



ISO-Flex 105 floor system is designed for gym applications providing a support platform for cardio fitness equipment such as treadmills and spinning bikes. This system provides impact energy absorption and acoustic isolation, reducing impact sound entering the structure.

The system incorporates a counter beam configuration providing improved support for gym equipment and impacts from free weights. The ISO-Flex acoustic pack and level subfloor allows accurate levelling of uneven structural floors removing the need for concrete levelling screeds and therefore reducing embodied carbon. Additional load distribution layers can be added to provide improved loading capacity for equipment and impacts from free weights.

Adhesive free Zone-Flex recycled rubber tiles incorporate an precise interlocking profile allowing tiles to be vertically removed for maintenance or replacement. Adhesive free flooring supports circularity by allowing the top surface floor coverings to be reused.

Each gym environment should be assessed, considering the weight of equipment and the size and type of free weights being used. For further information and guidance on the ISO-Flex floor systems for specific gym designs, please contact the ECO-TEK technical team.

System Benefits:

- Isolates impact noise and vibration from gym equipment and free weights
- Levels uneven structural floors
- Prevents impact sound transferring into the structure and causing noise complaints
- Adhesive free floor finishes, improving flexibility of spaces and easy repairs
- Significantly improves airborne sound insulation from music and voices
- Creates a safe exercise platform for users that reduces fatigue and injuries
- Healthy microbial flooring surface
- Provides a durable platform to prevent damage to structural floor
- Provides a service void for electrical services

System Acoustic Performance

Standardized A-Weighted maximum Impact Sound Pressure Level - $L_{iA,Fmax,V,T} = 65dB$ *

* Test Method - 35kg Free Weight dropped from 500mm height on 140mm concrete slab with no ceiling treatment. (Tested in accordance with ANC Gym Acoustic Design Guidance).

Weighted reduction of impact sound pressure level $\Delta L_w (C_l, \Delta) = 27 (-12) dB$

Weighted normalised impact sound pressure level $L_{n,r,w} (C_l, r) = 51 (1) dB$

* ISO-Flex floor system 105 is designed to withstand users dropping individual dumbbell weights up to 50kg.

** A minimum void of 115mm is required to install pack and level system based on an SR3 structural slab. This allows for a +/- 10mm level tolerance of the slab.