

# FITFLOOR™

## COMMERCIAL GRADE HOME GYM FLOORING

Installation Instructions  
FitFloor™ Interlocking Tiles

Thank you for purchasing NWR's FitFloor™ Recycled Rubber Gym Flooring; the very **best protection, strength and support** for your home workout routine.

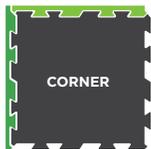
With more than **25 years of commercial installation experience**, NWR has installed over **30 million square feet of fitness flooring** in gyms, fitness centers and athletic facilities across North America. We are confident that FitFloor™ is the strongest and safest flooring to support your fitness goals for many years to come.

Equally as important, by purchasing this **100% recycled rubber** product, you are helping to make a difference by doing your part in preventing millions of end-of-life tires from entering our landfills (just one 4' x 6' recycled rubber mat is manufactured from 5 end-of-life tires).

**THANK YOU FOR MAKING A DIFFERENCE.**

### FITFLOOR™

2'x2' PERFORMANCE RUBBER  
INTERLOCKING TILES



CORNER  
2 included edges



BORDER  
Remove 1 edge



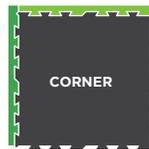
CENTER  
Remove both edges

**8MM**

With edges: **24.36" x 24.36"**  
Tile only: **23.48" x 23.48"**

### FITFLOOR™ PRO

2'x2' ATHLETIC RUBBER  
INTERLOCKING TILES



CORNER  
2 included edges



BORDER  
Remove 1 edge



CENTER  
Remove both edges

**10MM**

With edges: **23.8" x 23.8"**  
Tile only: **22.8" x 22.8"**

### FITFLOOR™ MAX

3'x3' HEAVY WEIGHT RUBBER  
INTERLOCKING TILES



CORNER



BORDER



CENTER

**12MM**

**3' x 3'**  
**(36" x 36")**

## OVERVIEW

### FitFloor™ Universal Tile Configuration:

FitFloor™ & FitFloor™ PRO tiles include 2 removable edges, creating a **corner** tile when attached.

To create a **border** tile, remove 1 edge. To create a **center** tile, remove both edges to expose the interlocking tabs on all 4 sides of the tile.

FitFloor™ MAX tiles do not have removable edges.

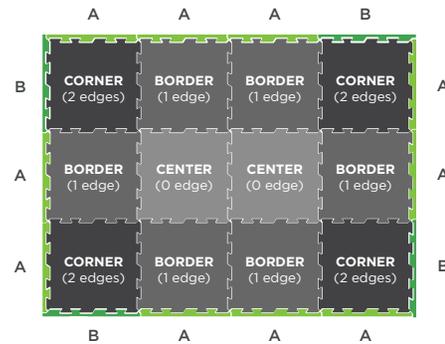
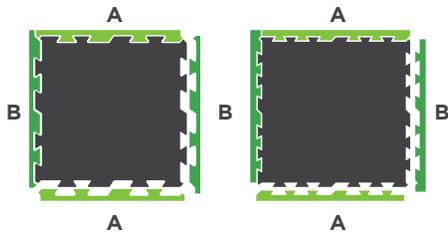
### Tools Needed:

- Tape measure
- T-Square or straight edge
- Utility knife with several replacement blades
- Cutting mat or cardboard
- Clear ruler
- Chalk or white pencil



### Each removable edge fits 2 sides of every tile

- **Edge A** fits the **top & bottom** (rotate 180°)
- **Edge B** fits the **left & right** (rotate 180°)



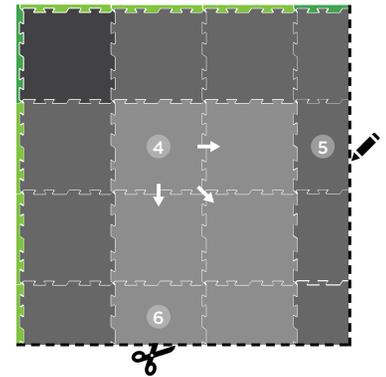
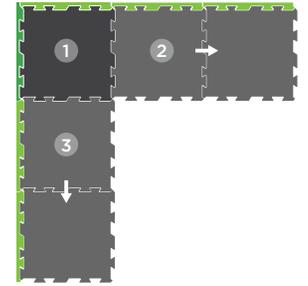
Example: 12 tiles arranged to create 6' x 8' area mat by using a combination of corner, border and center tiles.

## PREPARATION

- When you receive your rubber flooring, remove it from the packaging and lay it on the sub-floor for at least one night before installing so it can acclimate to the temperature of the surrounding room.
- Empty the room so you have plenty of space to work.
- We recommend installing rubber tiles directly over concrete or plywood sub-floor. We do not recommend installing rubber tiles over carpet because the interlocking tabs may not connect properly.
- If there are any cracks, voids or low spots in your sub-floor, fill these areas with leveling compound to ensure you have a smooth, flat surface.
- Once you have ensured the existing floor or sub-floor is level, clean it well with a vacuum.
- Ensure you have a well-lit area, as well as a cutting mat / cardboard / scrap piece of plywood to make cuts on.
- If tile edges have separated from the tiles during shipping, sort and stack them in two piles based on their shape: one pile for (A) edges and another for (B) edges.

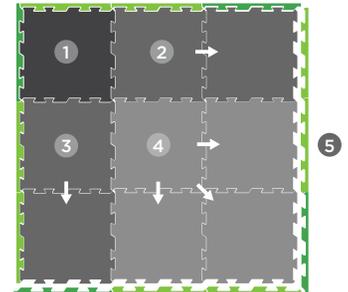
## WALL-TO-WALL INSTALLATION

1. For a simplified installation with the least amount of cutting, we recommend beginning in a corner of your room. Place your **first Corner tile leaving an 1/8" space** between the wall and the tile to allow room for the rubber to expand.
2. Connect **Border tiles** to your **first Corner tile across the width** of your room until you cannot fit any more full-sized tiles.
3. Connect **Border tiles** to your **first Corner tile down the length** of your room until you cannot fit any more full-sized tiles.
4. Fill in the **middle section** of your room with **Center Tiles**.
5. Once all tiles that do not require cuts have been laid, **measure the space from the last tile to the wall** and mark the measurement on a rubber tile using chalk or white pencil. **Remember: measure twice, cut once.**
6. Use your **straight edge ruler or T-square** and a **utility knife** to **trim the tile to fit**. Be sure to cut the tile on top of your cutting mat, cardboard or scrap plywood to ensure you do not damage the flooring under the tile. You may need to **score the rubber tile** several times before slicing all the way through.
7. Repeat steps 5 & 6 until all remaining spaces have been filled.



## AREA MAT INSTALLATION

1. Place a **Corner tile in the desired location** for the outer corner of your area mat.
2. Connect **Border tiles** to span **across the width** of your desired area mat.
3. Connect **Border tiles** to span **down the length** of your desired area mat.
4. **Fill** in the remaining area with **Center Tiles**.
5. Attach **Edge A** or **Edge B** to finish the **outer perimeter** of your area mat with a straight edge.



Depending on your tile configuration, you may have extra edge pieces left over. Keep these in case you need to replace an edge in the future.

**i Need More Help?** Visit [www.fitfloor.com](http://www.fitfloor.com) to view our step-by-step installation video, learn installation tips and tricks and to view our product warranty information. To reach us by phone, please call **1-800-663-8734**