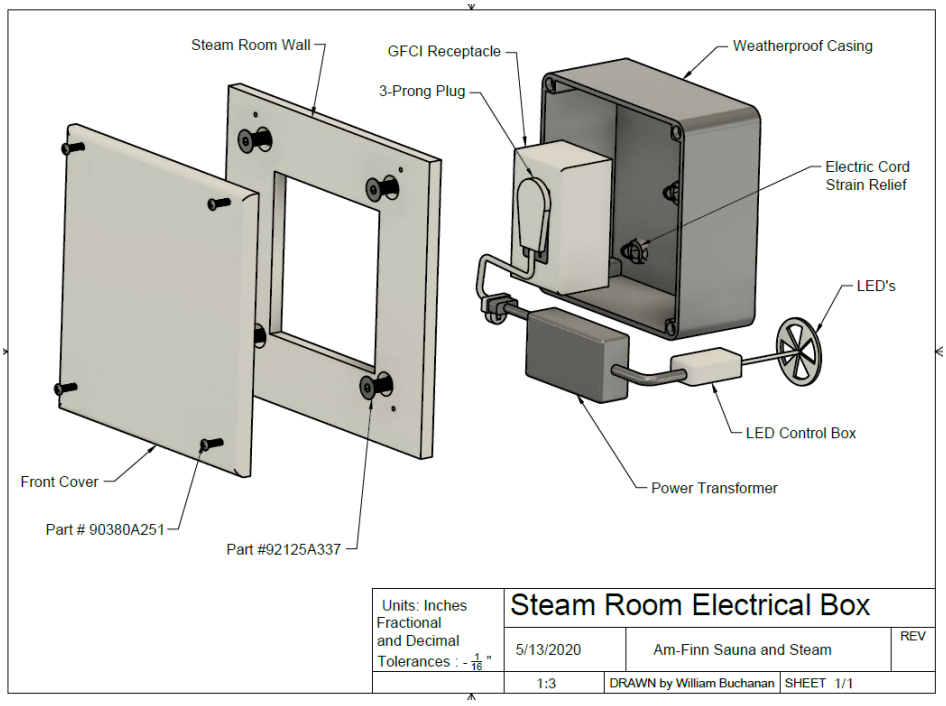
2. Walls
    a. The walls of your existing room are not as important as the floor, but still important. The most important part is the door rough opening. For our standard steam room door, we need a rough opening left in your wall of 40" Width x 86" Height. The location of this rough opening is also very important, and should be marked on the layout you received from Am-Finn. Our door frame will be sticking out 1.5" outside of the rest of the frame. This 1.5" is meant to slide into your door rough opening, so if the location or dimensions of the rough opening is off, it will cause an issue. Other than that, you can leave the walls unfinished, basic studs is fine for this purpose, and these walls will be hidden once the steam room is finished.



3. Ceiling

a. Am-Finn recommends having ceiling access if possible. For a Moonglow ceiling, lights will need to be placed on the trusses, and for a Stainless Steel Ceiling, assembly is easier with ceiling access.

4. Electrical - There is multiple lighting options available for the Advanced Hybrid Steam Room.
    a. Any LED Center Seam lights, and any Risor LED Lights will be controlled from our weatherproof LED Control box. Inside of this box is the receiver to control the LED lights, and a GFCI Dual Receptacle outlet. This is where the lights will be plugged in. Place a J-box centered on the back wall then connect 120V power from the J-box to the LED Control box. A remote control will control these lights.



    b. Moonglow ceilings will require a 120V power above the ceiling. Two LED shop lights hardwired together will go above the ceiling. Pre-wired conduit will be sticking out of on of these lights, provide power to this to power the lights. A switch is recommended for this circuit.

5. Steam Lines and Steam equipment

a. On the layout you received from Am-Finn you will see indicated on the MEP drawing the intended location of the steam lines run into the room. Steam lines need to be stubbed out into your existing room 12 inches into the room, 12 inches above floor. The steam lines need to be sloped the whole way (1/8" per foot) either into the boiler/generator or into the steam room. For the AI series, it needs to be ¾" NPT, for the AK series, it needs to be 1/2" NPT. You will need to place the generator/boiler in a mechanical room of your choosing. This room will need to have a drain, a high-voltage power supply for the boiler/generator, and a 120V standard power supply for the Powerzone Ozone Generator. The Powerzone will also need some sort of conduit from the mechanical room back to the steam room. You will also need to plan the steam line route from the generator/boiler to the steam room. Am-Finn recommends consulting with a plumber or HVAC/MEP specialist for this part of the project. Refer to the boiler/generator installation guide to properly set up the water and power infeed.

B. Tools Needed

You will need some tools to build this Advanced Hybrid Steam Room.

1. A Standard Electric Hand Drill (A hammer drill setting or separate Hammer Drill is a preferred)
2. A standard Electric Impact Drill
3. Tape Measure
4. Sharpie/Marker
5. A standard #2 Phillips Driver Bit
6. A 5/16" Hex Driver
7. A ¼" Hex Driver
8. A razor/utility knife
9. A construction light
10. Drill Bits:
    a. 5/32" Concrete Drill Bit (Provided by Am-Finn)
    b. 1/8" Standard Drill Bit
    c. 9/64" Standard Drill Bit
11. A square.
12. Vice Grip Clamps, recommended 2 or 3.

C. What you will find in your crate

Inside of the AHSR crate is a layout, as well as a checklist (shown below). Please take stock of crate upon receipt of the freight.

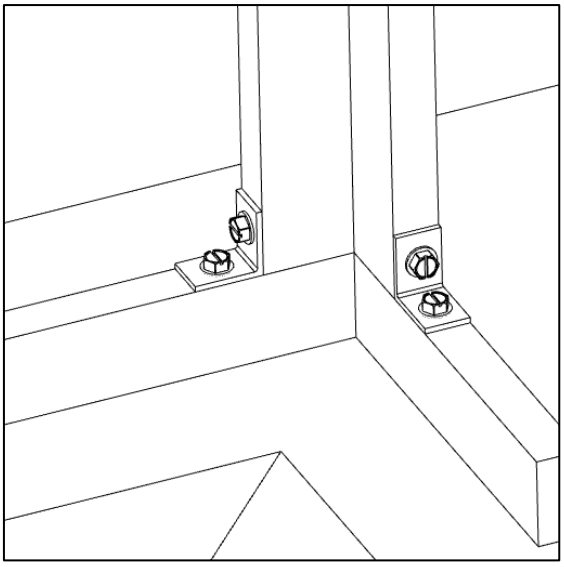
FOR PRODUCTION:

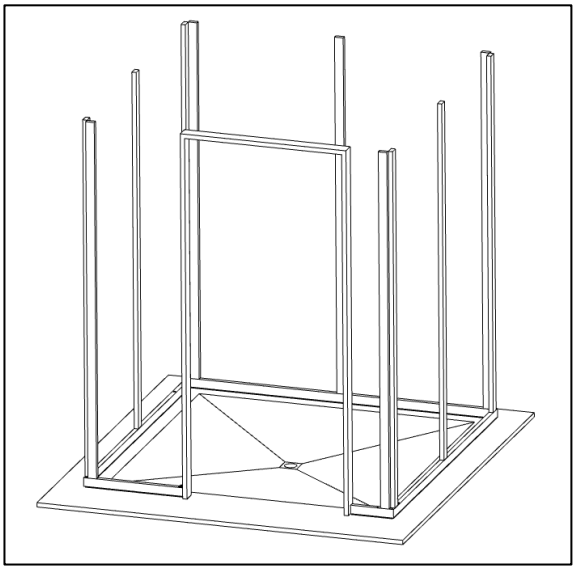
	PROJECT NAME:	MENS OR WOMENS	BUILDERS:	
	STEAM ROOM CHECKLIST	COUNT (# of)	INITIALS	DATE
FRAME				
	Base Frame with Gasket			
	Upright Posts			
	Risors/Fisors			
	Horizontal Cross-Members			
	Ceiling Trusses			
WALLS AND CEILING				
	Walls (LABELLED)			
	Ceiling (LABELLED)			
	Everything predrilled			
IF STAINLESS CEILING				
	Stainless Panels			
	Stainless Bolt and Nuts			
	Stainless Panels Pre-Drilled			
	3/4" x3/4" L-Angle, Powdercoated			
IF RISORS				
	Powercoated Risors, w/ acrlyic			
	Flashings			
	Risor LED Lights			
	Risor Gasket			
LIGHTING				
	CEILING LIGHTS with conduit			
	Center LED Lights			
	LED Control Box (weatherproof box) w screws			
	Control Box Cover			
	LED Channel with Cover			

D. Frame Assembly Process

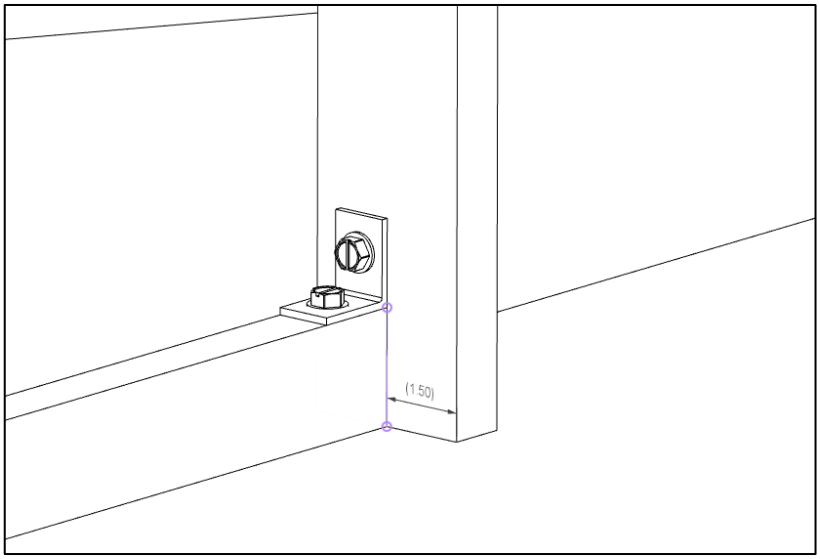
1. The Aluminum frame.
    a. The aluminum frame is the basis of the steam room. It is assembled first and will define how accurate and square the rest of the build goes. Be sure to take great care in the assembly of this frame. The frame is bundled into walls. The walls are labelled Wall A, B, C, and D on your steam room layout (Append. A1). The Door wall will be wall D every time. Each vertical post, cross member, and bottom frame should be labelled with a letter and a number. This indicates the correct way of assembling the frame. Simply match up the letter and number combo with other posts that have the same letter and number combo. Use the 5/16" x ¾" Hex Head Screws for the whole frame assembly process.

    b. Start with the **Base Frame** with the gasket against the floor, laying out different sections according to the supplied layout. The corners of the bottom frame will be joined together by the **Corner Posts**. The 1.5" angle will be attached to the bottom of the corner posts. The 1.5" angle will be pre-drilled, as will the top side of the base frame, so simply match the holes and fasten them together. The **Upright Posts** will be attached in the same fashion

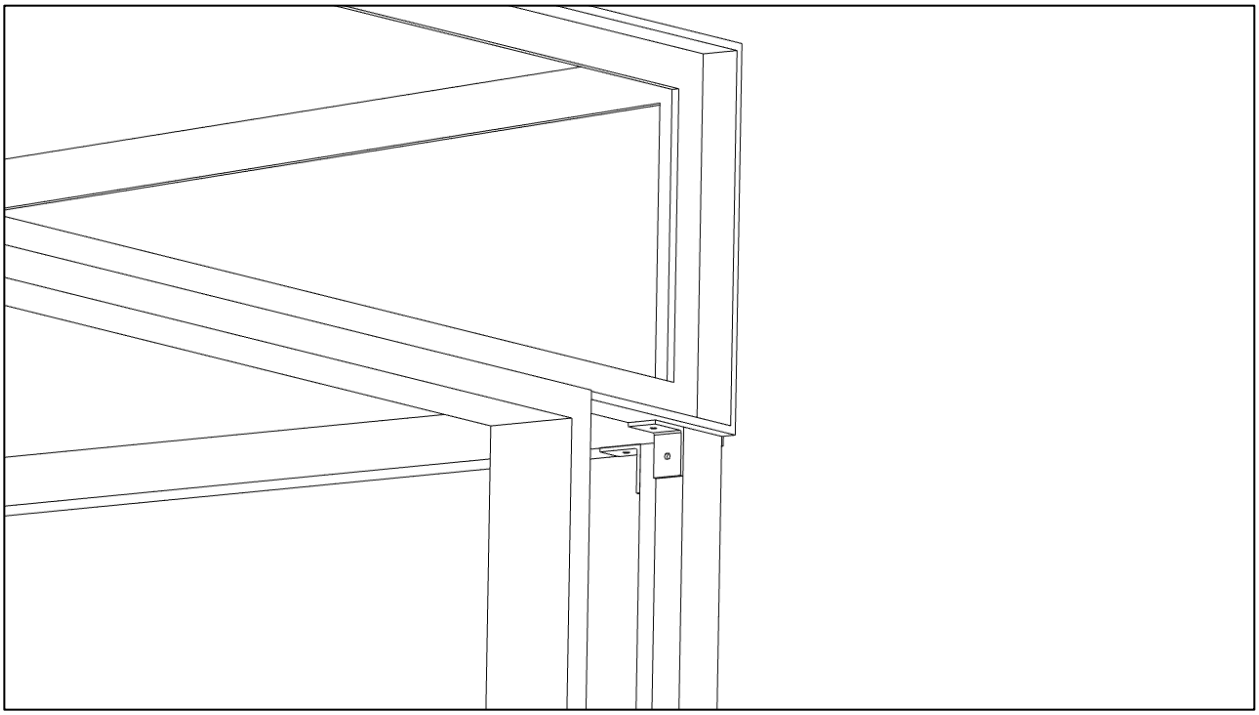


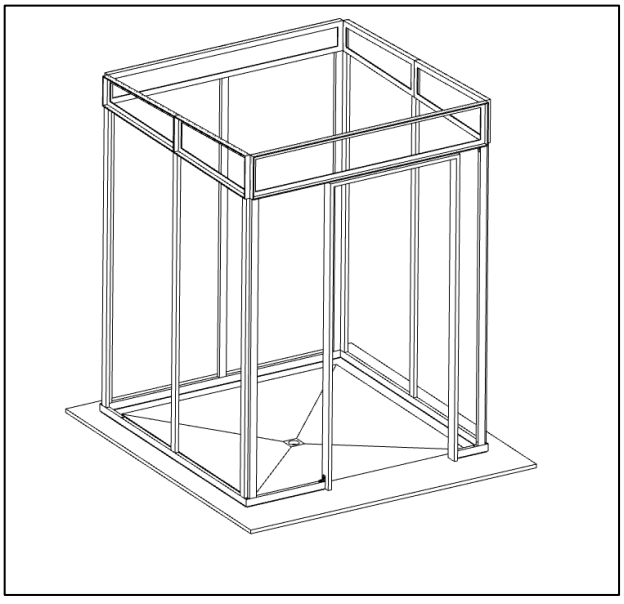


c. The **Door Frame** is attached using the **Bottom frame** to identify its intended location. Leave 1 ½" of the frame protruding out of the room. Remove the glass before mounting the door frame.

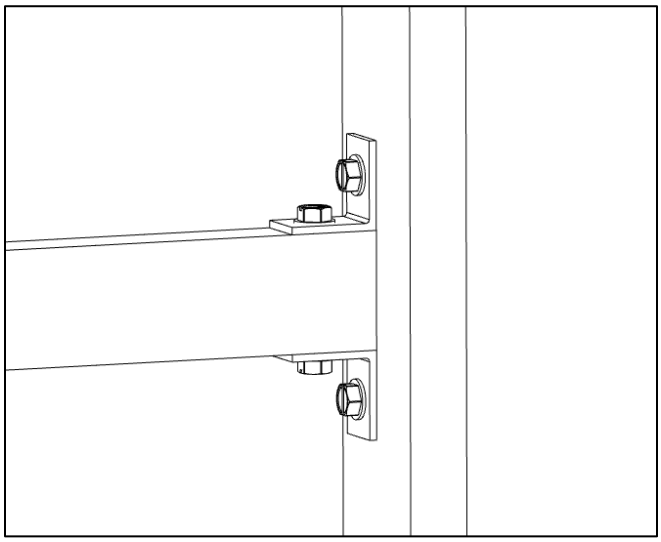


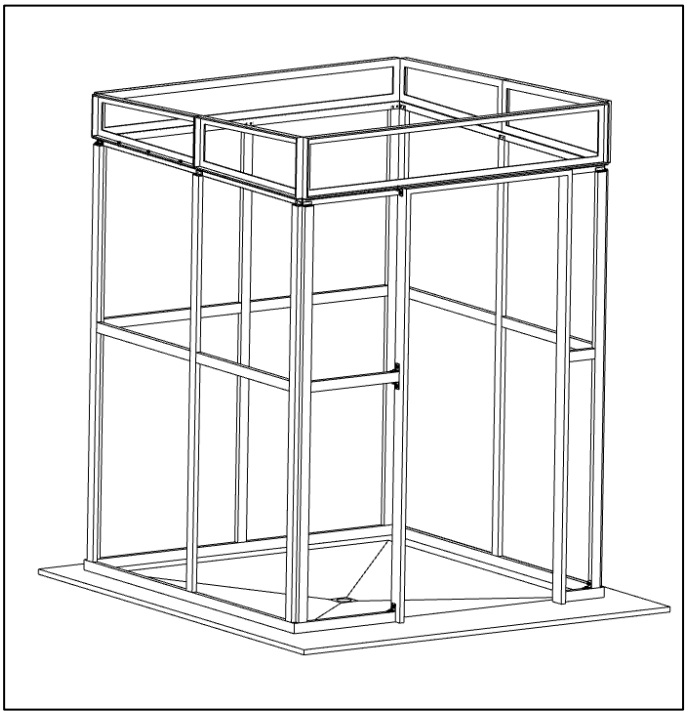
d. The **Fisors** are attached next. Follow your layout to ensure the **Fisors** are in the correct location. These are manufactured from the same 1.5" aluminum L-angle. These are referred to as "**Fisors**" if they are covered in white acrylic, or "**Risors**" if they have backlit acrylic, and have the aluminum powdercoated and exposed. For the purposes of this guide, we are going to be using Fisors. These are attached to the **Upright Posts** using the 5/16" Hex Head Screws and L-angle connectors



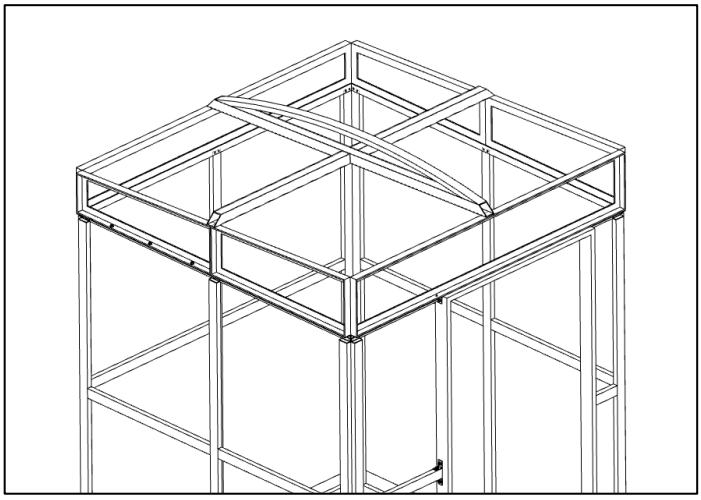


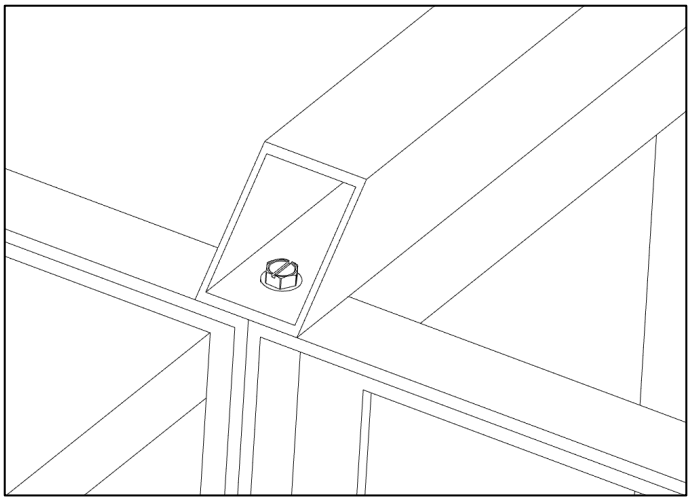
e. Attach the **Horizontal cross-members**. These will be labelled; ensure they are in the correct position.



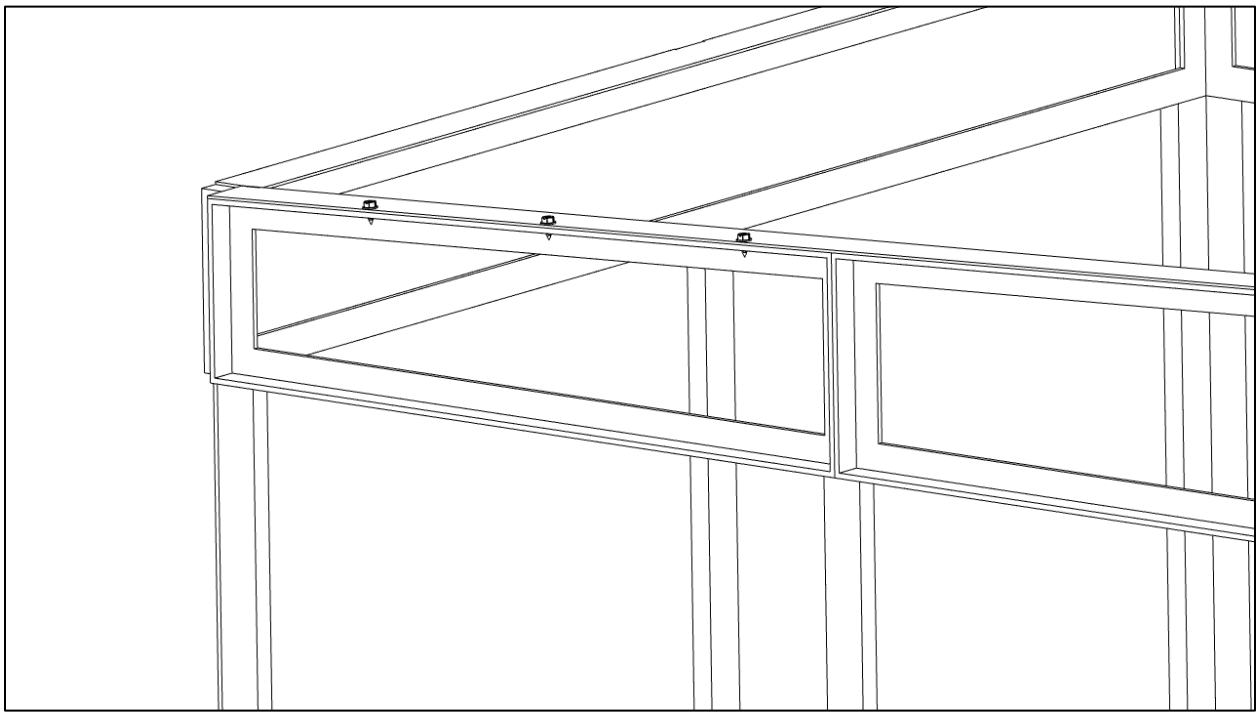


f. The **Ceiling Trusses** and **Ceiling Cross Supports** are the next task. They will attach to the fisors with the 5/16" Hex head screws.

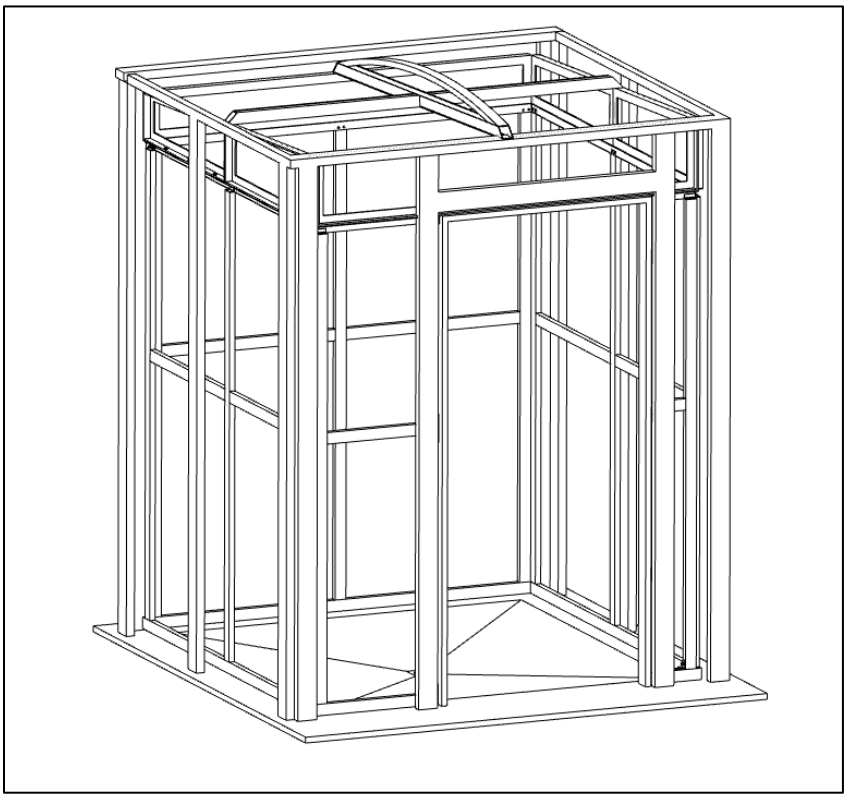




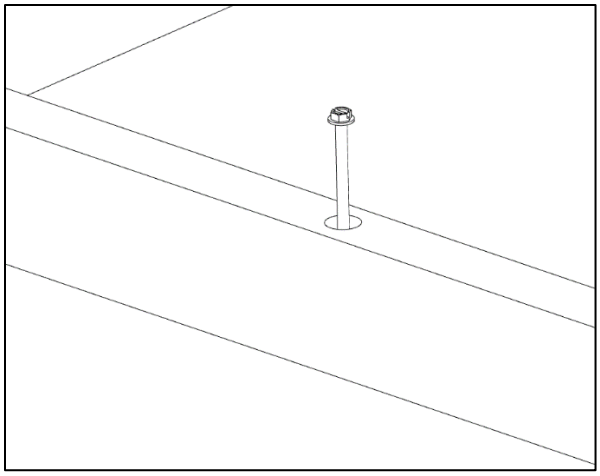
g. The **Fisor Tops** are the last part of the frame. These are 2.5" x .125" strips of aluminum flat bar. These are attached to the fisors with the hex head screws. These will protrude into the room 1".

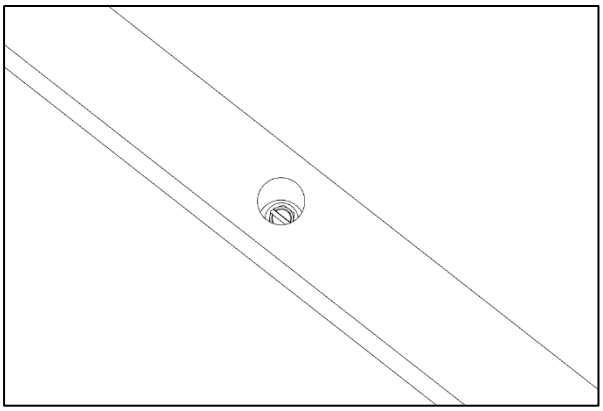


h. Now the frame is assembled. The next step is to slide the room forward until the doorframe enters the rough opening. Once the frame is positioned to your liking, take a second to double check the squareness of your room. The next step is to fasten the room to the floor, so make sure everything is how you like it.



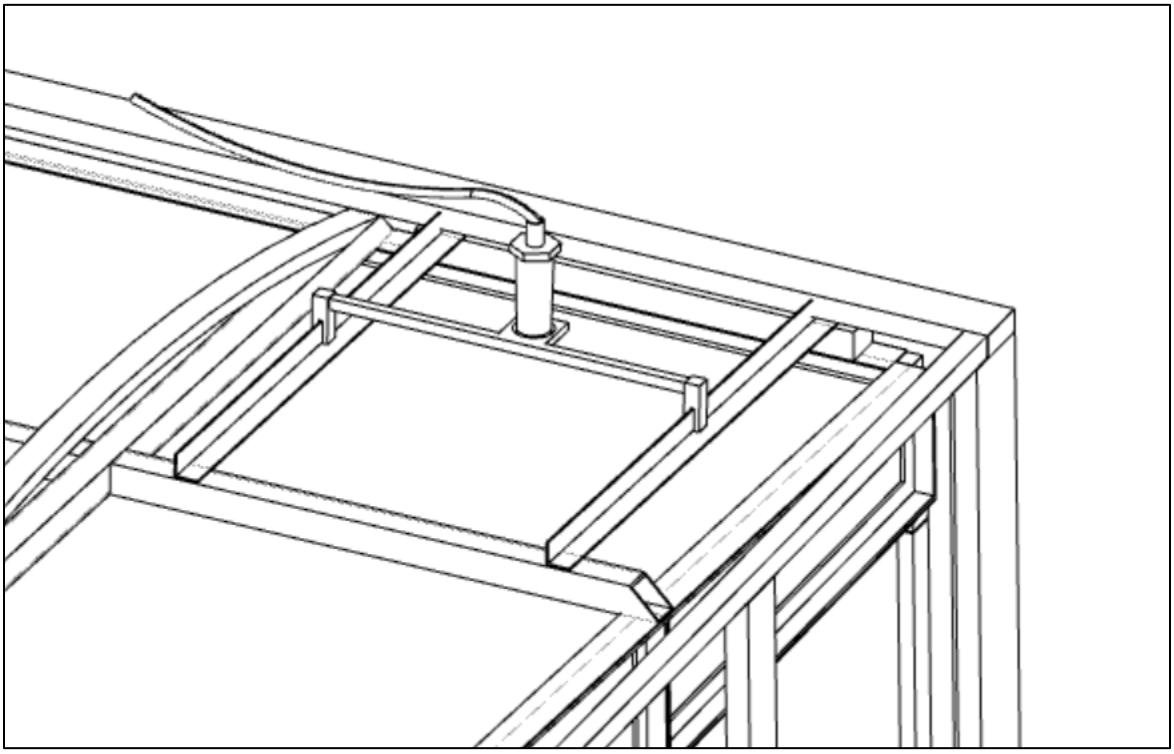
i. We are now anchoring the frame to the floor. You will see on the base frame, three to four ½" diameter holes per wall. These are pre-drilled for the concrete anchors. These are Tapcon 1/4" Hexhead 1 ½" x 3/16" Concrete screws, they are the blue screws. If you have a hammer drill, now is the time to use it. You will need a ¼" driver to attach these. Once you are certain of your frame location, pre-drill the concrete using the 5/32" Concrete Drill Bit. Then drive the concrete screws into the ground. Keep in mind, we want to create a seal with the gasket, not compress it into oblivion. As well, if the floor has not been sloped inside of the frame as described earlier, you want to make sure you are not distorting the frame to match the floor sloping. Fill the hole with Silicon to help keep things sealed.



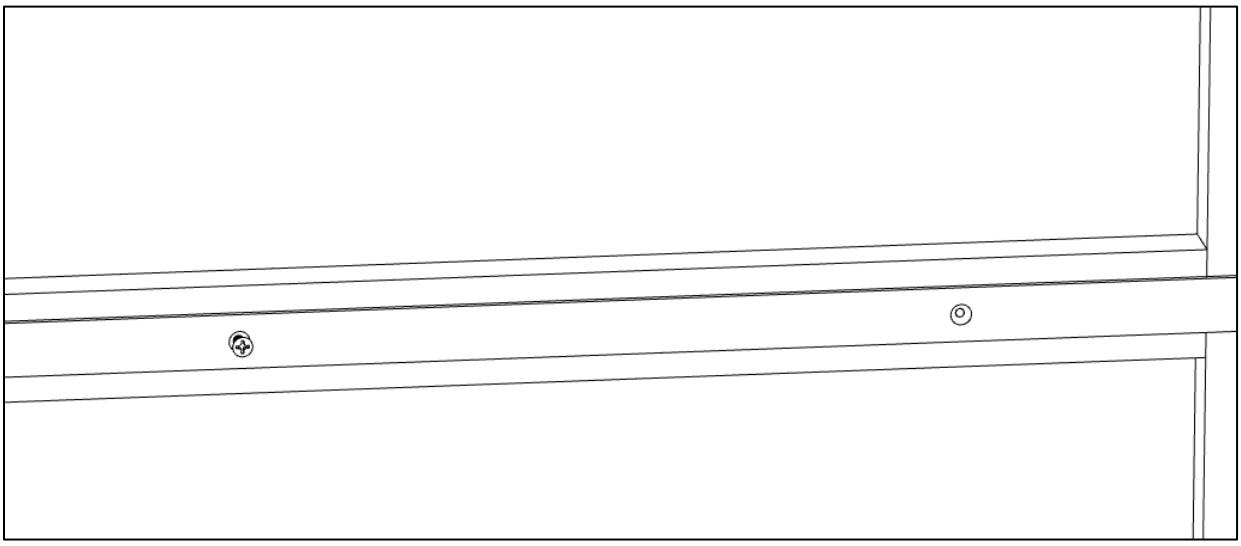


2. Fire Sprinkler dropdown

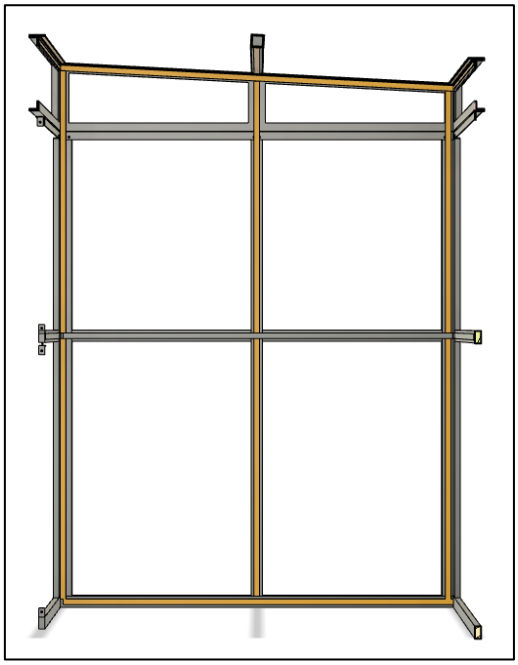
   The Fire sprinkler system should be attached before the acrylic is attached. A drop-down system on a sliding rail system will be on top of the frame. Refer to your layout for specific location information. The existing fire sprinkler will be attached to this, and then the location can be adjusted to exact fits in the field

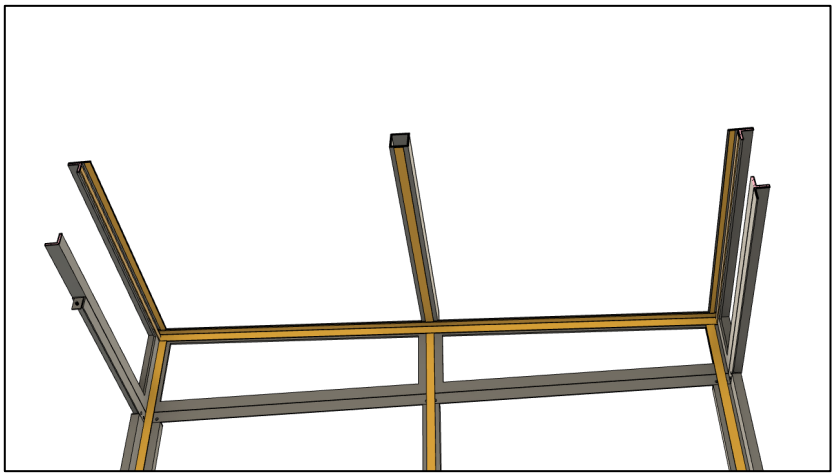


3. The **LED Spacer Strip**, **Gasket**, **Ceiling Lights**, and the **Acrylic Panels**
    a. The **LED Spacer strips** go on next. This is an aluminum strip, 15/16" wide x .125" thick. This spacer will set the height locations of the acrylic panels, so it is critical this spacer is installed correctly. It will be run around the center of the horizontal cross members all the way around the room. This spacer strip will be labelled and pre-drilled. There will be a ¾" Diameter hole at one point on this spacer. This is going to align with a ¾" hole that is drilled either in a cross-member or vertical post depending on the room size. To mount this spacer, use the flathead Phillips ¾" long screws to fasten it to the cross members or center posts.



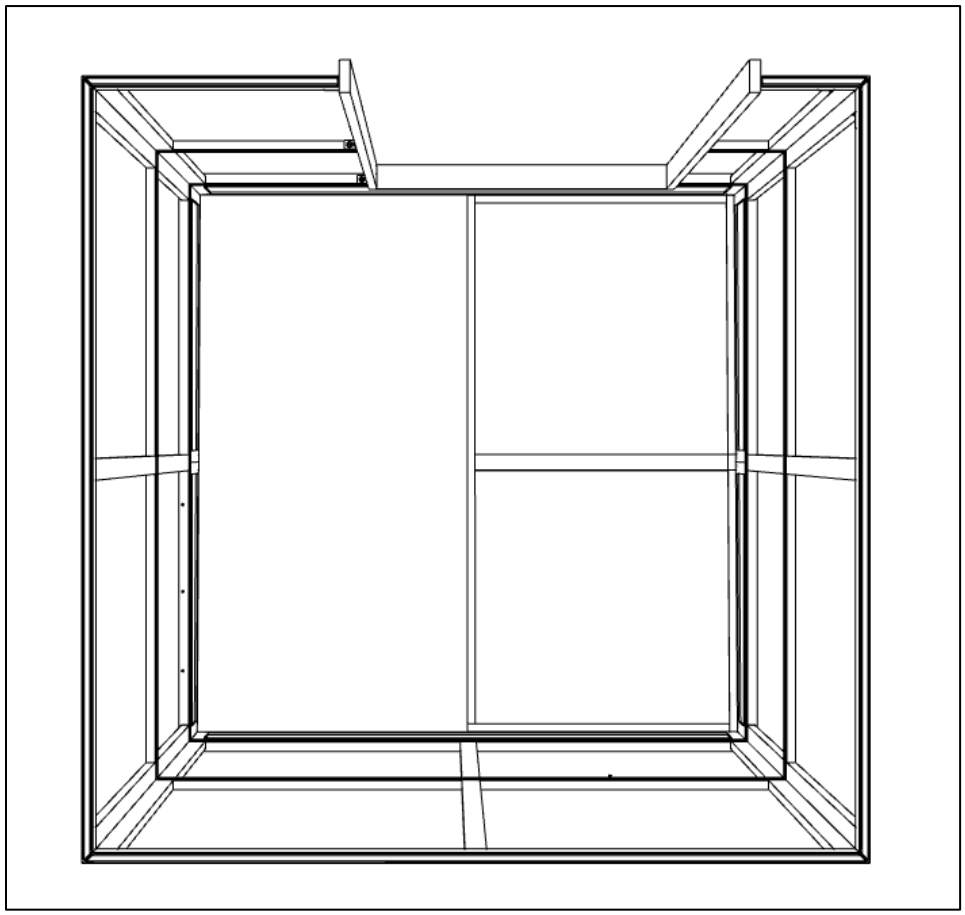
b. There is a **Gasket** that is applied prior to putting on the acrylic panels. This is a 1" wide by 1/8" thick HDF gasket that will be used to seal any seams and to help create a moisture tight room. Be sure the gasket is run
    i. Up the **Corner Posts** and **Upright Posts**
    ii. Across the **Base Frame** and tops of the **Risors**
    iii. Underneath the **Risor Tops** and across the **Ceiling Trusses**
    iv. On the Inside of the **Door Frame**



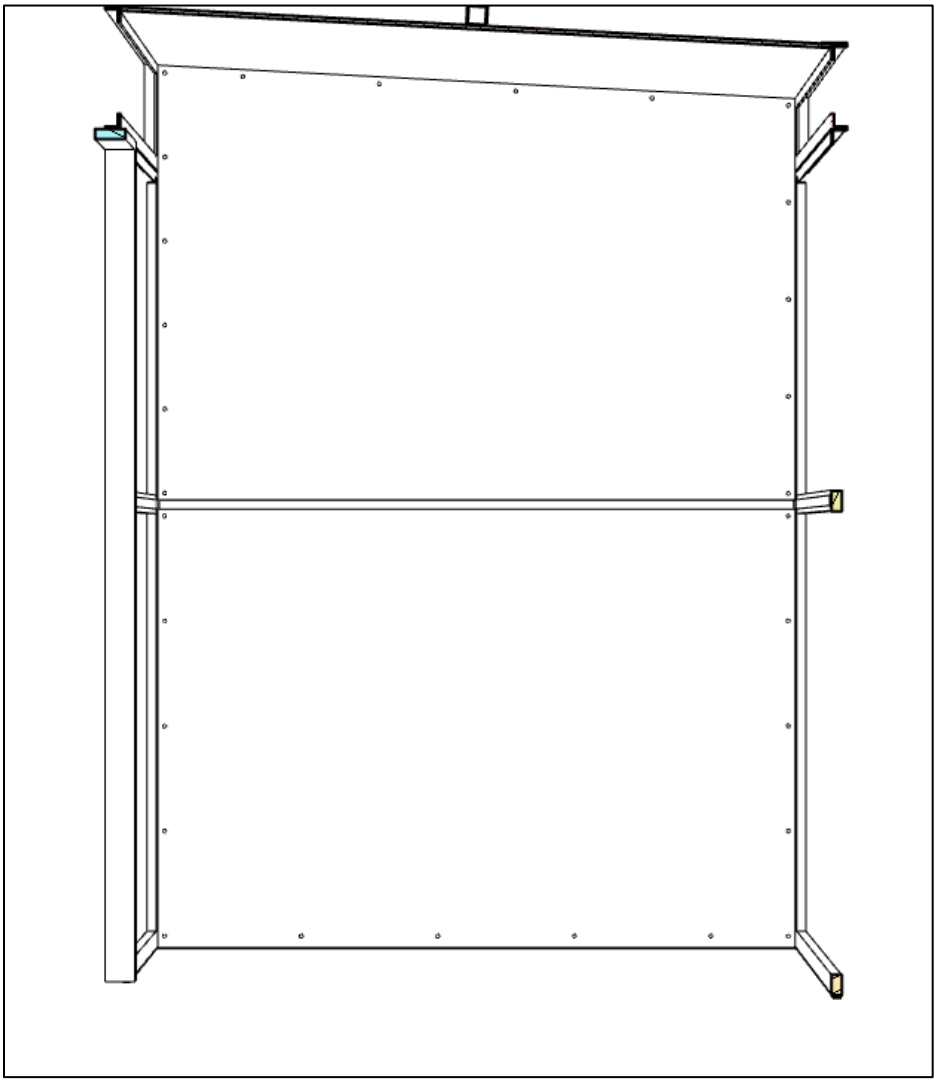


c. Now lets shed some light on the situation. The moonglow ceiling **LED shop lights** are installed next. These are pretty simple, there will be 1 to 3 provided depending on your room size. You can rest the shop lights on the trusses pointing straight down. They will come with Conduit already attached to the lights.

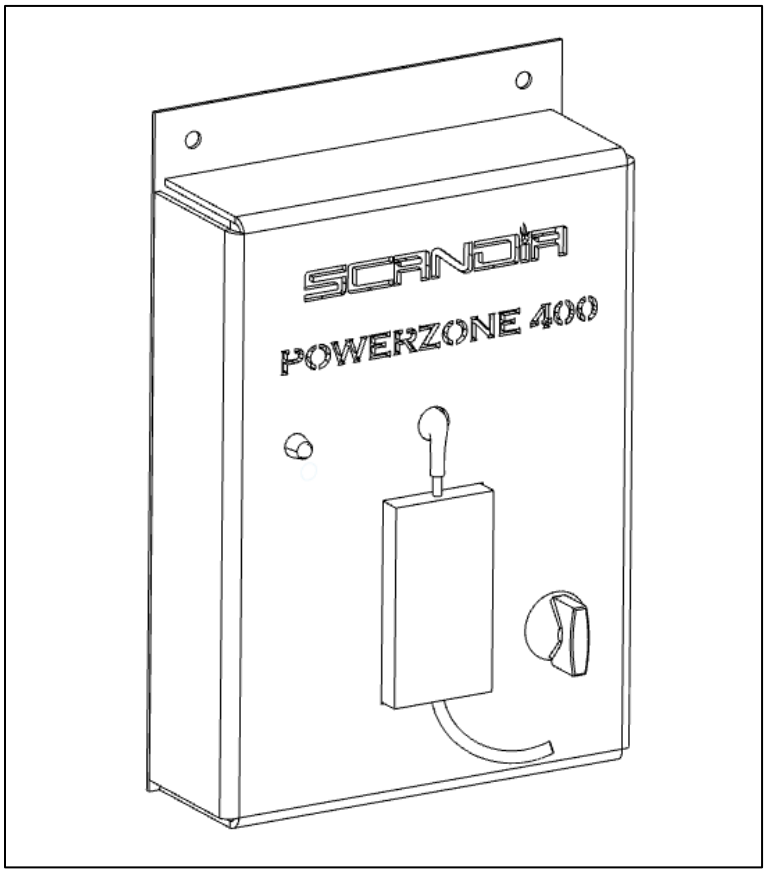
d. It's panel time. The ceiling is the first panels to go up. These are the **3/8" acrylic ceiling panels**. Use the labelling to orientate them in the proper position. This is definitely a two man operation. This is to avoid damaging the panels and to avoid potential injury during installation. We also recommend that a clutched drill be used when fastening in the acrylic screws (1" Stainless Flathead Phillips Screw) to avoid overtightening, which can crack the acrylic panel. Be sure to use the included **Screw Caps**.



e. At this point it is time for the **½" Acrylic Wall Panels**. Please use extreme care when handling these. They are bulky, heavy, and delicate. We recommend two people be used to hang the sheets. Put the bottom panel on, using spacers and/or a prybar to lift it up off the floor until it butts against the center aluminum strip. The label will show you the correct orientation and location for each panel. After all the bottom panels have been done, move to the top panels.



f. After all the wall panels are up, we are going to take care of the **thermostat** and the **Powerzone**. You will need to run the 3/8" diameter clear tube from the **Powerzone** to the steam room. There will be a small soapstone that goes into the end of the tube after you pull it through. Then there will also be a small stainless steel cover to hide the soapstone and tube coming through the wall. The thermostat needs to be routed from your boiler/generator to the steam room. Again, determine the desired position in the acrylic panel, we recommend away from the steam line so that a consistent temperature can be read. Drill a 7/8" hole, then pull the thermostat through the hole until it barely reaches into the room, put the clip on wire on the back of the sensor, then put it back into the hole. The sensor should be large enough to prevent the thermostat from falling out of the wall. Both the thermostat and Soapstone need to be siliconed into place, and the hole sealed.

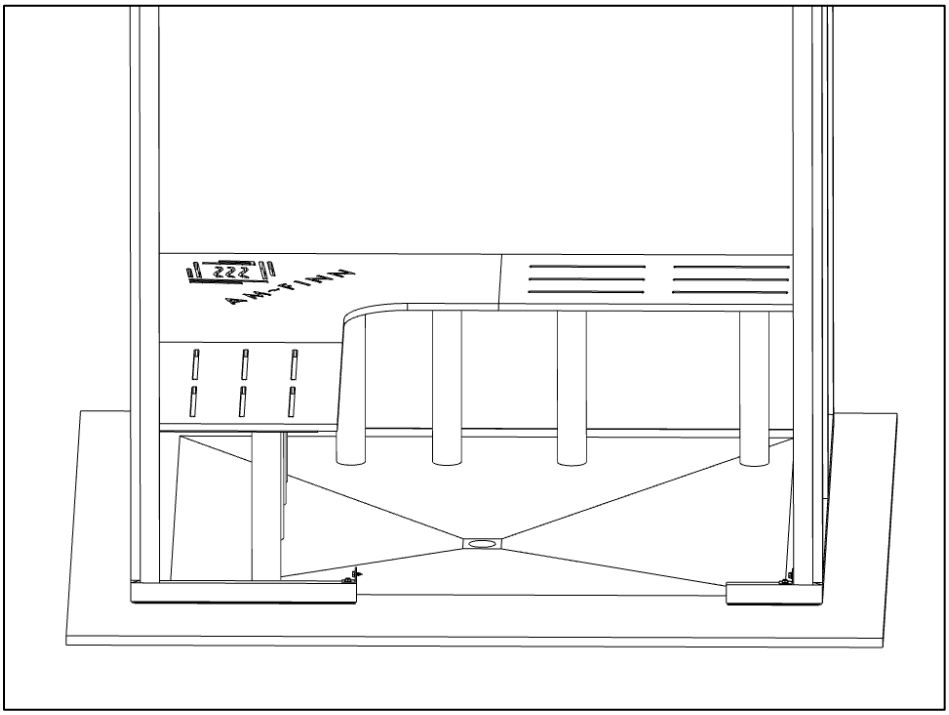


g. The **LED Strip** installation is next. There is an aluminum channel with the plastic cover that will hold the LED light strip. The aluminum channel is screwed into the spacer with the Flathead Phillips Screws (3/4"). Just follow the labeling around the room, attaching the aluminum channel as you go. There will be a pre-drilled hole, about an 1" diameter, that goes through the channel, the spacer, and the frame. Put a strip of electrical over any screws in the channel to prevent shorts or circuits breaks. Then, peel the back off of the LED strip, and run the strip down the channel, starting at the hole, trying to keep it as centered as possible. This will need be run in both directions from the hole, and the strips should terminate where the frame meets the door frame. Run this wiring for the LED strips out the back of the hole we started at, hanging it down below the panels. Any hole that goes through the frame and channel will need to be completely sealed with Silicone after the wiring is completed. There will be a weatherproof electrical box that is going to go through the acrylic panels. Run the leads for the LED strip into this box and plug it in. The electrician will be responsible for supplying power to this box. Place the plastic cover over the aluminum channel, a bead of silicon can help create a tighter seal. A remote control is included that can adjust the light color, and brightness of the LED's.

h. Remount the **Glass Door** on the frame hinges. Be very careful while doing this. Attach the door handle to the door, following the instructions. Attach the door closer to the door, following the instructions.

i. The **door stop** is next. This is what will determine how far into the room the door will swing. This will also create the seal for the door. There will be a gap at the bottom of the door to allow fresh air into the room. The door stop is powder coated L-angle, which will match your door frame. Determine where you want your door to stop, then secure it in that location and screw the door stops into the frame using the ¾" FlatHead Philips Self-Tapping Screws. Make sure the **door stop** has the **door stop gasket** on it. Ensure sure the door closes and opens smoothly and has a pleasant operation.

j. **Benches** are the next step. Start with the 36" x 36" Corner bench. Review the layouts of the room before starting this to ensure that you have the proper locations. The benches are ¾" HDPE on top of 1.5" x 1.5" L-angle framing. The legs of the benches have not been predrilled, but have been silhouetted when they were assembled in our shop, just match the square mounting bracket for the legs with the square sketched on the bench bottoms, and screw the brackets in. Then adjust the base of the legs until the bench is sitting at the desired height. Ensure the benches are level before moving past the legs. The aluminum framing should be sitting flush against the walls. Use the 1.5" 5/16" Hex Drive self tapping screws to attach the bench frames into the walls. The bench frames should be pre-drilled and pre-mounted, and the walls will be pre-drilled. The bench frames will attach. This is done with nuts and bolts going through the aluminum bench frames. These will also be pre-drilled, so just match the holes and double check the layouts and it should work out fine.



k. The corner trim is the next step. This is 1.5" x 1.5" PVC L-Angle. This will go on the corners of the room and the ceiling corners of the room. Before starting, take a clean rag and an acrylic friendly cleaner and clean the corners. This will ensure a good adhesion between the trim and the wall panels. The corner trim will be cut to size and

labelled. Just follow the labeling to find the correct position. To start, apply a thin layer of silicone up the joint that the trim is covering. Then spread a thin layer of the supplied adhesive to the back of the corner, then carefully place it into position in the corner. Painters tape can help hold the trim in place while the adhesive dries. It will cure enough to remove the painters tape in about 10 minutes, but allow for a full 24 hours to fully cure.

l. Caulking. You will need to fill a couple things. Use the clear silicone when the caulking will be visible. The location where the acrylic panels meets the door frame perimeter will need to be sealed.

m. Flooring is next. Tru-tile is our standard supplied flooring. Start with the outside of the door frame, we are going to start with the transition. Slope the transition out of the room, filling the width of their door rough opening. Then start to work your way back, attaching tiles and trimming tiles as needed. We recommend using as many full tiles as you can before going on to trimming tiles. If it is a single tier bench, the flooring will go underneath the benches. Cut the flooring as necessary to account for the bench legs.

Your steam room is complete! Fire up the steam generator and enjoy a clean, healthy environment provided by the Advanced Hybrid Steam Room.