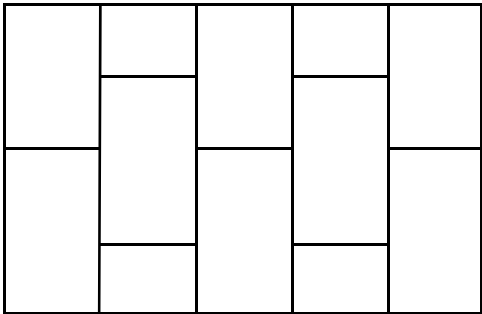


Exerflex® Installation Guide

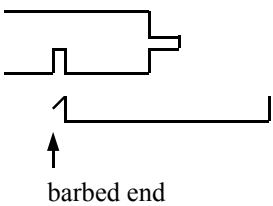
Tools you will need	What you have received from Exerflex
<ul style="list-style-type: none"> • Non-Marking rubber mallet • Electric circular saw • Miter Saw • Pry bar or screwdriver • Utility knife • Duct tape • Construction adhesive • “Pull Bar” (see page 3) 	<ul style="list-style-type: none"> - Exeraire foam sheets - Bundles of wood flooring - Installation clips - Reducer or threshold (optional) - Aluminum transition (optional) - Vent cove or sanitary base (optional)

1. Exeraire Cushioning Foam sheets come in 4' 10" X 8' dimensions. They should be installed with the blue side up and with the long side of the sheet parallel to the short side of the room, as in the adjoining drawing. The sheets should also be cut and laid so that the seams do not line up between adjacent rows. Sheets should be butted tightly each other and the joints can be secured with short strips of duct tape.

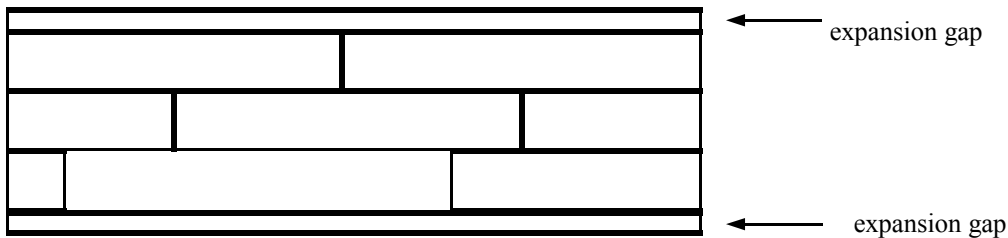


2. Hardwood flooring bundles will come either 41.12 square feet per bundle if you are working with 12' boards, or 20.34 square feet per bundle if you are working with 6' boards. These bundles should not be unwrapped until you are ready to do the installation. Unlike many hardwood floors, Exerflex boards require no acclimation unless the average relative humidity level of the room that you are installing in is less than 30%. If this is the case, it would be best if the wood was allowed to acclimate for 48 hours. You will need a utility knife to open the bundles, as the plastic lining is designed to keep the bundles secure in shipment.

3. Hammer the Installation Clips into the clip groove on the underside of each board. The clips should be installed so that the barbed end of the clip is hammered into the groove, with the long end of the clip protruding underneath the tongue of the board by about 4", as in the adjoining drawing. Nine or ten clips should be inserted per board if you are using 12' boards, or five if you are using 6' boards. The clips should be spaced about 12"-14" apart. It may be necessary to use a utility knife to cut the plastic backing along the clip groove if you are experiencing difficulty installing the clips.



- The first row should be installed with the long side of the board parallel to the long side of the room and with the groove facing the wall that you are starting from, with the clips pointing out. This should be perpendicular to the way you have installed the foam. However, before you lay your first row of boards, it is imperative that you leave an expansion gap along this long wall. **Expansion gaps must be allowed along the long dimension of the room, but no gap should be allowed at the end of the boards or along the short dimension of the room.** Temporary blocks or wedges should be placed between the first row of boards and the long dimension of the room. The long dimension wall at each end of the floor requires an expansion gap of 7/8" per 20' of width of the short wall. If you expect a great increase in humidity from the time of installation to the time of the year when the humidity is the greatest, you may wish to leave a slightly larger gap. We recommend that if the short dimension is less than 20' that a minimum of 7/8" be left any way. At each end, or short dimension of the room, leave no expansion gap and lay the floor as tightly as possible against the wall. If the wall surface is extremely rough, a piece of angle iron should be attached to the subfloor so as to permit the floor to expand and contract with the changes in seasons.



- Each row of boards should have the head joints staggered in a bricklaid pattern. This means that the first board in the second row should be approximately 20" shorter than the full board you started with in the first row. The first board of the third row should be 20" shorter yet again and so on until you can start a row with a full board again and the pattern is repeated. Make sure that when you install the board that the clips are also staggered, as the board will not go in if two clips align. Keep all cut pieces, as they may be used to either start or finish a subsequent row.
- The best way to install the second and third rows is to pound the boards into the starter rows with the rubber mallet facing the first row. Make sure that the boards are tight and walk across the top of the boards, ensuring that the clips "pop" into place. On subsequent rows, it is easier to stand on top of the flooring that is already laid and drive the new boards in from that direction.
- Along vertical obstructions such as columns, pipes, etc., allow an expansion gap at the end of the obstruction that is parallel with the long side of the room, but lay boards tight on the side parallel with the short side of the room.
- The last row(s). Do not install clips in the next to last row of boards, since the last row must be glued in place. If you are installing towards a wall at the end

of the room, you will find that you do not have space to swing a hammer to insure that the last row is firmly in place. In this case, you may need

A diagram showing an L-shaped bar with the text "pull bar" above it. The bar is positioned to the right of the text, with its top horizontal section extending from the text and its vertical section extending downwards.

“pull bar”

to purchase a “pull bar” at a hardware store. This is an “s” shaped bar which hooks over the last rows and allows you to hammer in the last rows.

9. You may need to cut the last boards of the last row lengthwise to accommodate the dimension of the wall, but remember to cut enough to allow for the same size expansion gap that you left on the other side of the room. Glue the last row to the row before it and install blocks between it and the wall until the glue has an opportunity to harden.
10. Remove blocks and wedges from both of the long walls of the room after the glue has set up.
11. Before using the floor, it is best to “tack” it to remove any sawdust or dirt. This involves wrapping a damp towel around a push broom and mopping the entire floor with it. If there are scuffs from using the rubber mallet, these may be removed by scrubbing the area with a towel or rag that has been wetted with mineral spirits.

Some Extra Tips

- ⇒ To make wedges that are 7/8”, cut slices off the end of a scrap board. The boards are exactly 7/8” thick.
- ⇒ To easily open bundles, flip them over and slice down the clip groove of the bottom board with a utility knife.
- ⇒ To make the rows tight, cut the boards a little long. Put the tongue end on to the groove of the preceding board and bend the board slightly as you slide the other end in against the wall.
- ⇒ Remember that you can use excess pieces that have already been cut to start or finish a subsequent row. However, these pieces must have either a tongue or a groove on one end of the board. Organize the pieces by whether the board has the tongue or the groove on it in order to be clear as to which side of the room you can use it.
- ⇒ If the last row of boards is so tight that you can not get the groove to slip over the tongue, you may fix this by cutting off the bottom part of the groove and gluing that board to the tongue.
- ⇒ Ends of the boards may be glued together in the tongue and groove to ensure that the boards do not separate if they are not able to be laid tightly enough to the walls.

If you should have any problems installing Exerflex flooring, please feel free to contact Exerflex at 1-800-428-5306.

Installing Trims and Transitions

Exerflex can provide wall molding, which trims out the floor along the outside walls, and transition pieces which provide transitions from the existing subfloor up to the installed Exerflex floor. If you have ordered any of these pieces from Exerflex, the following information will aid in your installation of them.

Perimeter molding - Sanitary base - is a rubber molding with a small toe. It should be glued only to the wall and not to the floor. Construction adhesive should be applied to the back of the base and applied to the wall or any other vertical surface which meets the floor. You must fold down the toe at the crease which has been scored on the back side of the base so that this toe rests on the wood, but do not glue this portion to the floor. It is best to have some type of heavy block to hold the base in place until such time as the glue is allowed to set up.

Transition pieces - you should have two components for transitions: 1) an “h” shaped aluminum transition piece and 2) either a six inch (reducer) or three inch (threshold) piece of beveled wood. To install these, place the aluminum piece on its side so that it sits like this:



The left side of this piece will collar just the wood portion of the installed floor, while the other end will rest over the beveled wood transition piece. First, cut the pieces so that they will fit the opening that you are transitioning. Next, slide the aluminum collar onto the wood portion of the installed floor. You may need to lift the wood portion of the floor off of the foam to get this piece to slide over the wood. If you are installing the aluminum along the long side of the room, remember to leave some room in the aluminum collar for an expansion gap.

Apply a layer of glue to the flattened top of the beveled side of the reducer or threshold and slide this under the protruding lip of the “h” shaped aluminum. You may also wish to anchor the bottom of the wood piece to the existing subfloor through the use of glue, tapcons, or other anchoring procedure.