

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

Unpack and unroll all the system components and allow them to acclimatize for 24 hours prior to installation.

Check that the supporting floor has a tolerance of 0,1% or 1 mm/m for gradient and a maximum of 2 mm for smoothness. Ensure the installation area is watertight and the supporting floor dry and clean prior to installation.

2 / Perimeter Isolation

All walls, columns and service penetrations through the floating floor should be isolated using Perimeter Strip.

The height of the Perimeter Strip should be the distance between the supporting floor and the finished level of the floating floor.



3 / Channel Installation

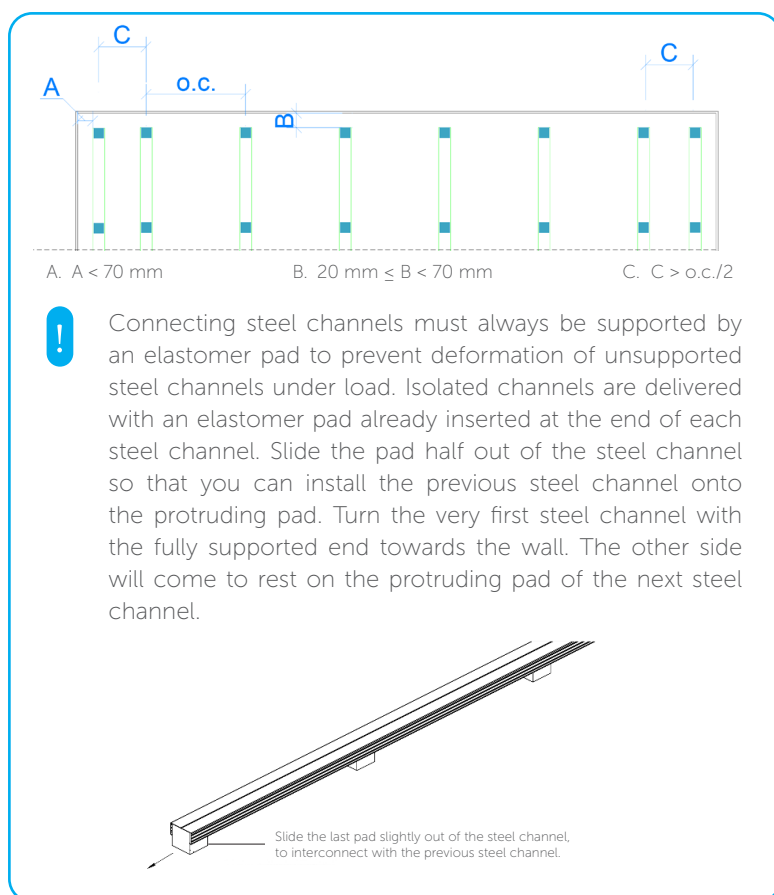
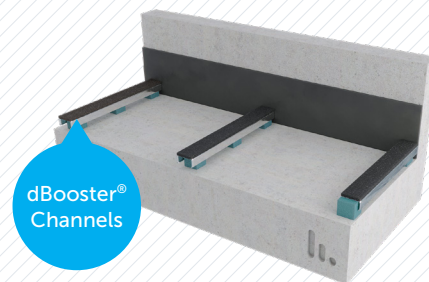
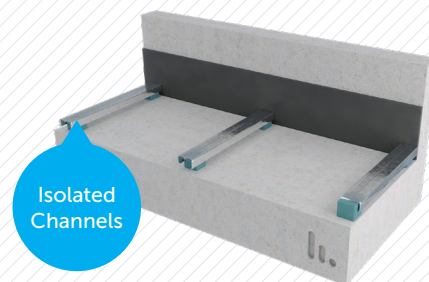
Isolated channels or dBooster® channels can be loose laid without the use of mechanical fixings or adhesive.

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 steel channel parallel to the wall with a gap of ≤ 70 mm unless specified otherwise on the drawings supplied.

The distance between the steel channel end and the walls should be ≤ 20 mm to prevent the steel channel from puncturing the lateral isolation and making contact with the wall; thereby creating an acoustic bridge.

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



Note: the use of a steel 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.

4 / Absorption Layer

Ensure that the thickness of the mineral wool is thinner than the air void.

Install the mineral wool in between the steel channels and note that it should never be installed under the steel channels.



5 / Board Layer 1

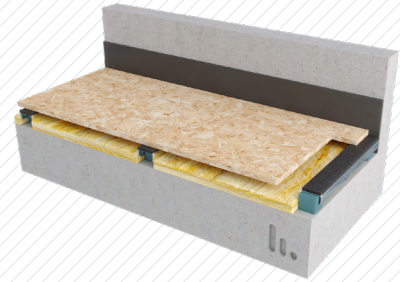
Loose lay the first layer of board (plywood, or OSB) perpendicular to the steel channels.

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

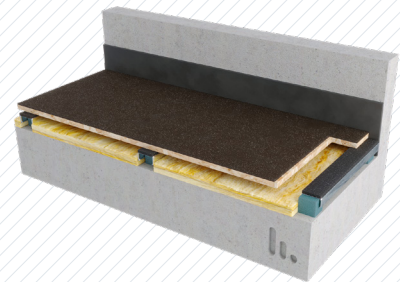
If installing simple isolated channels (without dBooster®) the board layer must be mechanically fixed to the steel channels; however the length of the fixing must be limited to avoid contact with the supporting floor.



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.



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.

Use fixings on each corner of the board layer (as a minimum) plus two more on the longest side (recommended).
When using dBooster® ensure that the multilayer is not fixed to the isolated channels.
When installing Stravigym HP proceed to step 10.

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.

9 / Board Layer 3 (only Stravigym XP)

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

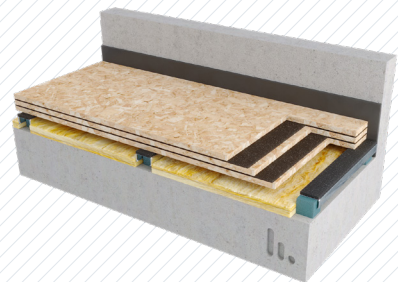
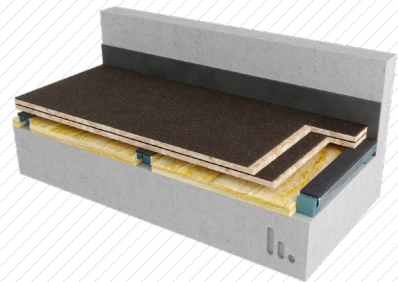
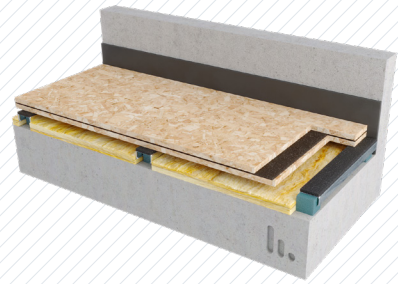
The third layer of boards should be staggered so the joints are not located in the same place as the Damping Layer joints underneath or the joints of boards one and two.

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.



Use fixings on each corner of the board (as a minimum) plus two more on the longest side (recommended).

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



10 / Stravigym GympactLayer

Install Stravigym GympactLayer by loose laying it on the top 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.

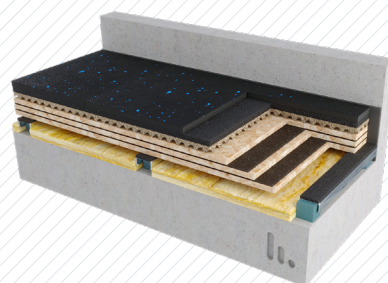
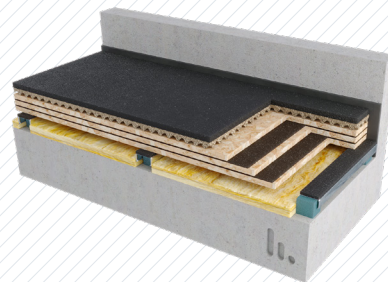
* Only valid in case of flat impact layer, not valid for dimpled materials.

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 at a different height than the surrounding structure, an edge solution is required.

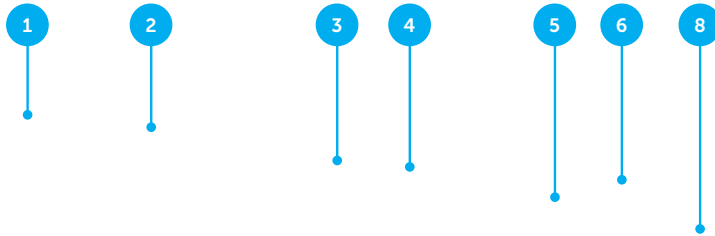
Preferred Solution: Wooden Beam (Pre-installation)

The installation of a wooden beam prior to the acoustic floor system is the recommended solution.

This approach ensures accurate positioning of treated areas, including acoustic flooring zones and transition ramps, before floor installation, improving coordination and alignment.

The wooden beam provides effective separation between ramps and acoustically treated areas, reducing the risk of acoustic bridging at transitions.

The beams are structurally robust and fully decoupled from the floating floor system using a resilient Perimeter Strip, ensuring consistent acoustic performance.



Note: Stravigym XP configuration.

1. Edge Profile
2. Impact Layers + Floor Covering
3. Board Layer
4. Damping Layer
5. Insulation Material
6. dBooster® Channel
7. Structural Floor

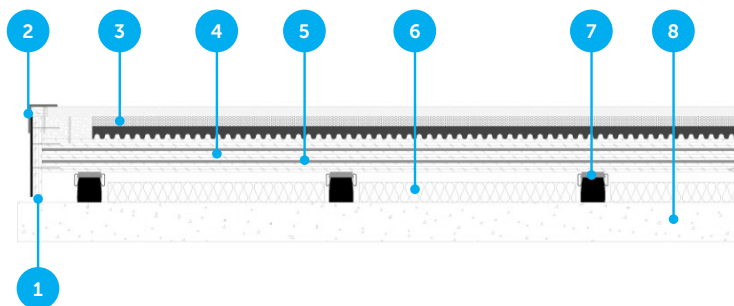


Alternative Solution (Post-Installation)

When pre-installation of a wooden beam is not feasible, this alternative solution can be used.

This approach is applied after the installation of the acoustic floor system to accommodate height differences with the surrounding structure. It provides a defined edge condition while maintaining separation between the floating floor and adjacent elements.

Care must be taken to ensure that the edge profile does not come into contact with the supporting floor after deflection (deflection + creep), in order to avoid the formation of acoustic bridges.



Note: Stravigym XP 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. Insulation Material
7. dBooster® Channel
8. Structural Floor

DISCLAIMER

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