

**Sprung** ®

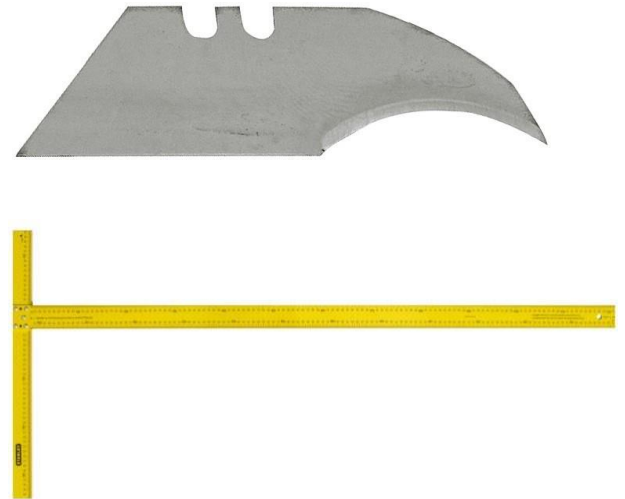
# **INSTALLATION GUIDE FOR FITTING SPRUNG RUBBER FITNESS TILES**

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# Before you start:

These Sprung tiles are made from recycled rubber. If you haven't installed this material before, you need to keep a few things in mind:

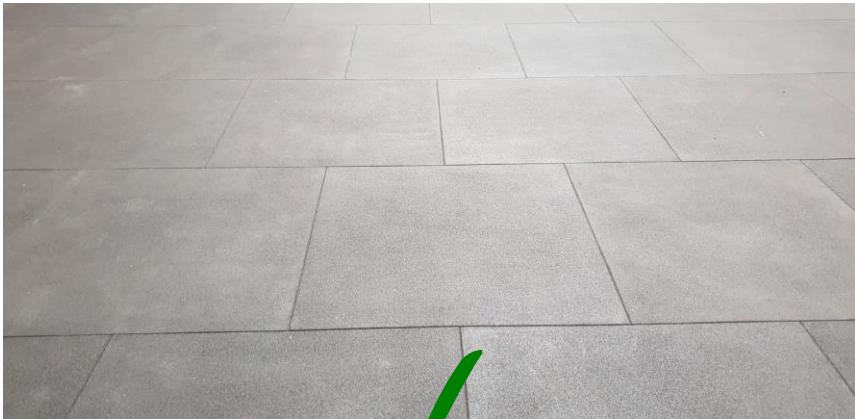
1. **Tools** - always use professional tools like a good sharp Stanley/Craft knife and a long cutting ruler (at least 1m long). These are two essential items that make the installation process much easier. When you use disposable blades, please ensure you replace the blade after at least 5 tiles, but no more than 10.
2. **Rubber is flexible** - when you install the tiles you will see that they slightly differ in size, this is normal and when the tiles are installed correctly this variance will disappear.
3. **Gloves** - wear gloves and bear in mind that the black rubber will mark walls or furniture if they come into contact with them.



# Advice:

We always advise that the tiles are laid in a half brick style. If you install the tiles side by side, it will be near impossible to get straight lines and will also be difficult to compress the floor.

The photos below show the correct way to lay the tiles.



# Installation Guide

## The first row:

The first row of tiles you lay should not be installed against the wall. Most of the time walls are not straight and therefore it will be impossible to keep a straight line during the installation process. The best way to start is to draw a straight line on the floor and install the tiles along this line - the second row of tiles will be placed against the wall.

The first tile you should cut in half and make it is exactly 50cm.

Next to the half tile, lay a full tile down simply by placing it next to the half tile and compress them together by kicking it into place. Where a tile doesn't look straight, lift the tile up and overlap the other tile below it and leave it there, continue with the rest of the tiles.

The last tile to be laid against the border or wall should be cut 2cm longer than needed. Do not squeeze into place yet, but start with the next row.

## Installing the second row:

On the second row start with a full tile. Make sure to compress it to the wall and place the next tile against this. During this process you will see that some tiles are bigger or smaller than the others (the variance can sometimes be as much as 10mm). This is not an issue as long as you compress the tiles later. When one tile is bigger than the other you can lift it up and overlap them. Leave it there and continue with the other tiles in the row. This will ensure you keep a straight line.

## **More than 5 rows - wall to wall or border to border:**

All rows should now be laid down but not yet compressed. You will see that a lot of tiles are overlaying each other like in the image below:





## Cutting the tiles

Now you can start with the first row - take the exact measurements and then cut the tiles 10mm longer than measured. Place the tile and then squeeze them between the second row tiles and the wall/border. When squeezing them in you will see that all differences in the tiles will disappear.



# Progress

Continue with this method until you get to the next border or wall. When the last row is fitted and cut in, you can then squeeze all the tiles in together. Here again, the last tile that you cut will be 10mm longer than measured.

When installing the tiles, bear in mind that you can compress a tile with a variance of up to 10mm easily. Depending on the thickness of the tile, this variance can be even more.

**I hope you find this guide useful for fitting your flooring, but if you need any more guidance have a look at the link below for a video:**

***For more information about installing rubber tiles check the following You Tube channel:***

**<https://www.youtube.com/channel/UCUOAs7AlaQQIrnWybmP3GA>**