

COMMERCIAL GYM FLOORING

Gym Gear Premium Gym Flooring

Commercial flooring specified for strength, safety and long-term performance across busy training environments.

20 / 30 / 40 mm

Premium rubber tile options



Flooring is part of the gym design

Gym flooring underpins how a training space performs, sounds and lasts. It influences impact protection, noise control, equipment safety and how confidently exercisers move through different training zones.

That is why we plan flooring alongside equipment, layout and circulation rather than treating it as a finishing layer at the end of the project.

Our four design principles

- 01

The training environment
- 02

Member progression
- 03

Community and connection
- 04

Training diversity



A considered floor supports the room around it.

Correct specification helps each zone deal with the loads, movement and day-to-day use expected of it.

Specialist flooring protects more than the subfloor

Commercial training spaces are exposed to repeated footfall, equipment loads, free-weight impact and dynamic movement. Flooring needs to be matched to that reality.

01

Repeated impact

Rubber flooring helps absorb shock in areas exposed to weights and fast, repeated movement.

02

Noise and vibration

Effective flooring helps reduce vibration and control impact noise, particularly in shared buildings and free-weight areas.

03

Protection

Thicker rubber tiles can help protect the subfloor and spread load more effectively in heavier training zones.

04

Long-term condition

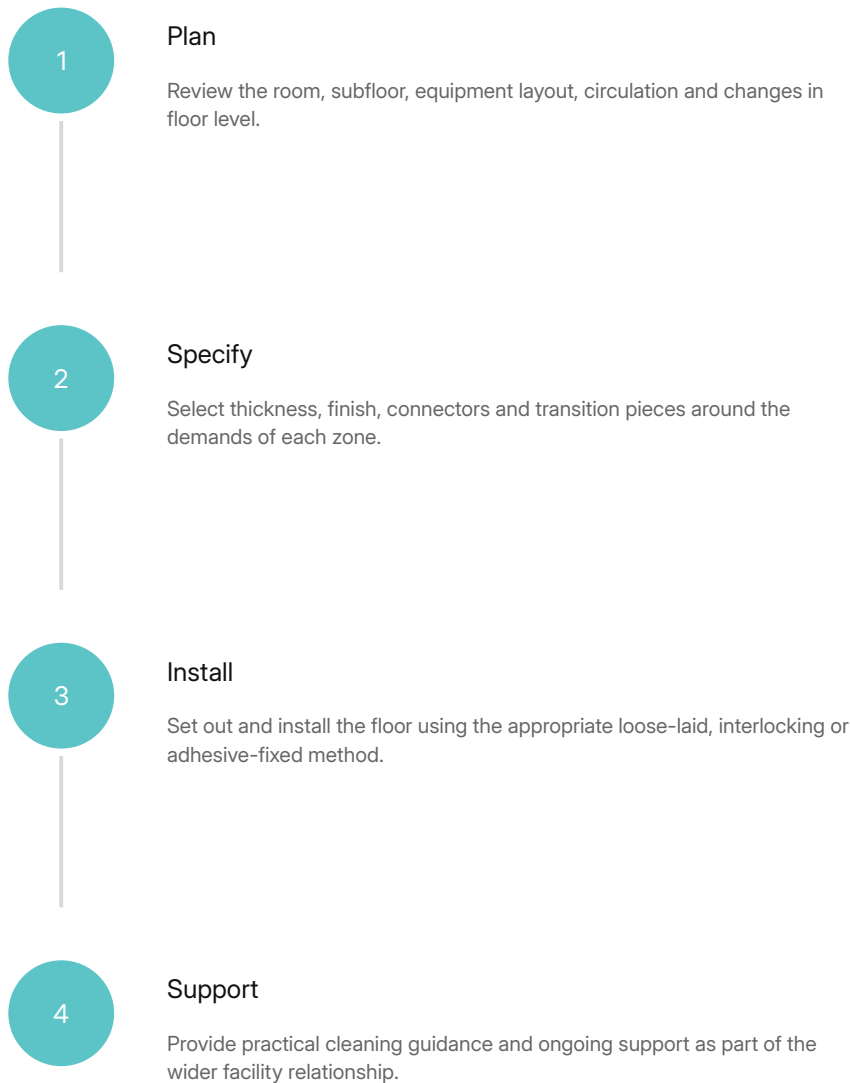
Poor flooring can contribute to premature wear, surface breakdown and increased maintenance over time.

The right specification depends on the zone.

Equipment weight, lifting load, footfall and the type of training all affect the thickness and surface required.

A flooring partner from design to installation

Our team can support flooring as part of a wider gym fit-out or refurbishment, matching the surface to how each training zone will be used.



PROJECT TYPES
Independent gyms
Leisure centres
Education
Emergency services
Corporate fitness
Hospitality
Sports clubs
Home gyms

We provide gym design, commercial gym equipment and installation services for fitness facilities across the UK.

Premium rubber tile

A dense, commercial rubber tile made from 100% recycled NR/SBR rubber, finished with a fine-grain surface and coloured EPDM flecks.

KEY SPECIFICATION	
Tile size	1 m x 0.5 m
Thickness	20 / 30 / 40 mm
Material	100% recycled NR/SBR
Base layer	2-3 mm granules
Surface	3 mm fine granules + EPDM
Hardness	55 +/- 5 ShA
Tile weight	8.7 / 11.7 / 15 kg

THICKNESS GUIDANCE

20 mm	Lighter zones Suitable for lighter, lower-impact areas.
30 mm	Added protection Additional padding and improved weight distribution for heavier equipment and loads.
40 mm	High-impact zones The deepest listed option for areas requiring greater impact protection.

Impact shock roll



Available in 10 mm and 15 mm thicknesses, Impact Shock Roll is installed beneath fitness flooring where additional shock absorption and acoustic performance are required. Particularly suited to free weights and functional training areas, the PUR-bonded rubber crumb underlay helps absorb heavy impacts while creating a more forgiving surface underfoot. It also provides an impact sound improvement rating of over 21 dB, helping to reduce noise transmission in demanding training environments.

Published test data for Premium Rubber Tile

The supplied product sheet includes test results covering slip resistance, impact acoustics, electrical behaviour and chemical performance. Selected results are shown below.

Performance	Standard	Published result
Dynamic coefficient of friction	EN 13893	>0.3 mu
Anti-slip property	DIN 51130	R10
Thermal resistance	EN 12667 / ISO 8302	0.161 (m2.K)/W
Electrical behaviour	EN 1815	<2 kV
Impact Insulation Class (IIC)	ASTM E492 / E989	57 (20 mm) / 58 (40 mm)
Sound Transmission Class (STC)	ASTM E90 / E413	54 (20 mm) / 58 (40 mm)
Impact sound improvement	ISO 10140-3	26 dB (20 mm) / 40 dB (40 mm)
Resistance to chemicals	ASTM F925	No change in surface
Fire rating	EN 13501-1	Efl
VOC	CDPH 01350	Pass - listed scenarios

Note: the supplied test table also contains 25 mm-specific results although the marketed thickness list on the same sheet is 20, 30 and 40 mm. Those 25 mm figures are not reproduced here.

Eight Premium Rubber Tile colour options

EPDM fleck options allow the floor to support the visual identity of a training space while retaining the same tile format.



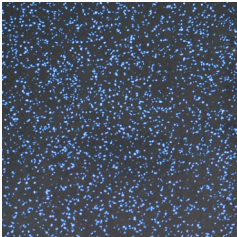
Black

20 & 30 mm



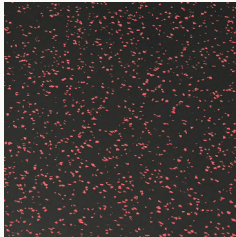
Grey Fleck

20, 30 & 40 mm



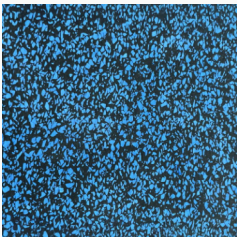
Blue Fleck

20 & 30 mm



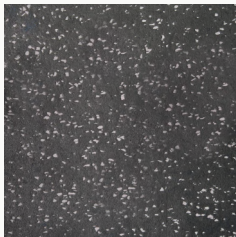
Red Fleck

20 mm



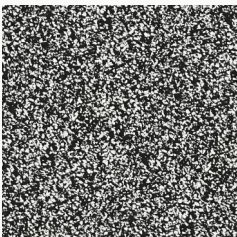
70% Blue Fleck

30 mm



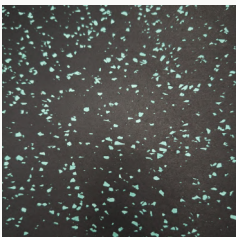
Dark Grey Fleck

20 & 30 mm



70% Grey Fleck

20 mm



Green Fleck

20 mm

Finish availability shown exactly as supplied in the current Premium Rubber Tile sheet.

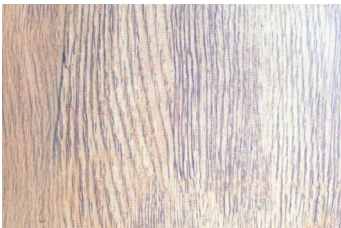
Wood Effect Premium Flooring

A rubber flooring option that combines a timber-inspired surface with a commercial rubber base. The range is listed in 20 mm and 30 mm thicknesses.

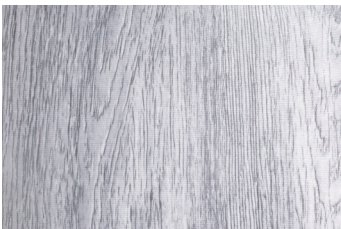
KEY SPECIFICATION

Tile size	1 m x 0.5 m
Thickness	20 / 30 mm
Material	100% recycled NR/SBR
Base layer	2-3 mm granules
Surface	High polymer fibre / anti-slip
Installation	Vertical easy connection; non-glue

FINISHES



Oak Effect



Light Grey Wood Effect



Dark Grey Wood Effect

Selected performance data

Tear strength	ISO 34-1:2022	16 kN/m
Anti-slip	DIN EN 16165:2023-02	R9
Tensile strength	ASTM D412-16(2021)	12.3 MPa
Abrasion resistance	ISO 4649:2017	273.0 mm3
Static coefficient of friction	ASTM D2047-17	0.86

Published values match the supplied Gym Gear wood-effect data sheet.

Durable 15 mm flooring for mixed-use training spaces

These high-density EPDM rubber tiles are a practical option for general gym areas and lighter functional training zones, giving you a professional finish with dependable grip, comfort, and low maintenance.



15 mm EPDM Premium Black Rubber Tile (Grey Fleck)

A tougher, stylish finish for functional zones and general gym flooring.

SIZE

1 m x 1 m x 15 mm | 13.6 kg

COLOUR

Black tile with a subtle grey fleck EPDM finish.

FEATURES

High-density construction, non-slip surface, bacteria-resistant finish, and noise reduction.

INSTALLATION

on the space and usage.
Can be loose laid, taped, or fully adhered depending



15 mm EPDM Premium Black Rubber Tile

A clean all-black tile for projects that need a simple commercial finish.

SIZE

1 m x 1 m x 15 mm | 13.6 kg

COLOUR

Plain black EPDM finish for a clean, understated look.

FEATURES

Durable, easy to clean, non-slip, and made from 100% recycled rubber.

INSTALLATION

Can be loose laid, taped, or fully adhered depending on the space and usage.

The 15 mm range is well suited to facilities that need a lighter-duty rubber tile than a dedicated free-weights floor, while still benefiting from durability, slip resistance, and straightforward upkeep.

Flush-fit lifting platforms for strength spaces

These insert platforms are designed to sit level with surrounding floor tiles, creating a cleaner finish and safer transition into Olympic lifting zones without the bulk of a raised standalone platform.



Oak Insert Lifting Platform

Solid oak insert for a classic free weights finish and dependable lifting stability.

SIZE

2 m x 1 m platform insert with 20 mm, 30 mm, or 40 mm height options.

FEATURES

Solid oak surface provides a secure, stable base for Olympic lifting and heavy commercial use.

INTEGRATION

Designed to sit flush with surrounding Gym Gear floor tiles for a consistent finished level.

IDEAL FOR

Strength rooms, performance facilities, colleges, schools, and functional training spaces.



Custom Elite Olympic Lifting Platform Inserts 2 m x 1 m

Custom surface graphics protected beneath a durable anti-slip vinyl layer.

SIZE

Standard 2 m x 1 m insert available in 20 mm, 30 mm, and 40 mm thicknesses.

CUSTOMISATION

Unlimited branding options beneath a 2 mm reverse-printed anti-slip vinyl surface.

BENEFIT

Custom graphics are protected from fading and wear while keeping the platform easy to clean.

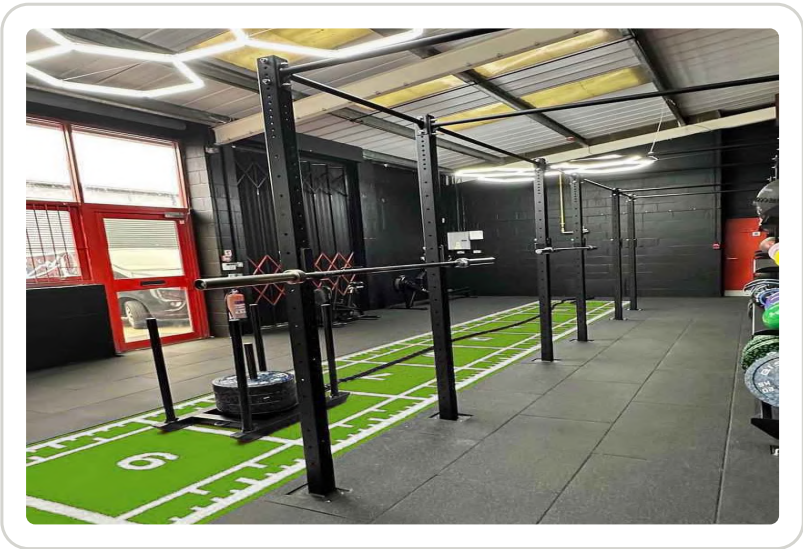
LEAD TIME

Typical 3 to 4 week lead time, subject to final artwork approval.

Both lifting platform options remove the trip edge associated with raised platforms and help create a more integrated strength area when paired with 20 mm, 30 mm, or 40 mm premium rubber flooring.

Sprint tracks that make training measurable

Our 10 m x 1.5 m sprint tracks combine a professional appearance with clear 0.5 m markings, helping athletes and coaches measure sled pushes, sprints, and conditioning drills with precision.



Blue option

10 m x 1.5 m	15 mm pile	0.5 m markings	Indoor / outdoor	No sand infill
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Red option

COLOUR	USE CASE
Red	Built for high-intensity training with a strong visual finish for energetic spaces.



Green option

COLOUR	USE CASE
Green	A bright, sporty surface for sprint zones, sled lanes, and performance facilities.



Black option

COLOUR	USE CASE
Black	A sleek, understated look that pairs easily with contemporary strength areas.

All four sprint track colours use a dense 15 mm artificial turf, 100% polyethylene fibres, and clear integrated numbering to support repeatable performance testing and everyday conditioning work.

Modular turf tiles for functional training zones

Our 30 mm turf tiles create flexible sled and functional training areas that are simple to install, easy to maintain, and easy to reconfigure as your layout evolves.



30 mm Black Premium Sled Track Turf Tile 1 x 1 m

Durable black finish with integrated white markings for fully modular lane building.

SIZE

1 m x 1 m x 30 mm | 17.4 kg per tile

OPTIONS

Black sled track tile available with 3-line mid/end tiles or 4-line start tiles to build custom layouts.

APPLICATION

Ideal for sled and prowler lanes, kettlebell zones, and impact-resistant functional areas.

INSTALLATION

Loose-lay fit with hidden plastic connector blocks for quick, secure installation.

30 mm Green Premium Turf Tile 1 x 1 m

Choose from 1-line or 2-line tiles to create clean functional training lanes.



1-line option



2-line option

SIZE

1 m x 1 m x 30 mm | 17.4 kg per tile

MATERIAL

100% recycled rubber base with a 10 mm synthetic grass top layer.

PERFORMANCE

Approx. 60±5 ShA hardness and 20 dB sound insulation, with good resistance to acids, alkalis, and salts.

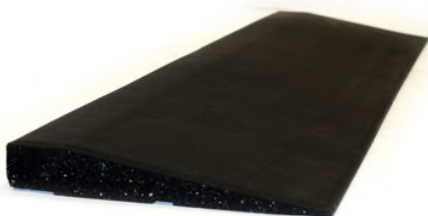
MAINTENANCE

Clean with a stiff brush or wet vacuum and a pH-neutral detergent.

Turf tiles integrate easily with rubber flooring and allow you to build training lanes only where you need them, rather than committing to a full rolled track installation. We also do plain black and green turf tiles in 0.5 x 1m.

Transitions that finish the space properly

Ramp edges provide a controlled transition from the rubber tile surface to a lower floor level. Straight and corner pieces are available to match 20, 30 and 40 mm tile depths.



Premium Rubber Edge

100 cm x 25 cm | 20 / 30 / 40 mm

COLOUR

Black, also available in the wood effect style

INSTALLATION

Floor adhesive is required to fix the ramp tiles in place.



Corner Ramped Edge

50 cm / 50 cm x 25 cm | 20 / 30 / 40 mm

COLOUR

Black, also available in the wood effect style

INSTALLATION

Floor adhesive is required to fix the ramp tiles in place.

Both supplied transition sheets specify adhesive-fixed installation and black finish options for 20, 30 and 40 mm floor depths.

Match the floor to the training zone

Different areas place different demands on the floor. A zoned approach allows thickness and finish to be selected around equipment, movement and impact rather than using one specification everywhere.

FREE WEIGHTS

Thicker rubber tiles help absorb impact, protect the subfloor and reduce noise from heavy lifting.

FUNCTIONAL

Rubber flooring supports dynamic movement and small-group training. Sled work may require a dedicated track or turf surface.

HIIT & CONDITIONING

Shock-absorbing flooring helps reduce vibration and keeps fast-paced training on a resilient surface.

CARDIO & EQUIPMENT

Select the floor around equipment load, footfall and isolation requirements, and specify the surface around the way equipment will be used.

STUDIO / LOWER IMPACT

The 20 mm Premium Rubber Tile is the listed option for lighter, lower-impact zones; wood-effect flooring provides an alternative visual finish.

Installation built around the room

Gym flooring performs best when the subfloor, set-out and zone transitions are considered before the first tile is laid. Installation method also varies by product.



PREMIUM RUBBER TILE

Hidden connector blocks allow adhesive-free, loose-laid placement, as specified in the supplied Premium Rubber Tile sheet.



WOOD EFFECT

The supplied sheet describes a vertical easy connection for non-glue installation. Perfect for studios, walkways and cardio areas creating a premium space.

A practical installation sequence

- 1

Check subfloor condition and levels
- 2

Confirm zoning, set-out and thresholds
- 3

Lay and connect the main tile field
- 4

Adhesive-fix straight and corner ramps
- 5

Clean down and hand over maintenance guidance

Simple maintenance, done correctly

Regular cleaning helps maintain the appearance and surface condition of rubber gym flooring. The supplied guidance is clear: remove loose dirt, use pH-neutral products and avoid harsh chemicals.

ROUTINE

Vacuum regularly

Remove dirt and loose particles from the surface.

Use the right scraper

Plastic or wood only. Metal can scratch the floor.

Damp mop

Use a nylon-type mop after vacuuming; dry excess water.

Steam clean

An effective way to refresh and naturally disinfect the rubber.

Spillages

Remove oil, grease and solvent spillages promptly, then clean residue with soap and water.

AVOID

Acids

Bleach, vinegar and bathroom cleaners.

Alkalis

Butyl cleaners and high-pH strippers.

Petro-chemicals

Oil, grease, solvents or abrasive cleaners.

Petroleum / bleach products

The guidance states these can seriously deteriorate rubber over time.

Wax-based cleaners

These can leave a slippery residue and create a safety risk.

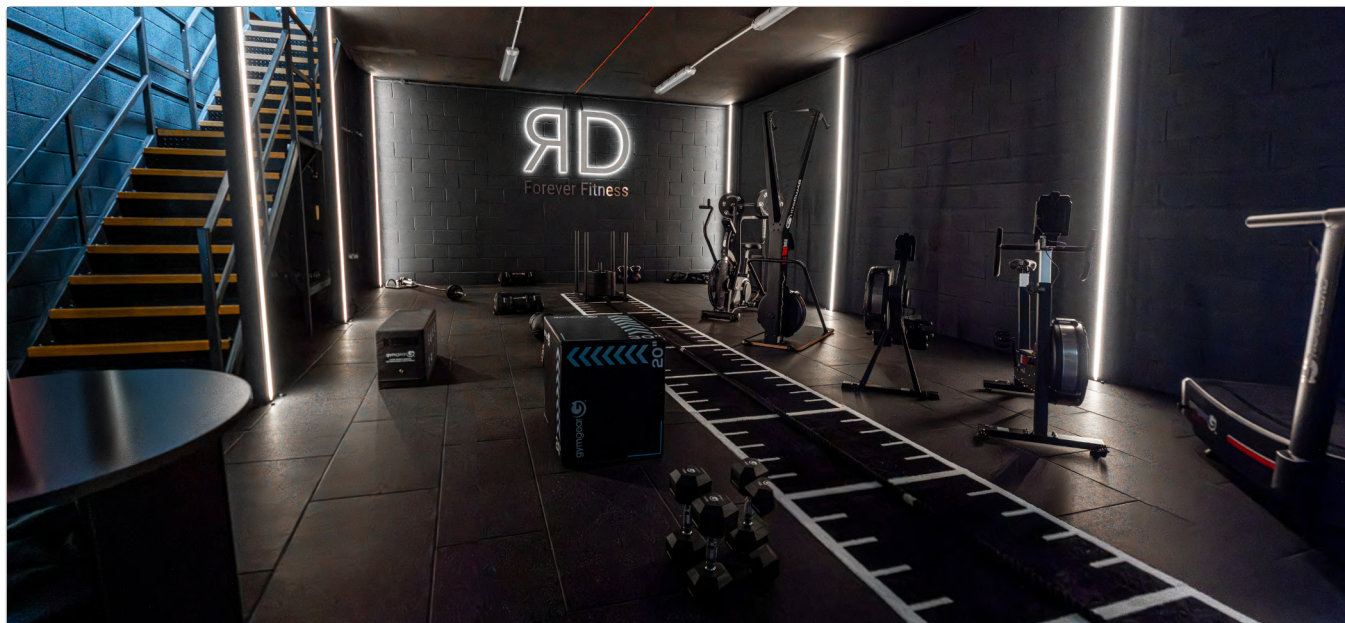
Over-concentrated cleaner

Use a weak pH-neutral solution to reduce residue.

Always test a cleaner on a small area first and avoid leaving excess water or cleaning solution on the floor.

RD FOREVER FITNESS

NEWTON-LE-WILLOWS



PROJECT BRIEF

Forever Fitness wanted to create a premium training facility capable of supporting a broad mix of training styles without making the space feel overcrowded.

The main gym needed to accommodate HIIT, conditioning and functional training while maintaining clear circulation and good visibility across the facility. An upstairs studio also needed to provide the flexibility required for group exercise, circuit-based training and event-style sessions.

GYM GEAR SOLUTION

Our team worked with Forever Fitness to plan distinct training areas while keeping the overall facility open and cohesive. The main gym combines dedicated cardio and HIIT equipment with a functional training area and sled track, while the upstairs studio was designed around a custom instructor stage for group exercise, HYROX-style circuits and DEKA training simulations.

KEY PROJECT DETAILS

Facility: Independent commercial gym
Training areas: Cardio, HIIT, functional training and group exercise
Flooring feature: Dedicated sled track for conditioning and performance drills
Studio: Custom instructor stage with aerobic steps and studio barbell sets
Services: Gym design, equipment supply and installation

OUTCOME

The completed facility brings cardio, strength and functional training together within a well-planned, uncluttered environment. The dedicated studio provides additional flexibility for classes and event-based programming, while the main gym supports a broad range of training styles within clearly defined areas.

BRIO WINSFORD

WINSFORD



THE BRIEF

Brio Winsford Lifestyle Centre needed to refresh an ageing gym, with some equipment approaching eight to ten years old and replacement parts becoming increasingly difficult to source.

As a community leisure facility, the new environment also needed to work for a broad range of exercisers, from juniors and older adults to people who may be less confident using a gym.

THE SOLUTION

We developed a more considered layout built around clear training zones and different levels of experience. More approachable equipment was positioned closer to the entrance, with advanced strength and plate-loaded areas located further into the gym. A versatile mix of cardio, resistance, free weights, racks and HIIT equipment increased training variety while making efficient use of the available floor space.

PROJECT DETAIL

Client: Brio Leisure

Facility: Winsford Lifestyle Centre

Sector: Local authority / community leisure

Project: Gym refurbishment and equipment replacement

Training areas: Cardio, resistance, free weights, strength and HIIT

Design priorities: Accessibility, progression, training variety and efficient use of space

OUTCOME

The refurbishment created a more relevant, accessible and supportive community gym. The clearer layout gives staff a stronger structure for inductions and allows exercisers to build confidence before progressing into more advanced areas. The wider range of training options also helps the facility support different ages, abilities and experience levels within one cohesive environment.

UNITY - REFORMER PILATES

SKIPTON



PROJECT BRIEF

As an independent gym operating in a competitive local market, UNITY wanted to broaden its training offer and create a point of difference beyond traditional strength and cardio. With limited space available, any new investment needed to make efficient use of the existing facility while appealing to new audiences and adding value for current members.

GYM GEAR SOLUTION

We worked with UNITY to design and install a dedicated reformer Pilates studio within the existing gym. The layout was planned around small-group and one-to-one sessions, with commercial-grade reformers positioned to provide comfortable training space and smooth session flow. The studio introduced a distinct, technique-led environment alongside UNITY's existing strength and cardio provision.

KEY PROJECT DETAILS

Client: UNITY
Sector: Independent gym
Project: Dedicated reformer Pilates studio
Training: Small-group and one-to-one sessions
Design priority: Efficient use of a compact footprint
Equipment: Commercial-grade reformers
Services: Studio planning, equipment supply and installation

OUTCOME

The new studio expanded UNITY's training offer without requiring additional floor space. It helped attract a broader audience, gave existing members another reason to engage with the facility and introduced an additional revenue stream through small-group and personal sessions. The investment also strengthened UNITY's position as a more varied, specialist-led training facility.



NEXT STEP

Plan the floor as part of the gym

Flooring affects how the room performs from the first day of operation. Specifying it alongside equipment, layout and training zones helps create a safer, quieter and more durable training environment.

We can support projects from early layout and product selection through supply, installation and ongoing support.

Speak to our team about your facility

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gymgear.com

NEW BUILD • REFURBISHMENT • PHASED UPGRADE • FULL FIT-OUT