



Gym flooring

## Exercising excellence in gym flooring

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**G**YM-FLOORING and its Sprung brand are one of the UK's leading gym flooring providers. Having sold over 300,840sq m of rubber gym flooring in the UK over the last two years alone, the family owned company offer premium fitness floor solutions at affordable prices.

Serving the commercial and domestic markets, Gym-Flooring supply a wide catalogue of fitness flooring, specialist sports flooring solutions as well as Gymnastics equipment and sports turf. Their innovative website offers this versatile

range with express delivery times, a 24-hour advice service, installation video for customers and free samples. With more than a 1000 5 Star Reviews, their bestselling products are also available at their large store and warehouse, based in Hillington, Glasgow.

The company isn't new to the flooring industry. Gym-Flooring are a division of Marcias Ltd, one of the brand leaders of sports flooring and domestic surfaces in the UK spanning 50 years.

Due to the success of their gym

flooring products, Marcias reshaped their business model creating a dedicated Gym Flooring sector where the brand name Sprung was born.

### Bestselling product ranges

Gym-Flooring offer a number of Bestselling ranges within various fitness disciplines but what are the key features that make them so successful?

### Maximum Shock Absorption

One of the key fundamentals of any fitness floor, Gym-Flooring's products

score high on shock absorption. Their product range absorbs impact from repetitive movements, high intensity workouts and weights preventing ligament and joint damage and avoiding user injury.

Supporting users while optimising performance is a principal consideration when specifying a fitness flooring product and the certified brand has ensured their premium products deliver optimal shock absorption across their diverse collection.

### Quality Materials

Sprung rubber flooring is metal-free, user-friendly and eco-conscious. The majority of their products are derived from recycled tyres or post-consumer rubber products minimising on landfill. Due to the use of recycling and rebuilt production there is no cross contamination of metals, stone or plastic. Tiles and rolled rubber are made of recycled SBR rubber, Binder adhesive and EPDM flecks. Using advanced technology, Gym-Flooring have defined a quality rubber which is a 100% flat and anti-porous. This means softer surface contact and no strong smells. Unlike cheaper alternatives, they only use Binder (adhesive) which allows for an odourless rubber.

### Non-Slip Surfaces

Gym-Flooring supply high-density rubber products which offer maximum comfort. With a smooth but slip-resistant top layer, their products offer the perfect blend of ergonomics with slight traction for ultimate safety and performance.

### Insulation & Sound-Reduction

The acoustics elements of a gym floor are critical for noise and vibration control especially within a commercial setting. Similarly, gym equipment noise can seem louder and travel further in spaces such as garages and basements. A great insulator, the Sprung tile range reduces sound disruption and dampens vibrations from active gym machines and weight drops.

### Anti-Fatigue

Rubber flooring is a natural anti-fatigue product which allows users to stand or exercise for longer periods without injury or premature discomfort. The high-density rubber or

foam offers superior foot cushioning allowing users to perform at their best.

### 4 Year Warranty

They offer a 4 year warranty guarantee from premature cracking or discolouration on all products.

### Maintenance Free

Simple to clean, water and stain resistant, rubber and foam flooring is virtually maintenance free. Unlike some fitness floor solutions, rubber flooring is abrasion resistant, easy to repair with a lifecycle of over 10 years.

### Carbon Neutral Shipping

Gym-Flooring are a carbon-neutral company. All shipments are monitored through an initiative called Shopify Planet which allows for effective carbon removal. Contributions are made to projects that work towards greater sustainability and global carbon neutral practises.

### Simple Installation

Using a compression method, Sprung flooring tiles can be butted together without using glue.

This makes the fitting process simpler, quicker and suitable for customers to carry out without a specialist contractor. Furthermore, the tiles do not move out of position and remain stable even through rigorous workout activity. Full video guidelines are available for users to access.

Similarly, the installation process for their other ranges such as the EVA Tatami mats and Combat tiles are also accessible to DIYers. Mats are seamlessly interlinked without glue, chemicals or special tools.

### Certifications

- Reach Certified
- VOC tested
- Fire Resistance: Efl (B2) a,c (EN 13501)
- Reaction to Fire: Fs < 150mm in 20 seconds (150 11925)
- Abrasion Resistance: 0,39gr (ISO 5470-1)
- Factory CE approved
- ISO 9001 : 2015
- Critical Fall Height Standard EN 1177 (Playground Tiles)

### Product Highlights

Gym-Flooring have an impressive range selection of high performing fitness flooring, specialist sports solutions and outdoor surfaces.

## Gym & Fitness Flooring

### Sprung HD Rubber Standard Range Tiles (11mm to 30mm)

This Bestselling tile range is available in 4 thicknesses to suit low to medium levels of impact. It comes in a standard black profile with a clean, bevelled edge and matching ramps sections and trims. The popular collection offers superior quality at affordable prices and provides a versatile and user-friendly solution for all types of activity from Conditioning to HIIT workouts. Possibly one of the best features of these tiles is that they do not require adhesive to install and can be fitted easily without specialist assistance.

### Applications

- Functional Training
- Free Weights (up to 200kg)
- Cardio & Strength
- Crossfit
- Conditioning
- HIIT
- Interval Training

### Sprung Anti Shock Rubber Tile Range (40mm to 60mm)

Anti-Shock rubber tiles are for high impact fitness and are designed for extreme endurance to heavy weights. With an in-built protective undercarriage and self-drainage channels, these high resistance, heavy duty tiles are suitable for professional Crossfit, Olympic Weight Training and Bodybuilding. Particularly suited to busy, commercial gyms, they reduce noise from repetitive weight impact and dull sound from loud equipment. The HD rubber shields subfloors from damage while absorbing shock from deep impact movements.

### Applications

- Functional Training
- Free Weights (up to 300kg)
- Cardio & Strength
- Olympic Weight Lifting
- Crossfit
- Conditioning
- HIIT
- Interval Training
- Sled Pulling

### Sprung Konnecta Interlocking Rubber Tile Range

(2 Thicknesses/2 Sizes/4 Styles/5 Colours)

Available in 6 flecked colourways or in finishes such as Stone Grey,

Snowflake or Velvet Black, Konnecta tiles interlock with clever hidden inserts allowing for simple installation and additional stability. This prime collection have an ultra smooth surface top, a high-end professional aesthetic and comes in 2 thickness capacities (20mm and 30mm) meaning versatility of function and flexibility of use.

#### Applications

- Functional Training
- Free Weights (up to 140kg to 200kg)
- Cardio & Strength
- Crossfit
- Conditioning
- HIIT
- Interval Training
- Specialist Sports Surfaces

#### EVA Foam Puzzle Tiles

The Tatami foam tile range are constructed from top quality EVA foam, the chosen surface material for MMA, other Martial Arts and Boxing. For these disciplines in particular, a high level of resistance, deflection capacity and traction are required. The EVA Tatami tile features a crosshatch grid pattern on the top surface replicating the texture of a traditional Tatami mat, renowned for its excellent grip. EVA foam cushions users from injury when training or performing fast, high impact movements and

absorbs shock from falls, jumps, kicks and lunges while the soft top layer protects against surface burn.

#### Combat Mats

Suitable for both training and competition use, the Sprung Combat Tile range offers users a choice of three surface finishes for different disciplines of Martial Arts such as the Judo Mat or the Contest and Club finishes which are made from high density, 14lb chip foam with a smooth Polyester PVC top preventing friction burns. There is a cellular waffle base to keep the mats in position and provide extra stability.

#### Applications

- Dojos
- Karate & MMA Studios
- Fencing Clubs
- Boxing Gyms
- Gymnastic Studios
- Yoga Studios

#### Airtracks, Crash Mats & Gymnastics Equipment

Sports such as Gymnastics, Parkour and Cheerleading require protective mats to cushion delicate areas of the body from injury during tumbling, jumping and running. Sprung offers a wide selection of Airtracks, Crash Mats and roll-out runway and training mats constructed from PU foam

and XPE foam for resilience, simple mobility and shock absorption. To accompany this range, they also supply a versatile collection of Gymnastics equipment such as roller blocks, wedges, vaulting boxes and tumbling mats.

#### Applications

- Gymnastics
- Parkour
- Cheerleading
- Kids Play

#### Sprung Wood & Vinyl Flooring Systems

Designed for Dance Studios and Sports Halls, Gym-Flooring supply engineered wood flooring and accessories from leading brands such as Boen and point-elastic Grabosport vinyl systems in a choice of thicknesses to accommodate Dance and Multi-Purpose Sports Halls.

#### Applications

- Dance Studios
- Sports Halls
- Sports Centres
- Community Halls
- Outdoor Surfaces

#### Xtreme Rubber Tiles

Favoured by the fitness and sports industry due to its durability and high protection qualities, rubber flooring



is also an excellent outdoor floor solution for playgrounds, domestic patios and outdoor fitness spaces. Gym-Flooring supply weather-resistant, anti-fade rubber tiles in 2 sizes and thickness which are slip-resistant, critical fall height approved and simple to maintain. The 30mm or 40mm multi-purpose tile comes in three popular colours and can also be used in commercial playgrounds, horse stables and garden walkways.

### Applications

- Playgrounds and Recreation parks
- Garden Patios
- Garden Walkways
- Marquees and Events
- Equestrian Centres

### Patmos Modular PVC Tiles

Used widely across Europe for professional Basketball, Futsal and other court sports, Patmos outdoor modular tile system is a portable, weather-resistant surface solution that is simply assembled for competitions, training and events. The range is available in various durable mesh and smooth finishes to suit the specific application. This sophisticated system allows for a cost-effective and easy fitting court construction in all weather conditions.

### Applications

- Basketball
- Volleyball
- Futsal
- Handball
- Football

## Other Products

### Rolls of Rubber

Rubber roll format is the best solution for large, open areas such as spin studios, basement gyms, functional gym areas, changing and rest zones. The range is available from 4mm to 10mm in plain and flecked colour designs

### Puzzle Tiles

A range of jigsaw tiles in a choice of colours, thicknesses and sizes for simple, easy fitting.

### Sprint Tracks

Perfect for zoning and adding colour and functionality to a gym, sprint/sled tracks have become increasingly popular. From standard colours to bespoke markings and logos, Gym-Flooring offer premium synthetic turf tracks for commercial gyms, sports facilities and schools.

### 3G Gym Turf

This range offers high-grade artificial sports turf for outdoor sports parks, recreation spaces and schools. A cost-effective and low maintenance solution to real grass playing surfaces.

### Accessories

Regular maintenance and sanitation is important in any fitness space. Gym-Flooring supply specialist water-based rubber and foam floor cleaners, floor protection rolls and adhesive for clients who wish to use glue-

down methods although this is not a requirement.

### What Services do they offer?

With customers including Gymbox and Crystal Palace FC, Gym-Flooring are one of the UK's main specifiers of premier fitness flooring solutions where product performance and quality are key factors. Now offering an integrated Fit-Out service, the company apply their 50 years experience in the flooring and building industry by delivering gym design, project management and fit-out in one solution. Private gym owners and contractors can now collaborate with their team of coordinators to create a gym layout using the latest 3D technology, select flooring specifications according to each gym zone and commission gym equipment to suit their project.

Utilising close partnerships with fit-out professionals and building trades they deliver an all-inclusive service to suit a clients prescribed budget and timescales.

### Sustainable Future

Gym-Flooring are serious about practising sustainability across their business. They are a Shopify Planet company, an enterprise which allows carbon removal to be implemented within their shipping processes while contributing to innovative projects involved in carbon neutral schemes. High Tide, Remora and Grassroots Carbon are just some of the on-going technologies who are committed to strip carbon emissions from supply-chains on a global basis.

Supporting these projects is one of the companies priorities to a more sustainable future.

### Why Choose Gym-Flooring?

There is no doubt that Gym-Flooring are a company with a seasoned knowledge and rich experience in the field of fitness and sports flooring surfaces. With a comprehensive product range that offers private and commercial gym owners premium quality and choice, the Sprung brand has earned its position in the top ranking suppliers of fitness surfaces across the nation.



Sprung Light Fleckz Tiles ↑

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