

# Stravigym HP & XP

## Installation Manual

### Installation Tools and Components

- Stanley knife
- Ink marker
- Pocket tape measure
- Cross line laser (optional)
- Chalk line with gear ratio
- Leverage sheet metal snips
- Hand-held circular saw and/or jigsaw
- Battery powered screwdriver (+ screws)
- Manual transpallet (optional)
- Personal protective equipment (PPE)

## 1 / Supporting Floor & System Components Preparation

Unpack and unroll all the system components and allow them to acclimatize for 24 hours prior to installation. The flatness of the supporting floor should be a maximum of 1/8" (3 mm) over 10' (3 m) and 1/16" (1,5 mm) over 24" (60 cm) (according to ASTM E1155-14, ACI 302) to ensure a successful installation.

## 2 / Perimeter Isolation

All walls, columns and service penetrations through the floating floor should be isolated using Perimeter Strips. The height of the perimeter strip should be the distance between the supporting floor and the finished level of the floating floor.



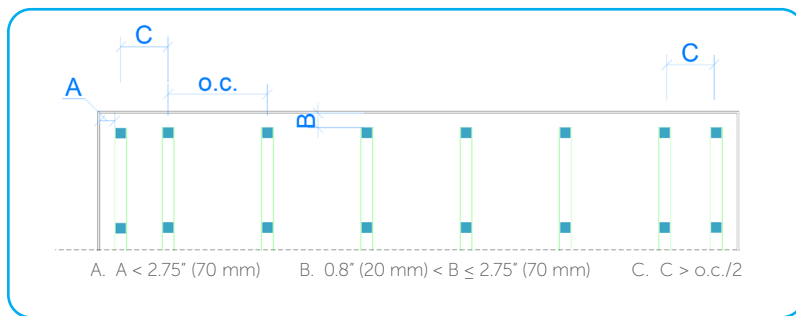
### 3 / Isolated Channels

Simple isolated channels or dBooster® channels can be loose laid without the use of mechanical fixings or adhesive.

To achieve a flat and level finished floating floor ensure that the isolated channels or dBooster® channels are levelled using either plywood or metal spacers (shims) which should be placed directly under the CDM Stravitec elastomer pads to provide the required height.

Install the first channel parallel to the wall with a gap of  $\leq 2.75"$  (70 mm) unless specified otherwise on the drawings supplied. The distance between the channel end and the walls should be  $\leq 0.8"$  (20 mm) to prevent the channel from puncturing the lateral isolation and making contact with the wall; thereby creating an acoustic bridge.

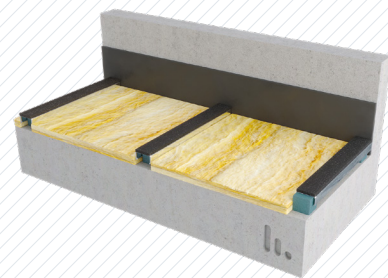
The distance between the first two channels closest to the wall must be the same at both ends of the room (see illustration below).



**Note:** The use of a channel around the perimeter of the room is not necessary unless it is known that there will be significant loads in this area i.e. dumbbell racks or other heavy equipment. Connecting channels must always be supported by an elastomer pad to prevent deformation of unsupported channel under load.

### 4 / Absorption Layer

Ensure that the thickness of the mineral wool is thinner than the air void. Install the mineral wool in between the channels and note that it should never be installed under the channels.



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## 5 / Board Layer 1

Install the first layer of board (plywood, or OSB/3) perpendicular to the channel.

It is recommended but not mandatory to ensure that all board joints are located at the center of a channel so that the joint is supported.



If installing dBooster® channel the board layer must not be mechanically fixed or glued to the steel channels.

If installing simple isolated channels the board layer must be mechanically fixed to the steel channels; however the length of the fixing must be limited to avoid contact with the supporting floor.

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## 6 / Damping Layer 1

Loose lay the Damping Layer sheet over the first board layer without any overlaps and ensure the entire floor is covered.

The Damping Layer joints should be staggered so they are not located in the same place as the board joints.

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## 7 / Board Layer 2

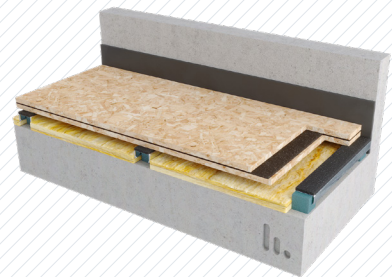
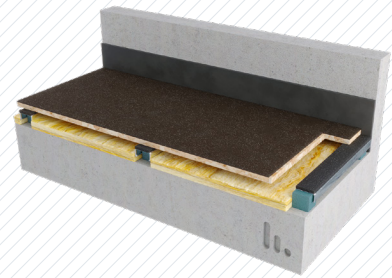
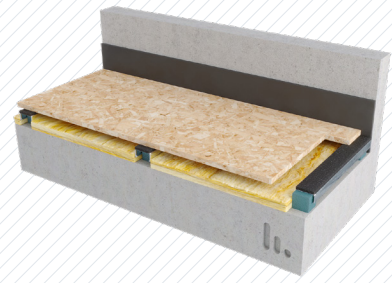
Install the second board layer perpendicular to the first board layer.

The second layer of boards should be staggered so the joints are not located in the same place as the Damping Layer joints underneath.



For the Stravigym HP system the first board layer, the Damping Layer and the second board layer must now be mechanically fixed together using screws which are short enough not to make contact with the supporting floor after deflection of the system. It is recommended that a fixing be placed every 16" (406 mm). When using dBooster® ensure that the multilayer is not fixed to the dBooster® Channels.

When installing Stravigym HP proceed to step 10.



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## 8 / Damping Layer 2 (only Stravigym XP)

Loose lay the second layer of Damping Layer onto the second board layer without any overlaps and ensure the entire area is covered.

The Damping Layer joints should be staggered so they are not located in the same place as the board joints underneath.

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## 9 / Board Layer 3 (only Stravigym XP)

Install the third board layer perpendicular to the second board layer.

The third layer of boards should be staggered so the joints are not located in the same place as the Damping Layer joints underneath or the joints of boards one and two.

All layers must now be mechanically fixed together using screws which are short enough not to make contact with the supporting floor after deflection of the system.



It is recommended that a fixing be placed every 16" (406 mm).

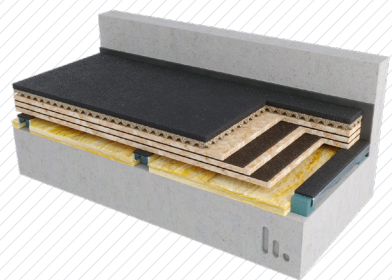
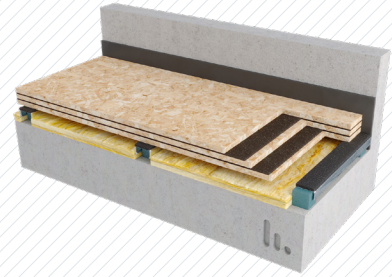
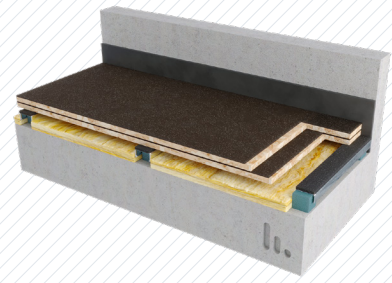
When using dBooster® ensure that the multilayer is not fixed to the dBooster® channels.

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## 10 / Stravigym GympactLayer

Install Stravigym GympactLayer by loose laying it on the third board layer. If the Stravigym GympactLayer is composed of more than one layer (as is the case for Stravigym GympactLayer-45) stagger the sheets to ensure the joints of the two layers are not located in the same place. The profiled sheet is always the first one to be installed – with the profile facing down onto the board layer.

For enhanced stability the Stravigym GympactLayer can be permanently fixed to the board by using either a double-sided adhesive tape or Sika Tacky ST, a two component polyurethane adhesive (or similar). Both methods can also be used to glue the two layers of Stravigym GympactLayer together.

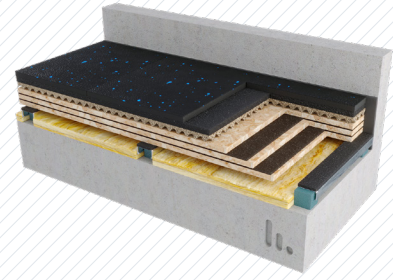


## 11 / Floor Covering & Other Finishing Details

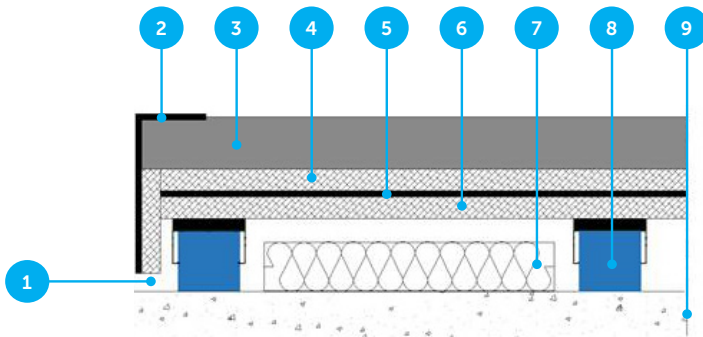
Install the final floor finish using the manufacturers installation instructions.

Ensure that the final floor finish is not rigidly connected to the surrounding walls.

**Note:** the illustration is a representation of a Stravigym XP system using dBooster® technology and a Stravigym GympactLayer-45 impact layer.



If the Stravigym floating floor system is a different height to the surrounding structure an edge profile will be required. If a rigid edge profile is used ensure that the height of it is less than the height of the total floor system so that it does not make contact with the supporting floor after deflection ( $1 > \text{deflection} + \text{creep}$ ).



Note: Stravigym HP configuration.

1. Gap (can be filled with an elastic adhesive and sealant)
2. Edge Profile
3. Impact Layers + Floor Covering
4. Board Layer
5. Damping Layer
6. Board Layer
7. Insulation Material
8. dBooster® Channel
9. Structural Floor



If different Stravigym floating floor systems are being installed a rubber edge profile can be used to transition to different floor heights.

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