



# GYM FLOORING

RECYCLED RUBBER GYM FLOORING

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InstaFloor high performance gym flooring  
made from recycled rubber granules  
recovered from vehicle tyres.

## Recycled Rubber Gym Flooring

InstaFloor provides a high-performance range of rubber gym flooring that is suitable for weightlifting areas, commercial gyms, strength and conditioning facilities and fitness studios.

In addition, we are committed to helping health clubs and gym facility owners to find solutions to acoustic noise issues associated with the low frequencies of sound and vibration created by gym equipment. This is vitally important as a growing number of gym and fitness facilities are now created on upper floors within residential and commercial buildings, and preventing impact sound has become a major concern.

All InstaFloor rubber gym flooring is made from recycled rubber from used vehicle tyres, preventing these materials going into landfill, and creating a fully recyclable product which is kind to the environment.



### Rubber Flooring Technology

- Reduces impact noise and vibration from gym equipment
- Prevents impact sound transferring into the building structure and causing noise complaints
- Creates a safe exercise platform for users that reduces fatigue and injuries
- Healthy antimicrobial flooring surface
- Provides a durable layer to prevent damage to sub floor from free weights and reduce impact sound into the structure
- Provides high level of shock absorption
- Enhances the aesthetics of the internal space used for exercise

## Recycled Tyre Content

### Truck Tyre

Rubber content of tyre = 70%

Tyre weight = 62 kg x 70% = 43.4 kg (rubber)

92% gym tile weight rubber crumb = 31.28 kg

43.4 kg / 31.28 kg = 1.39 tiles recycles 1 tyre

Calculation based on 40mm Tile



**500m<sup>2</sup>  
Recycles 360 Tyres**

## Product Range

### GT25

Thickness: 25mm

Size: 1000mm x 1000mm

Density: 940 kg/m<sup>3</sup>

Colour: Black (EPDM Coloured Fleck  
Optional)

Acoustic Performance:  $\Delta L_w (C_{ld}) = 21 \text{ dB}$

$Ln_{n,r,w} (C_{l,r}) = 57 \text{ dB}$

**GT25 Tiles** - Suitable for free weights, weight lifting and crossfit areas. They provide increased durability, improved shock absorption and impact sound isolation.

**GT40 Tiles** - Designed for weight lifting areas, providing high performance shock absorption to protect sub floors when lifting Olympic weights and increased levels of impact sound insulation.



**GT45 Tiles** - Designed to provide increased shock absorption by means of special profiled backing. Suitable for free weights areas and especially where Olympic weights are lifted.



### GT40

Thickness: 40mm

Size: 1000mm x 1000mm

Density: 940 kg/m<sup>3</sup>

Colour: Black (EPDM Coloured Fleck  
Optional)

Acoustic Performance:  $\Delta L_w (C_{ld}) = 23 \text{ dB}$

$Ln_{n,r,w} (C_{l,r}) = 55 \text{ dB}$

### GT45 (Profile Base)

Thickness: 45mm

Size: 1000mm x 1000mm

Density: 940 kg/m<sup>3</sup>

Colour: Black (EPDM Coloured Fleck  
Optional)

Acoustic Performance:  $\Delta L_w (C_{ld}) = 23 \text{ dB}$

$Ln_{n,r,w} (C_{l,r}) = 55 \text{ dB}$

### GT45 Profile Base

The Profile base provides higher shock absorption for both athlete and impacts from dropping weights.



## Product Range

### GR06

Thickness: 6mm

Roll Size: 1.25m x 10m

Density: 1100 kg/m<sup>3</sup>

Colour: Black (EPDM Coloured Fleck Optional)

### GR06/08 Roll Product

Suitable for cardio and strength training areas and dumbbell free weights. They provide high performance vibration isolation for gym equipment and a shock absorbing training platform.



### GR08

Thickness: 8mm

Roll Size: 1.25m x 10m

Density: 1100 kg/m<sup>3</sup>

Colour: Black (EPDM Coloured Fleck Optional)

**GR06/08** Rubber roll products are an anti-fatigue, impact resistant flooring system that provides a safe exercise platform and reduces the potential for injury. The recycled rubber provides a very durable shock absorption surface to protect athlete's joints, in particular knees and ankles.

### Recycled content:

Truck Tyre

Rubber content of tyre = 70%

Tyre weight = 62 kg x 70% = 43.4 kg (rubber)

92% gym roll weight rubber crumb = 92 kg

92 kg / 43.4 kg = 2.12 tyres recycled for each roll

Calculation based on GR08 roll product

**1 Roll (12.5m<sup>2</sup>)  
Recycles 2.12 Tyres**



## Quality Assurance

### Is all rubber gym flooring the same? No

The manufacturing processes and quality of rubber granules will significantly affect the final aesthetic presentation and durability of the rubber gym flooring. InstaFloor, under quality management ISO9001 and ISO14001 controls, provide high quality recycled rubber gym flooring you can trust.



### Benefits of quality materials and manufacturing processes:

- High degree of colour consistency
- Prevents delamination due to inadequate manufacturing processes
- Provides strong and durable training platforms
- Delivers long term shock absorption, for athlete safety
- Creates the best acoustic isolation, reducing noise complaints

"Quality is generally transparent when present, but easily recognised in its absence."





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