

gymnastics • martial arts

cheerleading • stuntwork

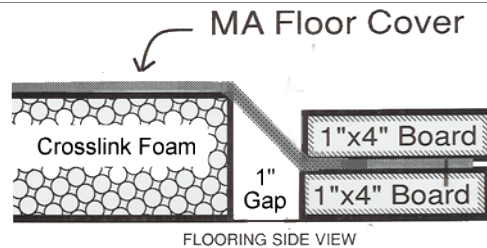
## MARTIAL ARTS FLOOR INSTALLATION STEP-BY-STEP

### PARTS

Vinyl Cover  
Crosslink Foam  
2 sets of 1" x 4" Boards for frame  
Duct Tape

### TOOLS

Power Stapler  
Nail Gun or Power Screwdriver  
Scissors



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.
3. 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.**
4. 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.**
5. Trim any excess vinyl fabric which extends past outside edge of frame.
6. Prior to installing second set of 1" x 4"s, prepare them by routing edges, sanding, staining or painting as desired.
7. Install second set of 1" x 4" boards by screwing them to frame base so as to maintain tension by pinching or sandwiching tarp.

### **WARNING: READ CAREFULLY!**

**RISK OF SERIOUS INJURY, PARALYSIS AND/OR DEATH, IS INHERENT IN ALL ACTIVITIES INVOLVING MOTION OR HEIGHT. THIS EQUIPMENT IS TO BE USED ONLY BY PROPERLY TRAINED, QUALIFIED PERSONS UNDER SUPERVISED CONDITIONS. USE WITHOUT PROPER SUPERVISION IS DANGEROUS AND SHOULD NEVER BE UNDERTAKEN NOR PERMITTED. NORBERT'S ATHLETIC PRODUCTS, INC. SHALL NOT BE LIABLE NOR RESPONSIBLE FOR PERSONAL INJURY OR PROPERTY DAMAGE INCURRED THROUGH THE USE OR MISUSE OF THIS EQUIPMENT OR ANY OTHER PRODUCT MANUFACTURED BY CWF Flooring, Inc.**