



## QT Fitness Flooring Interlocking Tiles Abbreviated Installation Instructions

Revised 19May2021 Supersedes all previous versions.

These installation instructions are *abbreviated and supplemental to the Technical Manual and do not supersede the Technical manual*. Please also refer to the complete Technical Manual found at [www.qtsoundcontrol.com](http://www.qtsoundcontrol.com)

### I. Get the space ready

- A. Areas to receive flooring should be weather tight and maintained at a minimum uniform temperature of 65°F (18°C) for 48 hours before, during, and after installation.
- B. Install Interlocking Tiles over wood or concrete subfloors, or firmly adhered resilient flooring such as vinyl, linoleum, laminate, ceramic tile, and wood.
- C. Surface should be smooth to prevent irregularities, roughness, etc. from transferring through to the new flooring.
- D. Sweep area clear of all dust and debris.
- E. Tiles can buckle if used under rolling loads. Plywood or other rigid sheeting can be used to disperse the load to avoid tile buckle.
- F. Extra matting is suggested to reduce tile damage from repeated high impact in free weight areas.
- G. This product is intended for indoor use only at a range of 55 - 75 degrees F.
- H. Do not use expose flooring to fuels, oils, solvents or chemicals.
- I. This product is not designed to be glued down.

### II. When your floor arrives

- A. Inspect all materials for visual defects before beginning the installation. Verify material delivered is correct style, color, and amount. Any discrepancies must be reported to the retailer where the material was purchased.
- C. Remove tiles from cartons and allow to sit in the area to be installed, at uniform room temperature, for 48 hours prior to installation.

### III. Start the installation

- A. Make sure that job site and subfloor conditions are met.

- B. Install Interlocking Tiles so that the directional arrow markings stamped on the bottom of the tiles ALL point in the same direction. It is mandatory to install these tiles in the same direction.

### IV. Area Mat Layout

- A. For an area mat layout, lay out tiles to desired length and width and interlock the tabs.
- B. If desired, trim perimeter interlocking tabs from area layout with utility knife & metal straight edge.

### V. Wall to Wall Layout

- A. Clean area of all dust and debris.
- B. Determine a starting point for the first course of tile to best suit the site area. Because most walls are not straight or corners square, tile installation generally starts in the middle of the room.
- C. Measure the width and length of space, divide the room into 4 equal quadrants and snap two chalk lines that are perpendicular (90 degrees) to each other.
- D. Hint: Adjust the starting point (where chalk lines cross) to balance the tiles side-to-side to not end up with small cuts of tile against the walls.
- E. Place the first tile's edges where the two perpendicular chalk lines meet.
- F. Cut the last tile to fit against the wall using a metal straight edge and a sharp utility knife. Do not compression fit the tile against the wall. Allow 1/4" around the room's perimeter for expansion.

Manufactured in the U.S.A. by:

**ecore**<sup>™</sup>

866.795.2732 [www.qtsoundcontrol.com](http://www.qtsoundcontrol.com)

715 Fountain Ave. Lancaster PA

©2021 All designs and colors are copyrighted by Ecore