



## MARTIAL ARTS SEAMLESS FLOORING INSTALLATION SUGGESTIONS & TIPS

**IMPORTANT: READ THESE RECOMMENDATIONS COMPLETELY BEFORE STARTING TO INSTALL OR ASSEMBLE THIS PRODUCT. IF YOU REQUIRE FURTHER INFORMATION, PLEASE CALL OUR OFFICES AT 310- 830- 6672**

Here are 10 tips to help in the installation of Norbert's seamless flooring. They are in no particular order, so read them all before starting work.

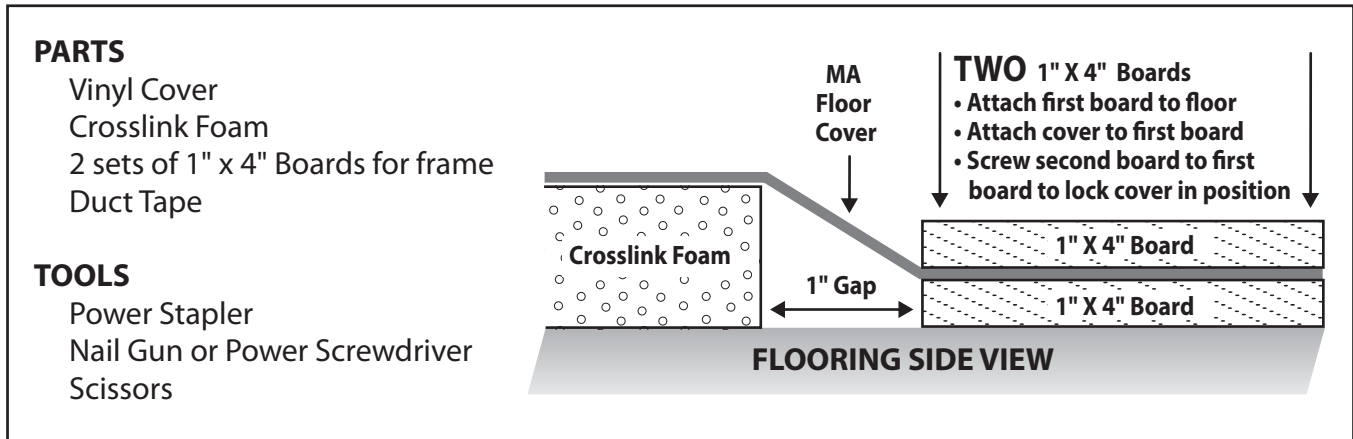
1. Tarp is shipped rolled and folded; Unwrap and unfold as soon as possible. Wrinkles can become permanent if tarp remains folded longer than 7-10 days.
2. Measure the tarp and all the foam before you get started and as soon as possible after delivery.
3. If possible, spread tarp out on floor and allow to lay flat for 24 hrs before beginning installation.  
**IMPORTANT NOTE:** The tarp material has a smooth side and a rougher felt side due to manufacturing process. The **SMOOTH** side is the **STRONGER** side as it has more vinyl coating. So the **SMOOTH** side should be facing **UP** where feet come in contact with floor.
4. Floor surface should be clean, smooth and level. No need to remove previous flooring (carpet, tile, etc.) as long as entire surface is flat and level.
5. Do NOT glue the crosslink foam to the floor.
6. Use duct tape to join crosslink foam sections together. 2" wide tape works great.
7. Don't worry about foam seams. When tarp is installed over foam you will not see or feel them.
8. Leave a gap (1" minimum) between crosslink foam and EACH side of wood frame. This allows the foam to spread out and prevents buckling.
9. If you have a post in your floor area, use it as your starting point. After making sure rest of tarp is correctly in position, begin stapling around post.
10. When stapling, start at the center of each side and work your way out to corners in small, equally sized increments (3 foot increments work best).

### **⚠ IMPORTANT CONSUMER PRODUCT HAZARD WARNING — PLEASE READ!**

A possibility of serious injury, including paralysis or death, is inherent in any activity involving motion or height. Equipment with which this notice is included is intended for use only by properly trained, qualified persons under supervised conditions. Use without proper supervision is dangerous and should not be undertaken or permitted. Know your limitations as well as the limitations of your equipment. Consult a qualified instructor before attempting any new activity or skill. This equipment must be used with proper mats, spotting equipment and qualified spotters for each activity or skill. Use this equipment only for its intended purpose. Do not modify equipment in any way. Inspect each component for damage, loose fittings or signs of wear before each use. Do not use if you have any concern as to the condition of this equipment. Test unit for stability prior to each use. Do not use if you have any concern about the stability, condition or suitability of this equipment. Inspect warning labels and replace when marred or damaged. Before each subsequent use, re-check equipment stability and settings.

## MARTIAL ARTS INSTALLATION STEP-BY-STEP

There are many methods of installing a martial arts floor, if you have a preferred method use it. For those not familiar with this process, following is the method we recommend.



1. Thoroughly sweep entire intended installation area.
2. Spread tarp out and allow it to lay flat for 24 hours to minimize wrinkling.
3. Frame perimeter by attaching 1" x 4" boards permanently to floor with screws, nails or liquid nails.
4. Roll out foam and cut to size. Foam size = Inside dimensions of frame side to side -2". Minimum 1" gap from each side is required to permit foam to expand and prevent center bulging. Use duct tape to join foam sections along seams. **DO NOT GLUE FOAM TO FLOOR.**
5. Put tarp in place and begin stapling to frame. Start in centers of each side and work your way outward to corners. One person to pull tarp and another to staple will be sufficient. **DO NOT STAND OR KNEEL INBOARD OF FRAME.**
6. Trim any excess vinyl fabric which extends past outside edge of frame.
7. Prior to installing second set of 1" x 4"s, prepare them by routing edges, sanding, staining or painting as desired.
8. Install second set of 1" x 4" boards by screwing them to frame base so as to maintain tension by pinching or sandwiching tarp.

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