



## Exerflex<sup>®</sup> Installation Guide



Please review this installation guide before you begin installing the floor. If you have any questions, please call us at 800-428-5306 any time Monday - Friday.

### Tools you will need:

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- Non-Marking rubber mallet
- Electric circular saw
- Miter saw
- Pry bar and/or screwdriver
- Utility knife
- Duct tape
- Construction adhesive
- Pull bar

### What you have received from us:

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- Exeraire® foam sheets
- Bundles of wood flooring
- Installation clips
- Reducer or thresholds (optional)
- Aluminum transitions (optional)
- Vent cove or sanitary base (optional)

### The wood flooring you've received:

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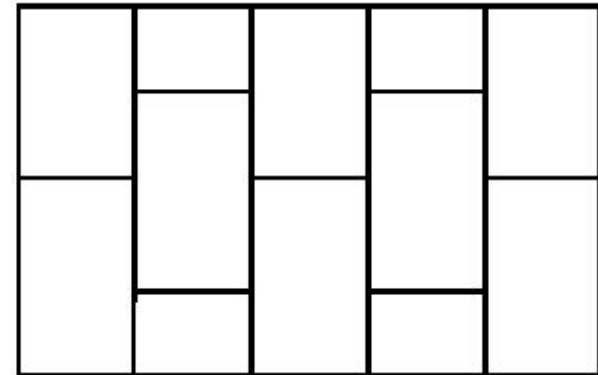
Our wood flooring bundles will come in one of two sizes - 6' lengths or 12'. This is how many square feet is in each bundle:

- 6' bundles - 20.34 square feet each
- 12' bundles - 41.12 square feet each

### Installing the foam padding

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Exeraire Cushioning Foam sheets come in 4' 10" X 8' dimensions. They should be installed with blue side up and with the long sides of the sheets parallel to the shorter wall in the room, as in the drawing below:



The sheets should also be cut and laid so that the seams do not line up between adjacent rows. Sheets should be butted tightly to each other and the joints can be secured with short strips of duct tape.

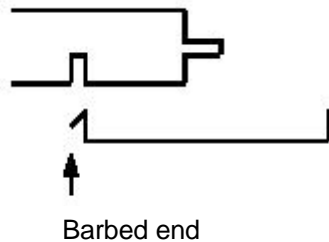
### Wood Flooring prep

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The bundles of wood flooring 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 in the room is less than 30%. If this is the case, it would be best if the wood was allowed to acclimate for 48 hours.

## Installing the Clips

Hammer the Installation Clips into the clip groove on the underside of the boards. 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 is shown below:



The clips should be spaced about 12"-14" apart, so you will be using five clips on a 6' board, or nine or ten on a 12' board.

You may want to glue ends of the boards together as a way of ensuring that they do not separate in the future. If so, you can use Tite-Bond wood adhesive in the tongues and grooves at the ends of the boards.

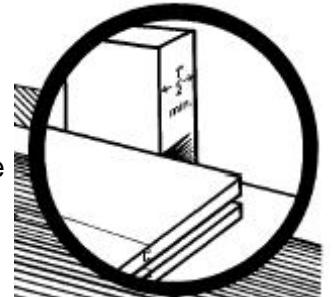
### Installation Tip

To easily open bundles, flip them over and slice down the clip groove of the bottom board with a utility knife.

## Allowing for Expansion

The first row should be installed with the long side of the board parallel to the long side of the room. The groove of the board should face the wall that you are starting from and the clips should be pointing away from that wall. This alignment should be perpendicular to the direction 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.**

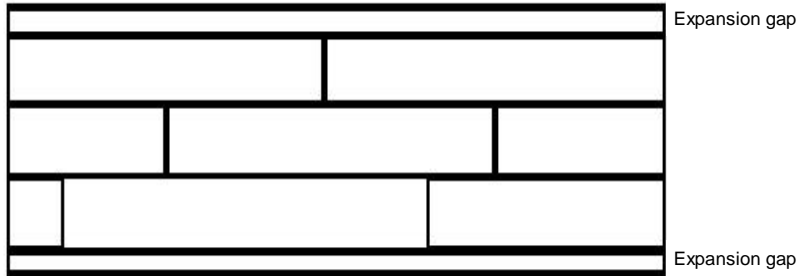
Temporary blocks or wedges should be placed between the first row of boards and the long dimension of the room. The long dimension walls at each end of the floor requires a minimum expansion gap of 1/2" per 20' of width of the short wall. If you expect a great increase in humidity from the time of installation to the time of year when the humidity is greatest, you may wish to leave an even larger gap. At each end, or short dimension of the room, leave no expansion gap and lay the floor as tightly as possible against the wall.



### Installation tip

We usually leave a 7/8" expansion gap, making wedges by cutting slices off the end of scrap boards. These wedges are exactly 7/8" thick.

If the wall surfaces are extremely rough, a piece of angle iron can be attached to the subfloor so as to permit the floor to expand and contract with the seasonal changes in humidity.



## Laying the floor

Each row of boards should have the head joints staggered in a brick laid pattern. This means that the first board in the second row should be approximately 20" shorter than the full board that 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 start or finish a subsequent row.

### Installation Tip

The excess pieces that can finish or start a subsequent row must have either a tongue or a groove on the end of the board in order to be useful.

The best way to install the second and third rows is to face the first laid row and to pound the boards into the starter rows with a rubber mallet. 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., make sure to leave an expansion gap at the end of the obstruction that is parallel with the long side of the room, but lay boards as tightly as possible on the side that is parallel with the short side of the room.

### Installation Tip

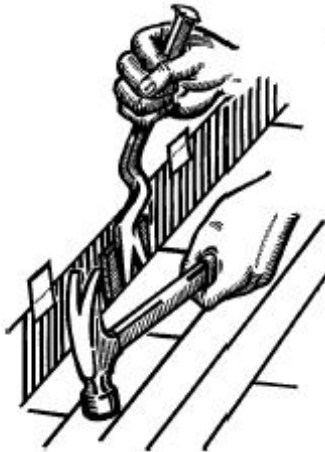
To ensure that the rows are tight against the walls, we cut our boards slightly long. Then we put the tongue end into the groove of the preceding board and bend the board slightly as we slide the other end in against the wall. This ensures a tight fit.

## Installing the last rows

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Do not install clips in the next to last row of boards, since the last row must be glued in place. If you're installing towards a wall at the end of the room, you'll find that you do not have enough room to swing a hammer to ensure that the last rows are in place. In this case, you may need to purchase an S-shaped "pull bar", or use a crowbar to secure the last rows.

You'll likely need to cut the last row of boards lengthwise to accommodate the dimension of the wall. Remember to make this cut assuring that there is enough room for the same size expansion gap that you left on the other side of the room. Glue this last row to the row before it and install blocks between it and the wall until the glue has an opportunity to harden.



### Installation Tip

The last row of boards is so tight that you can't get the groove to slip over the tongue, you may remedy this by cutting off the bottom part of the groove and gluing the board to the tongue.

## Finishing the job

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Remove the blocks and wedges from both of the long walls of the room after the glue has set up.

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.



## Installing Trims and Transitions

Exerflex can provide wall molding, which trims out the floor along the outside walls, and transition pieces which provide ramping 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

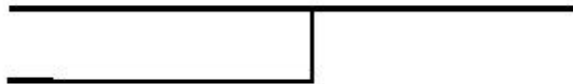
Sanitary base is a rubber molding with a small toe. It should be glued only to the wall and not to the floor.

Construction adhesive should be applied to the back of the base and the base should be affixed 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 of the base so that this toe rests on the wood surface, 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.



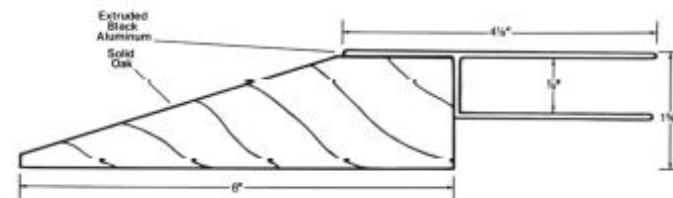
### Transition pieces

You should have two components for transitions: 1) an "h" shaped aluminum 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, tap cons, or other anchoring procedure.



**Exerflex**  
**800-428-5306**