



Maintenance Guide

Exerflex Group Exercise Flooring

Exerflex Group Exercise Flooring is an extremely easy floor to care for. This maintenance guide describes some simple steps that you can take to keep your floor looking great for years. Take some time to familiarize yourself and your maintenance people with these guidelines and feel free to call us if you have any questions or concerns that are not addressed here.

Daily Maintenance

Dirt can be the worst enemy of your floor's finish, so we recommend that you vacuum or dust with an untreated dust mop at least daily.

Weekly Maintenance

To thoroughly clean the floor, it should be damp mopped with clean water once a week. To best do this, wring as much water from the mop as is possible to prevent excess water from seeping between the boards. For hard to clean spots, dilute a mild, non-abrasive cleanser with the mop water. Make sure that the cleanser is recommended for use with hardwood floors finished with polyurethane and always follow label instructions. Do not use an oil-based soap, as this will cause the floor to become slippery.

General Guidelines

- Prevent stains by immediately wiping up spills. When removing a spill, start along the outside edge to keep it from spreading. Then, if necessary, damp mop the area.
- Never use wax. This will make the floor too slippery for use for most group exercise activities
- Heating, ventilation, and air conditioning should be functioning properly. Try to maintain a constant temperature range between 60-80°.
- Relative humidity of the room should also be maintained at a nearly constant level of 40-70%.

Consistency of humidity and temperature are important because hardwood floors are very susceptible to changes in climatic conditions. Ideal conditions would keep the temperature and humidity constant 24 hours a day throughout the entire year.

Maintenance FAQ's

Q: How do we clean black heel marks from the floor?

These can be easily removed with the use of mineral spirits. Simply apply a small amount to a soft rag and scrub the scuff directly. After the marks have been removed, it's best to clean the area with a damp mop using a solution of one part vinegar to four parts water, to ensure there is no residue.

Q: Certain spots on the floor become slick with perspiration during and immediately after classes.

A: Try mineral spirits again, but this time just wipe the floor the rag instead of scrubbing. After that, damp mop the floor with the water and vinegar solution.

Q: Some of the equipment, such as steps and exercise balls slide too easily on the floor.

A: This often occurs on a floor that needs to be damp mopped more regularly. A small amount of dust or dirt can create a fine film between the floor and the equipment, causing them to slip more easily.

Q: Stepping platforms or boxing dummies are creating scratches in the finish of the floor.

A: These pieces of equipment have been designed to be used on hardwood floors but make sure that the floor is cleaned regularly. The presence of dirt or small pebbles underneath these pieces can cause scratching as the equipment is used. It is also important to inspect and clean those areas on the equipment that come in contact with the floor to ensure that something has not become embedded in their bases or the rubber grommets on the risers which is causing the scratches.

Questions? Call us at: 800-428-5306

Other Common Maintenance Concerns

- Floor is “buckling” or humping up.

This is almost always caused by the floor absorbing too much humidity or otherwise coming in contact with moisture. The problem may be rectified with the introduction of a dehumidifier to remove as much moisture from the floor as possible. However, if the humidity level is already low or if dehumidifying the area proves unsuccessful, it is best to contact us. We can suggest ways for a local carpenter to repair the floor for you with a minimum of effort.

- We’re noticing slight gapping between the flooring boards.

This is virtually the opposite of the problem listed above and conversely, indicates that the humidity has markedly decreased. This is not uncommon during the winter months if the heat is turned on. Don’t worry, gaps occur in every solid wood floor and they usually close once the seasons change again. Maintaining a constant relative humidity

throughout the year will reduce this condition substantially. However, if the gaps become over 1/2” wide, please contact us for advise on how to reduce them.

- ♦ We’ve had a water leak.

Should a water leak occur, it is vital to the survival of your floor to remove as much of the water as quickly as possible. After you have removed the surface water, it is important that you get an industrial dehumidifier and fan into the room as soon as possible. Let the dehumidifier run for two to three days and then inspect the floor for damage that remains. Splitting boards, and the edges of the boards curling up above the center of the board are telltale signs that the damage has been severe. Depending on the amount of water involved and your ability to get to the problem quickly, the floor may not incur this type of damage, or the damage may be very minor in degree. However, if there has been a significant amount of water and it has been allowed to be absorbed by the floor, replacement of the damaged portions will be necessary.

Screening your floor

Depending on use, after a few years of wear your floor may appear dull, scratched, or worn down. There may be a way resolve this that does not involve sanding the floor down to the wood and refinishing. If you have deep scratching and excessive wear, sanding may be necessary, but if not, you may be able to rejuvenate your floor by screening it instead. All you’ll need is a buffer, which you can rent from a hardware store, and some quick instruction on how best to use it. Here’s how it’s done:

- 1) Screen the floor at a moderate speed using a new 100 or 120 grit screen under a slow speed buffer. Cross-buff the floor by screening east-west, then north-south for best results. You’ll need one screen for about every 500 sf, using each side of the screen about 250 sf per side. Do not use damaged screens. If the screen has become damaged, replace it immediately, even if it has just been placed under the buffer.
- 2) When complete, the floor should have a uniform white powder on the surface and a dull, even appearance. If shiny spots remain, rescreen those areas.
- 3) Vacuum up all dust using a non-marking head. If the vacuum has black wheels, wrap them with masking tape so that no black marks are left on the freshly screened surface. Also, watch out for colored power cords scuffing the floor.
- 4) Tack the floor with towels dampened in plain water. Towels should be just damp enough for dust to stick to the towel. You will need 2-4 towels and they should be rinsed regularly. The water should also be changed regularly to prevent reintroducing dust to the floor.
- 5) Apply a new coat of finish to the floor, following the manufacturer’s instructions. We recommend these finishes:
Oil-Modified finish: Showcase by Eco-Labs (available through Air Chem 800-247-5362)
Water Based finish: Traffic by BonaKemi (800-872-5515)
Contender by Hillyard, Inc. (800-365-1555)