

## Gym in new residential development uses resilient acoustic InstaCradles

Products used:  
**InstaCradle rubber crumb sports cradles**  
300m<sup>2</sup> (3,230 sq.ft.)

Floor finish:  
**Two layers of 18mm Knauf gypsum fibre board overlaid with vinyl tiles**

Flooring contractor:  
**Sports & Fitness Flooring Monmouth**



Blackfriars Circus is a prestigious new development by Barratt Homes, in the London Borough of Southwark. It contains 336 studio, one, two and three bedroom apartments together with more than 40,000 sq. ft. of employment and retail space in five buildings, including the 27 storeys high Conquest Tower.

In the basement, for the use of residents, is a fully equipped 300sqm gymnasium that includes a high performance BOK floor system incorporating a sprung InstaCradle undercarriage. It was specified, supplied and installed by leading fitness flooring company, Sports & Fitness Flooring of Monmouth.

They have developed high performance floors for fitness studios and gyms that solve the acoustic issues associated with these facilities and provide robust floor structures that cope with the loadings of fitness equipment and the impact from free weights.

Environmentally friendly InstaCradles, manufactured from recycled rubber crumb and having a 60 year guarantee, provided the necessary acoustic performance and stable platform for this demanding project. The versatile cradle system was accurately adjusted to ensure a level floor at the required height, overcoming any uneven areas in the sub-floor and avoiding the need for messy levelling screeds. The battens were overlaid with 2 x 18mm layers of Knauf gypsum fibre boards (1200mm x 600mm) and finished with vinyl tiles.

The BOK floor system enabled all services to be conveniently installed in the void and created high performance durable flooring. The floor system was isolated from the main building, preventing low frequency noise generated by the use of fitness equipment from getting into the structure.

### The BOK floor system incorporating the InstaCradle undercarriage provides various benefits:

- Excellent low frequency acoustic performance
- System provides a void for underfloor services
- Durable, long lasting, no maintenance
- Made from environmentally friendly recycled rubber crumb
- Suitable for uneven sub-floor constructions
- On-site levelling capabilities and floor height adjustment
- Undercarriage cradles guaranteed for 60 years

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