PAVIGYM
THE BASIS OF FITNESS

March 2021

Installation
Manual

Contents

Please read this document before installing any PAVIGYM product. If you do not follow the installation instructions, the product warranty could be null and void.

1 General advice before installation

To ensure proper installation, please follow the instructions carefully. We can help you find a way of making sure it goes well without negative results.

1. Before installation, tiles must be site-conditioned for at least 48 hours at the ambient temperature at which they will be used.

2. Store the product indoors.

3. Keep tiles away from direct sunlight, as well as any other sources of heat - such as heaters, radiators, etc to prevent changes to dimensions and colours.

4. Check tile interlocking, colours and general appearance BEFORE installation.

5. PAVIGYM should be fitted between 15°C and 25°C.

6. Do the installation work at the temperature at which the room will be used, in order to avoid temperature differences between the newly installed product and the product once in use.

7. Install PAVIGYM products after completing any brickwork, plumbing, electrical, air conditioning, glazing, painting and any other work that could wear or damage the flooring.

8. Once installed, products are non-refundable.

9. If you encounter any anomalies, please inform your local distributor or our support service **support@pavigym.com** before continuing.

2 Checking and preparing the subfloor

The surface upon which the Pavigym floor is to be installed must comply with the following requirements:

- **SOLID**: The existing floor needs to meet the safety and service conditions necessary for the installation of our products. It must resist the dead load weight of the new Pavigym tiles.

- **DRY**: The surface needs to be dry - not only during installation of the product but also during its lifetime. The maximum moisture content must be below 3.5% (measured using a moisture meter). If this threshold is not met, please waterproof the subfloor before installing PAVIGYM.

- **FLAT**: The surface should be completely flat and free from protuberances and cavities. If required, use self-levelling to ensure the floor is completely flat..

- **CLEAN**: The surface should be free from dust and residues. Sweep or vacuum thoroughly immediately before starting installation.

If the surface on which the product is to be installed does not comply with the characteristics above, please speak to a specialist.

Additional information:

1. Due to its fragility, PAVIGYM flooring should not under any circumstances be installed on top of **ceramic tiles**.

2. If really necessary, you can install our products on top of **granite, marble and terrazzo tiles** so long as they comply with the conditions regarding strength, humidity, flatness and cleanliness described above.

3. If PAVIGYM flooring is installed on top of floor tiles, these must be joined to the underlying slab by a continuous layer of mortar. There must be no cavities below them in order to guarantee the tiles' mechanical strength under critical point loads.

4. Recesses along the joints and level differences between tiles are unacceptable. If these requirements are not met, the tiles should be removed and a layer of self-

levelling concrete poured.

5. In regard to **raised technical floors**, please follow the manufacturer's instructions to ensure the stability of the underlying structure.

6. Fitting PAVIGYM tiles on to wooden floors may cause a difference in colour over time. Pavigym shall not be responsible in this case.

7. PAVIGYM floors can be installed on **heated floors** provided the following conditions are met during and after installation:

    - The ambient temperature of the room should be approximately 21°C regardless of the season.
    - The floor temperature should not exceed 28°C.

8. PAVIGYM floors are not designed for use on top of **carpet or resilient surfaces**, as they cause defective sealing of the joints between tiles.

9. If you have any questions, please contact our Customer Service department by email: **support@pavigym.com**.

3 Recommended adhesives

After testing different adhesives available on the market, the following are our recommended products:

| BRAND	PRODUCT NAME	LOCATION
COLLAK	COLLAK WA-1040	Indoors
KEFREN	PU-815	Outdoor or wet areas
UZIN	UZIN KE 2000S	Indoors
HENKEL / THOMSIT	THOMSIT K 188 E	Indoors

For all other adhesives, please consult PAVIGYM.

4 Installation plan

If you take our installation service we will enclose this plan in one of the pallets we send for your order (please look for the folder containing the important documents).

The installation drawings of our products indicate where to start with the stakeout, as well as the dimensional posi-tion of all these products to be installed.

These plans include: marked-out layout floor plan/distribution of materials to be installed (floor, baseboards, ramps, edge protectors, etc) and a chart of surfaces (m²/mL).
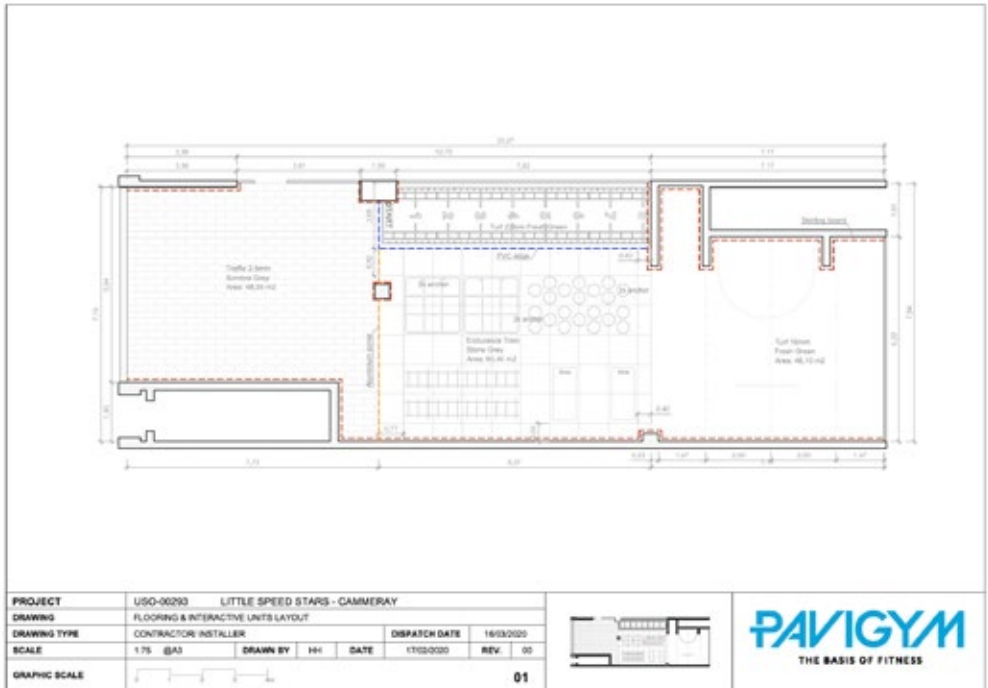
5 Pavigym floor installation

5.1 General considerations

- Before installation, check tile interlocking, colour and general appearance of the tiles. To do this, spread them out on the floor for a visual inspection.

- When laying out, place whole tiles (uncut) in the most visible areas (entrance, doors, large walls, etc) to avoid unnecessary waste.

- If the floor design has markings and/or zoned areas, check the location and orientation of these tiles be-fore starting the installation.

- For textured colours, make sure the pattern goes in the same direction (the PAVIGYM logo can help you quickly identify the right direction).

Reference point and reference axis:

1. Use a tracer pen and chalk line to mark a line on the floor parallel to the main wall. Mark the 1st reference point on the chalk line mark and the 2nd reference point at a distance of 3 metres from the 1st, also plac-ing it on the line drawn parallel to the wall.

2. Then draw a line perpendicular to the main wall intersecting the 1st reference point. Mark a 3rd reference point on the line perpendicular to the wall at a distance of 4 metres from the 1st reference point.

3. If you have followed the steps above, you should have created two perpendicular axes on the floor that you will use as a reference during the installation to check if the tiles are aligned correctly with the walls.

4. Finally, to check that both axes are perfectly perpendicular, measure the distance between the 2nd and 3rd reference point. The two points should be exactly 5 metres apart. If the distance is not 5 metres, re-peat the entire procedure described above.

5. If the design of the floor already has markings and/or zoned areas, check their position beforehand, as they will dictate which is the main wall. For textured colours, make sure the pattern goes in the same di-rection (the PAVIGYM logo can help you quickly identify the right direction).
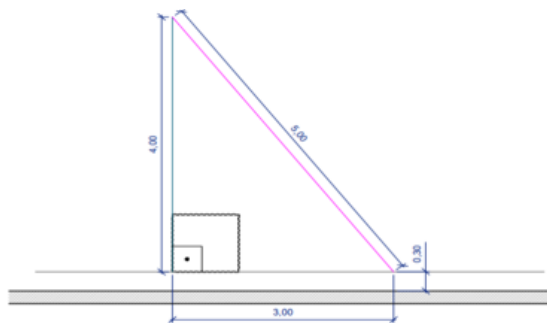

5.2 Recommendations for tile cutting

1. Measure the distance to the cut line taking into account the expansion joint.

2. Make a shallow cut along the cut line using a wide cutter.

3. Then make a final cut along the entire length of the tile. Depending on the thickness of the tile, several cuts may be necessary to cut through completely.

Notes:

1. Be very careful when cutting tiles to avoid injury. Never cut towards your hands or towards yourself. Cut outwards, away from your body.

2. Please bear in mind that customised tiles, logos and branded tiles are exclusive. A wrong cut will mean the affected tiles will need to be replaced, and this will involve an additional cost.
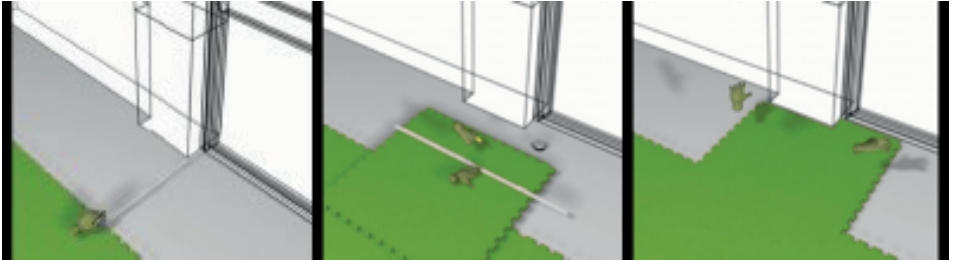
5.3 Non-glued flooring

Recommended tools:

- Measuring tape
- Laser distance meter
- Marking pencil
- Tracer pen
- Cutter

- Ruler for measuring
- Ruler for cutting
- Rubber mallet or roller
- Screwdriver kit (cross-head and flat-head)
- Damp meter

Related products:

PAVIGYM PERFORMANCE

PAVIGYM ENDURANCE

PAVIGYM ENDURANCE S&S

PAVIGYM EXTREME

PAVIGYM EXTREME S&S

PAVIGYM WEIGHTLIFTING

PAVIGYM TATAMI

paviplay

PAVIGYM MOTION

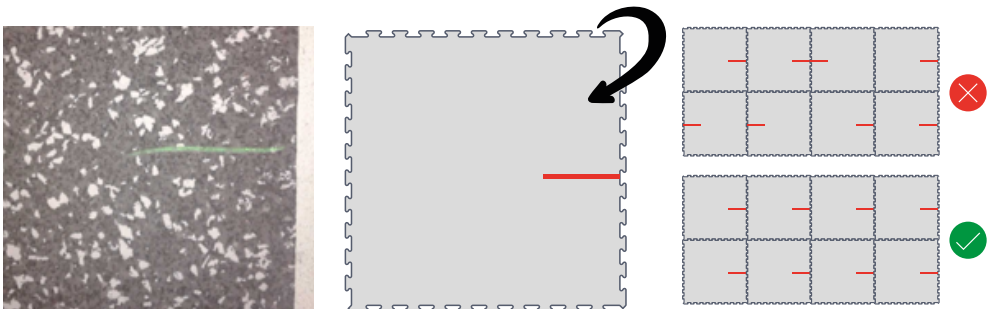PAVIGYM TRAFFIC CLIC SYSTEM

PAVIBASIC CT
*Only those that interlock.

PAVIGYM ACOUSTIC
*Underlay, Silent and Balance.

Installation:

1. Start the installation taking into account the references set out under Point 6.1 and continue installing the tiles in rows from the initial tile. Keep checking the reference axes.

2. To fit the tiles, press the interlocking joints down into the floor until the surface of the joint between the tiles is flat. Use a light-pressure roller or rubber mallet to ensure that the joints do not protrude. Perform this task carefully (applying little force if using the rubber mallet). You can make this process easier by spraying water onto the interlocking edge using a spray (no additives needed).

3. Never force or stress the tiles during installation. If you need to do so, it means that the previous tiles were not fitted correctly. Fit the perimeter tiles last, leaving the appropriate expansion joint (5-10mm joint or 25mm in the case of Tatami and Paviplay). The expansion joint must run along the entire perime-ter of the room, around the columns and all construction-related elements that restrict floor expansion. In the cases of direct solar radiation or intensive use, we could glue the Tatami and/or Paviplay re-reducing the perimeter joint from 25mm to 5-10mm.

4. Before finishing off the perimeter and starting to make cuts, check the final appearance of the installation and check for any anomalies. Remember that you can swap the position of the tiles to improve the final look of the floor in terms of colour and appearance.

Notes:

(*) The Extreme, Extreme S&S and Pavigym Cardio tiles do not carry the logo. Instead, they have a mark on the back part of the tile (the side that goes against the ground) that indicates the di-rection of the pattern. Use the mark on the back of the tile as a reference and place all the tiles in the same posi-tion.

5.3.1 Specific example: TRAFFIC CLIC SYSTEM

Recommended tools:

- Measuring tape
- Laser distance meter
- Marking pencil
- Cutter

- Set square
- Saw
- Tightening bar
- Rubber mallet or roller

When installing the Traffic Clic System, it is strongly recommended that it be installed together with the Underlay DB Loc. Be sure to follow the same instructions as in Points 2 and 3 before installation.

DB Loc Underlay - installation instructions:

1. Plan in advance the direction in which the Traffic Clic System tiles are going to be installed (usually along the length of the room), as DB Loc Underlay is installed perpendicular to the direction of the flooring.

2. Spread the rolls. To make the process easier, place heavy objects at the ends of the rolls. It can also be stuck down with double-sided tape to prevent it from lifting.

3. Join the rolls to each other along the axis using a suitable adhesive tape.

4. Cuts can be easily made using a cutter or scissors.

5. Once installed and prepared, you can start preparing the top layer.

Traffic Clic System - installation instructions:

1. Do the calculation. How many full tiles do I need for the room? And how many partial tiles? Make sure that have more tiles than you need and keep some aside to give a margin of error.

2. The first tile to be installed is placed in the left corner of the room. The tiles are then placed from left to right. You can remove the left tab from the first tile. A 5mm expansion joint should be left along any verti-cal surface.

3. Install the 2nd tile by fitting a short tab into the side groove of the 1st plate. Continue using this method along the row. After fitting all the tiles together, tap the joints with a rubber mallet to activate the inter-locking system.

4. To start installing the 2nd row of tiles, cut a tile so that it is 25cm shorter than the 1st tile in the 1st row. Fit it by inserting the longer edge into the groove of the 1st.

5. Continue fitting the 2nd tile in this row by lining up the short side with the 1st tile.

6. Follow the same technique for the remaining tiles in the room.
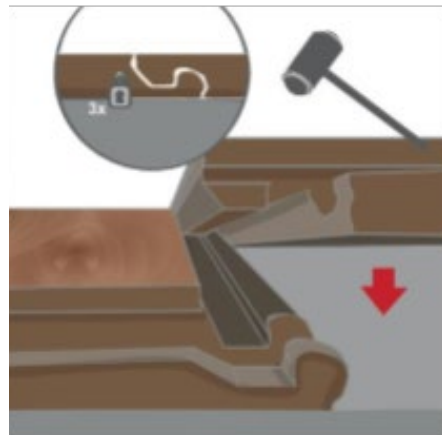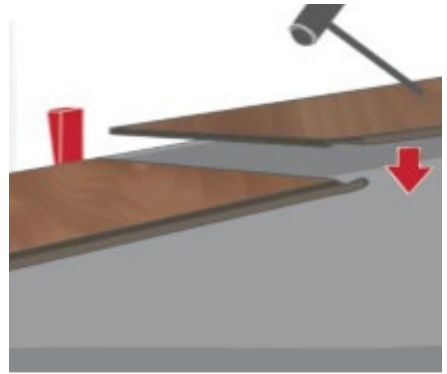
Tricks and tips:

- Before installation, separate the tiles into different piles.

- Mix tiles from different boxes to give a more natural effect.

- Protect the tiles from direct sunlight.

- The baseboard and edge protectors must not be adhered to the tiles.

- Save any leftover tiles in case you need to replace any that have been accidentally damaged.

- To unhook the tiles, start from the longer edge. Hold the tile with both hands and lift it slowly. To unhook the shorter edge, slide the tile. If it is necessary to replace a tile during installation, it is best to replace the entire row.

5.3.2 **Specific example:** PAVIGYM ACOUSTIC

Recommended tools:

- Cutter
- Square

Valid for our solutions with S&S. These solutions can include all the layers (Silent+Underlay+Balance+S&S) or only some of them.

Silent installation instructions:

1. Spread the rolls so that the yellow part is glued to the subfloor and the black part is visible. The rolls are 100x600x0,5. To make it easier, place some weight on the ends of the rolls.

2. If required, the rolls can be joined together across the shaft with a suitable adhesive tape so that they do not move.

3. Cuts can easily be made with a cutter where they meet the perimeter and/or other elements such as pillars.

4. Once installed and prepared, the next layer can be installed.

Underlay installation instructions:

1. Cover the entire surface using the 100x100x20 underlay tiles.

2. Lay the tiles end-to-end and without gluing.

3. The cuts can easily be made with a cutter where they meet the perimeter and/or other elements such as pillars.

4. Once installed and prepared, you can start laying the next layer.

Balance installation instructions:

1. Cover the entire surface using the 200x100x (12,5mm or 25mm) Balance tiles.

2. Lay the tiles end-to-end and without gluing.

3. The cuts can easily be made with a cutter where they meet the perimeter and/or other elements such as pillars.

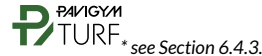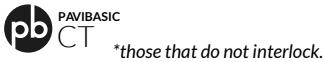4. Once installed and prepared, you can start laying the next layer.

5.4 Glued flooring

Recommended tools:

- Measuring tape
- Laser distance meter
- Marking pencil
- Tracer pen
- Cutter
- Ruler for measuring

- Ruler for cutting
- Rubber mallet or roller
- Screwdriver kit (cross-head and flat-head)
- Damp meter
- A2 V-notched trowel

Related products:

PAVIGYM BODYMIND

PAVIBASIC CT *those that do not interlock.*

PAVIBASIC STUDIO

PAVIGYM TRAFFIC *see Section 6.4.1.*

PAVIBASIC REC-RUB *see Section 6.4.2.*

PAVIGYM TURF *see Section 6.4.3.*

Installation:

1. Always check the interlocking (for Bodymind), colour and general appearance of tiles before applying ad-hesive to the subfloor.

2. After checking all the measurements and ensuring that the position of the initial tile has been correctly marked, apply the adhesive to the subfloor for the first four tiles (using a V-notched trowel), spreading a quantity of adhesive of approximately 250gr/m2). Depending on the subfloor, adhesive and temperature, you should wait 10-30 minutes before laying the tiles (check the manufacturer's instructions to cal-culate yields and drying times). Continue applying the adhesive and installing the tiles in rows based on the initial tile. Keep checking the reference axes.

3. For Bodymind flooring, to fit the tiles press the interlocking joints down into the floor until the surface of the joint between the tiles is flat. Use a light-pressure roller or rubber mallet to ensure that the joints do not protrude. Perform this task carefully (applying little force if using the rubber mallet). You can make this process easier by spraying water onto the interlocking edge using a spray (no additives needed).

4. Start with the first tile and continue fitting the rest of then in rows, making sure that each tile is aligned with the line drawn with the tracer pen and leaving no space for adjacent tiles.

5. For straight-edged tiles, check that the tiles are properly settled into the adhesive and then continue laying them in a row-by-row pattern, staggering the end joints.

6. Never force or stress the tiles during installation. If you need to do so, it means that the previous tiles were not fitted correctly.
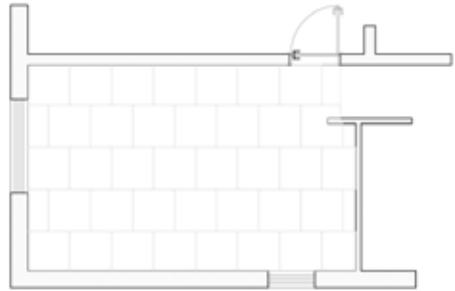

5.4.1 Specific example: PAVIGYM TRAFFIC

For TRAFFIC tiles, start with the first and continue fitting the rest of them in rows or in a pyramid pattern, ensuring that the tiles are well seated in the adhesive and that each tile is aligned with the drawing line made with the tracer pen (Section 6.1), leaving no space for the rest of the adjacent tiles.

Pyramidal pattern
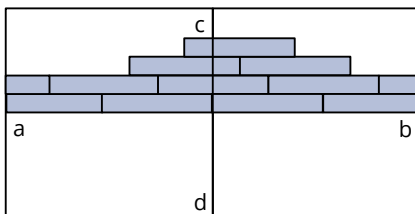
Row by row pattern
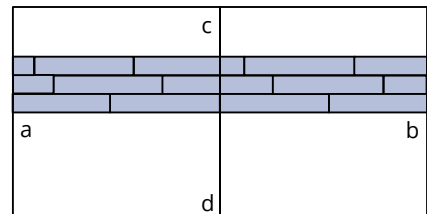
At the end of the installation, run the roller over and exert a slight pressure along the entire surface to ensure that all the tiles are properly adhered to the floor. Check the final appearance of the installation and check for any anomalies.

5.4.2 Specific example: pb PAVIBASIC REC-RUB

Spread out the REC RUB rolls to start laying out the installation.

If there are any structural or decorative elements that interfere with the placement of the rolls, cut around the edge of these, maintaining a silhouette.

Once the surface is defined, start fitting the rolls. To do this, remove the rolls and spread the adhesive evenly over the prepared installation area.

Apply the adhesive using an A2 V-notched trowel. Next, spread the rolls again over this surface.
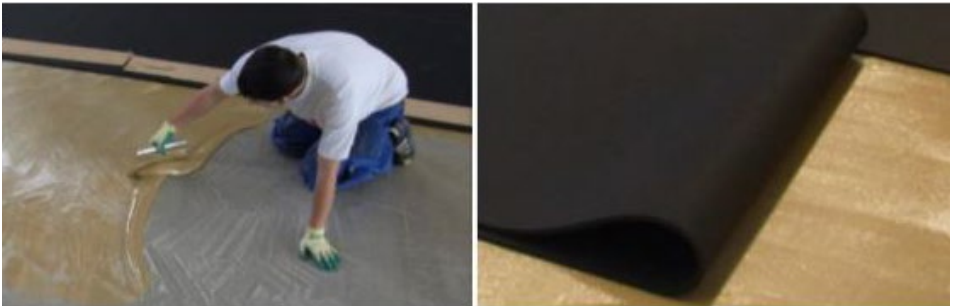
Make sure the roll is fitted correctly upwards (the bottom of the roll has a label/adhesive) and spread it out in the same direction each time and fit the adjoining edges against each other so that there are no gaps between adjacent rolls.
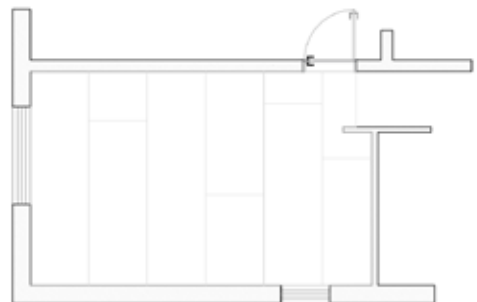
Once the rolls are bonded, but before the adhesive is fully cured, apply contact pressure to the surface using a roller to remove any air bubbles under the material.
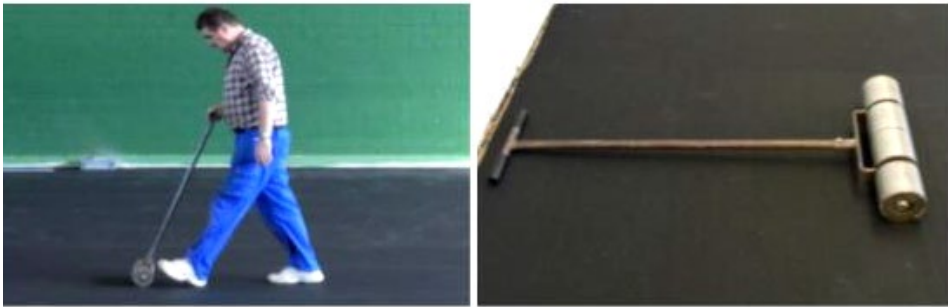

Any adhesive that leaks onto the surface should be removed immediately and the area thoroughly cleaned.

After fitting, be careful not to walk on the surface until the adhesive is fully cured.

5.4.3 Specific example: P7 PAVIGYM TURF

Extend the TURF rolls over the area to be covered. Check that the fibres are pointing in the same direction. If not, the effects of sunlight or any other direct light source will cause noticeable visual differences between the pieces.

If there are any structural or decorative elements that interfere with the placement of the rolls, cut around the edge of these, maintaining a silhouette.
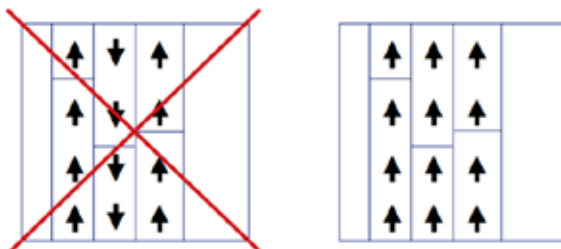
TURF IN OUTDOOR AREAS

The TURF should be installed on a firm, level surface with sufficient drainage. Outdoors, there can be two situations in which TURF is placed:

- **On concrete slab.** The slab needs to have a minimum slope of 2% to allow for rainwater to run off. Straighten out any irregularities or protrusions in the concrete slab to ensure a completely flat surface. This avoids there being any visible marks when the TURF is placed.

- **Installation on existing floor** (without concrete slab). First, prepare the ground on which the TURF will be laid. If it is to be fitted on to a natural grass surface, this must first be removed. To allow drainage and stability of the surface, first prepare it by mixing gravel and sand to an approximate thickness of 15cm. Then level and compact the surface using a roller. Using this roller is important because otherwise the surface's irregularities would be visible once the TURF is installed. Then lay a geotextile blanket on the ground to prevent future weed growth.

Once the surface is prepared, follow the steps below to install the TURF:

1. **Cleaning the TURF: trimming the edges.** After unrolling a roll, and before fitting the next one, cut a straight line along the edges, following the direction of the stitches. You should always cut from the back and never across the stitches. This will ensure that there are no problems with the roll not being 100% straight, as well as making it easier to align the next roll you place alongside. Please note that you should cut carefully and as close as possible to the line marked by the lengthwise stitches.
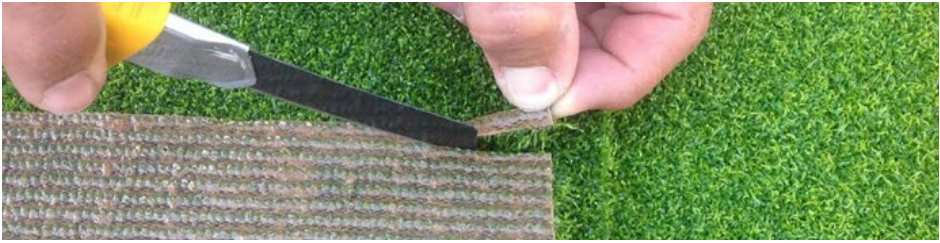
2. **Joining adjacent rolls.**

11mm and 16mm TURF.

When fitting several TURF rolls next to each other, join them together using a joining strip. Once the sur-face is covered by the turf rolls, lift the edges of each one approximately 15cm so you can fit this strip.


The joining strip should be placed on the surface. Do not stick it on the ground. The width of the strip should be equally distributed across the two rolls.

Using a notched trowel, spread the polyurethane adhesive over the joining strip and push the edges down until the joint is closed. The polyurethane adhesive should be dense enough to prevent it from spreading to other areas of the TURF while it is drying. For better bonding, walk slowly along all the joints, or place weight temporarily on them (e.g., bags of silica sand). This should only be done during the drying time specified by the manufacturer.

TURF 22mm (with foam).

To achieve a perfect look, trim the foam from the edge of the roll into a bevel. Avoid leaving spaces between the different TURF rolls when installing them next to each other (see fol-lowing detail). The rolls should never overlap.
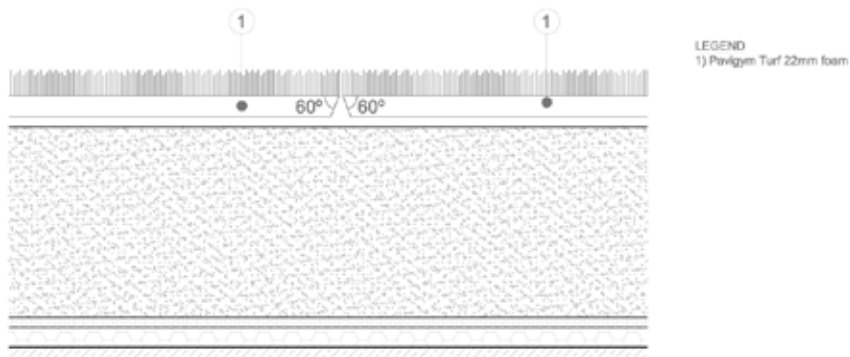
3. **Fixing the rolls to the floor.** Never glue the entire TURF surface area to the floor. The adhesive should be applied discontinuously along the perimeter to allow drainage via gaps in the adhesion points. When fitting TURF rolls onto existing floor (not concrete slab), fix the rolls at the perimeter beforehand using thick.

Apply a strip of adhesive at intermittent points approximately 15cm from the sides of each tile and spaced 1m apart. Always apply the polyurethane adhesive to the subfloor using a notched trowel (using an A2 notched blade).

Do not fix the TURF to the ground using double-sided tape.

After fitting the TURF, apply pressure using the roller over the entire surface to make it as flat as possible. When fitting the 22mm TURF, include drainage holes along its entire surface so that rainwater can drain away.

◼ TURF IN INDOOR AREAS

This applies to 11mm, 16mm and 22mm TURF.

It should be fitted onto a firm, level surface. To do this, follow the guidance given in Sections 2 and 3. After preparing the surface, follow the same steps mentioned above to install the TURF in outdoor areas, but **applying the adhesive to the entire surface to be covered**.

Lay the TURF out across the whole designated area. Once you have checked the roll, lift half of it to apply the adhesive to the subfloor using an A2 notched blade. Be careful not to use too much adhesive. Once the waiting time recommended by the manufacturer has elapsed (10-30 minutes), stick down the roll. Repeat with the other half. Lastly, use the roller

to apply pressure on the TURF, ensuring there are no wrinkles or uneven areas. **Do not use the joining strips in these situations**.

Important notes for fitting TURF both outdoors and indoors:

If you are installing contiguous rolls of Custom TURF 22mm (with foam), please note that the joint between the rolls may be visible due to lack of precise edge trimming. In these situations, our recommendation is to limit the number of contiguous rolls to 2.

6 Fitting floor accesories

6.1 Transitions and trims

Recommended tools:

- Measuring tape
- Laser distance meter
- Marking pencil
- Tracer pen
- Cutter
- Ruler for measuring
- Ruler for cutting
- Rubber mallet or roller
- Screwdriver kit (cross-head and flat-head)

- A2 V-notched trowel
- Drill (minimum power 650W) and drill bits (5mm, 6mm, 8mm)
- Automatic screwdriver with bit set
- Metal cutting saw
- Silicone gun
- Electric mitre saw

Check the general appearance of transitions before fitting them. Transitions come in different sizes. Be sure to use the right one.

Also make sure you have provided a sufficient expansion gap before fitting any transition.

■ PVC transitions for TURF

In most areas where TURF is usually installed, a PVC transition needs to be fitted.

Check the thickness, straightness and position of both the TURF and the adjacent flooring. Then cut and adapt a PVC transition to bridge the difference in level between the two floors without there being any st.
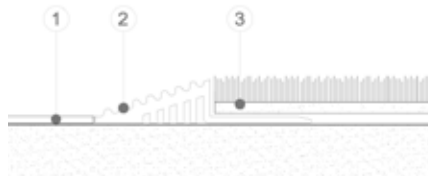

LEGEND
1) Pavigym tile
2) Aluminium transition
3) Transition Screw
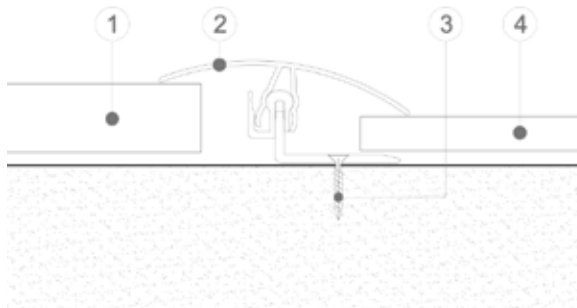4) Existing floor/ other tile

■ Trim profile

For floors where there is a change of level (step) compared to the base floor.

1. Place the edge profile on its widest side and flush with the walls or window frames if applicable..

2. Screw the wider side to the floor.

3. Fit the tiles within the profile, leaving a 5mm tolerance to act as an expansion joint.

LEGEND
1) Window
2) Edge trim
3) Pavigym tile
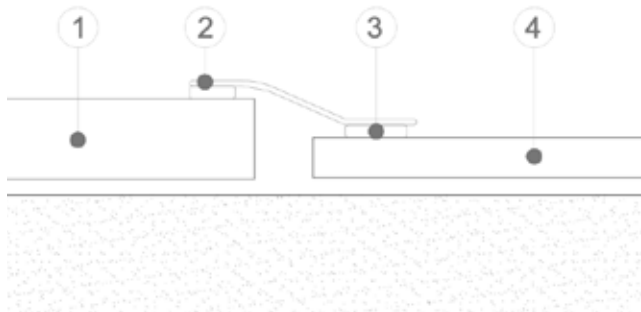4) Transition Screw
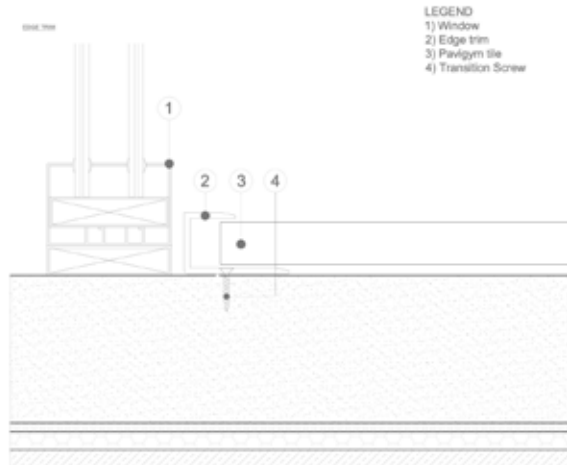
◾ 2-Piece transition profile

1. Screw or fix the base profile (clip mounting). Where there is underfloor heating, apply a base profile using a 2-component adhesive.

2. Align the thinner tiles that remain overlapping the base profile, being sure to leave sufficient tolerance to form the expansion joint.

3. Carefully lay the upper profile on the base profile, placing it in its final position before clipping the two together. Connect the upper profile using a well-controlled blow of the hammer (do not use the hammer directly; use a wooden profile with felt for cushioning or a rubber mallet).

LEGEND
1) Pavigym tile
2) Aluminium transition
3) Transition Screw
4) Existing floor/ other tile

■ 1-Piece self-adhesive transition profile

1. The surface to which the profile is to be adhered should be perfectly clean.

2. Remove the adhesive protector that covers the profile.

3. Align the thinner tiles that remain overlapping the base profile, always leaving some tolerance for the expansion joint.

4. Place the profile in the right position. Press down and make sure that the adhesive strip is fixed along its entire length.
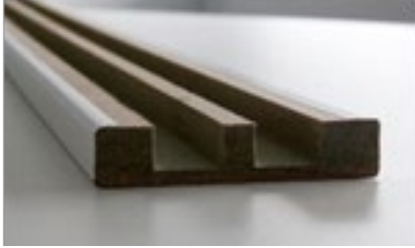
LEGEND
1) Pavigym tile
2) Aluminium door transition
3) Adhesive seal
4) Existing floor/ other tile

6.2 Baseboard

Recommended tools:

- Measuring tape
- Laser distance meter
- Marking pencil
- Cutter
- Ruler for measuring
- Ruler for cutting

- Automatic screwdriver with bit set
- Metal cutting saw
- Silicone gun
- Electric mitre saw

Before installing the baseboard, check how flat the walls are. Check the general appearance of the baseboard before installing it.

The joint between pieces must use a mitre and with the wall using K-500 silicone or nails if necessary.

After fitting the baseboard, apply silicone of the same colour to cover any open joins. Check the general appearance of the baseboard after fitting.

It is important that the baseboard does not press onto the tile in order to leave it room to expand.

7 Subsequent cleaning

Pavigym recommends cleaning the floor after it is fitted.

To do so, follow the instructions in the following link:

http://www.pcgdownloads.com/allinone/installation&maintenance/Cleaning/ cleaningmanual-ENG.pdf

8 Recommendations

■ After installation

1. Do not use black-rubber protection on chairs, furniture or machine legs.

2. Instead use plastic or colourless rubber pads (to prevent colour transfer).

3. Use mats at entrance areas.

4. DO NOT USE polishing wheels, sand, metal brushes or steam cleaners on our floors. NEVER carry out re-pair work on the room without properly protecting the floor first.

5. AVOID spilling acids (toilet cleaning products, juices, vinegar or alcoholic drinks), alkaloids (bleach, butyl cleaning products) or petrochemicals (cleaning products containing oils, grease, solvents or abrasive com-ponents) on the floor.

■ Heavy machinery

When moving heavy machinery over PAVIGYM floors, bear in mind that the small wheels are designed for use on totally rigid floors that have no flexibility. Therefore, heavy machinery should be moved using pallet trucks or wheelbarrows with inflatable wheels (or manually, if possible).

Avoid dragging machinery over unprotected PAVIGYM floors.

To avoid scratches or any permanent damage to the floor, use adequate protection under furniture and equipment.

■ Static electricity

Under certain conditions, during installation and in the days following installation, there may be slight static electri-cal discharges resulting from the nature of the floor itself.

This can be treated by adding Jontec Destat to the cleaning water. For further instructions or questions about other antistatic detergents, please write to us at support@Pavigym.com.

■ Sport footwear

PAVIGYM floors have been designed to be used with sports footwear. Regular or heeled shoes may damage the floor.

PAVIGYM Tatami has been designed for barefoot use.

■ Odours

New tiles may give off a slight odour. With proper ventilation and post-installation cleaning, the odour will disap-pear in 1 to 2 weeks.

■ Heat sources

Leave a clearance of at least 50cm above the PAVIGYM surface.

Use insulation materials to prevent the temperature from rising above 40°C.

PAVIGYM
THE BASIS OF FITNESS

March 2021

Installation
Manual