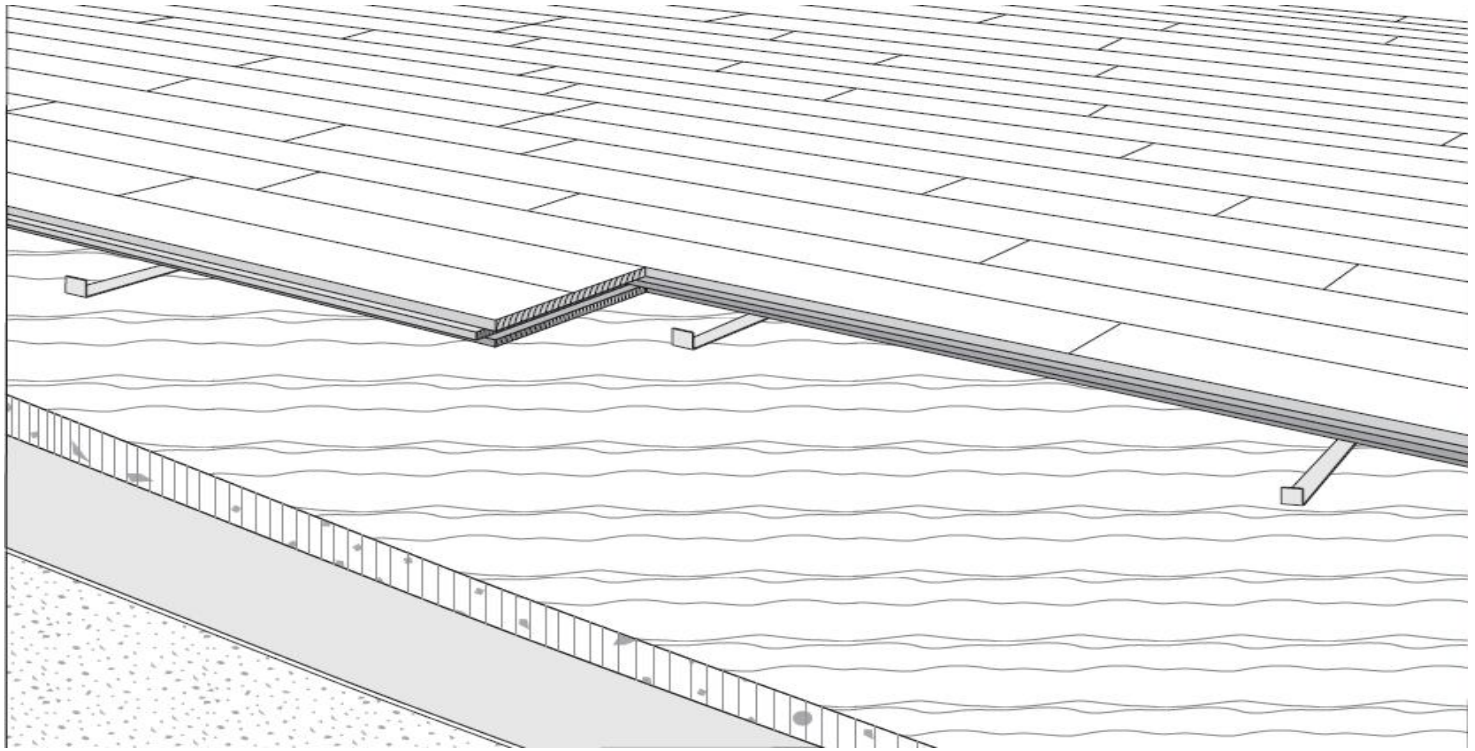


# Exterra Installation Guide

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:

- 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:

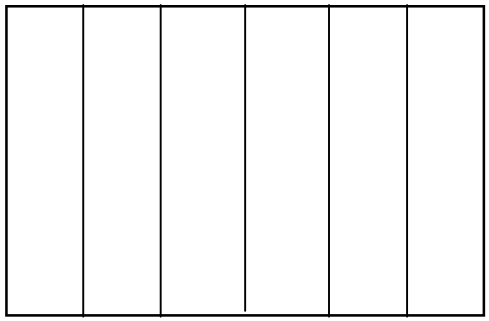
- Foam rolls
- Bundles of beech flooring
- Silver Spring installation fasteners
- Reducer or thresholds (optional)
- Aluminum transitions (optional)
- Vent cove or sanitary base (optional)
- Head joint clips (optional)

## The wood flooring you've received:

Our wood flooring bundles will come in 5' 1/8" X 85 3/4" dimensions, with six boards per bundle. In order to calculate if you have enough material, each bundle will contain 18.3 square feet.

## Installing the foam padding

Cushioning Foam rolls come in 60" widths and various lengths. They should be unrolled parallel to the shorter wall in the room, as in the drawing below:



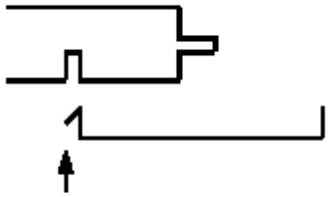
The sheets should also be cut and laid so that any seams do not line up between adjacent rows. Sheets should be butted tightly to each other and the joints can be secured with short strips of duct tape.

## Wood Flooring prep

The bundles of wood flooring should not be unwrapped until you are ready to do the installation. Unlike many hardwood floors, Exterra 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 Silver Springs

Hammer the Silver Springs into the clip groove on the underside of the boards. The fasteners should be installed so that the barbed end of the fastener is hammered into the groove, with the long end of the fastener protruding underneath the tongue of the board by about 4", as is shown below:



Barbed end

Silver Springs should be spaced about 12"-14" apart, so you will be using six fasteners on the 7' board.

You may also see that you have some boxes of short clips (4") and these should be installed at the ends of the boards. If you have not received these clips or don't wish to install them, you should glue the ends of the boards together using Titebond Head joint adhesive. Apply liberally to head joints only, Wipe off excess with clean dry rag.

Installation Tip

Sometimes in packaging and shipping, the clips can get overly bent and won't fit easily into the adjoining boards. Keep an eye out for clips that are more severely angled than the rest of the box. You can either set these aside, or bend them flatter by hand.

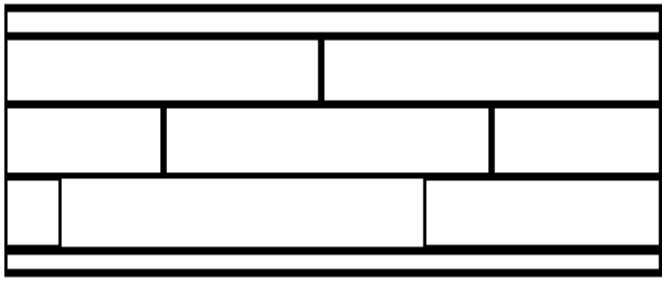
## Allowing for Expansion

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 fasteners 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.

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.

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.




## 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 12” shorter than the full board that you started with in the first row. The first board of the third row should be 12” 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 fasteners are also staggered, as the board will not go in if two fasteners align. Keep all cut pieces, as they may be used to start or finish a subsequent row.

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 fasteners “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.

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.

Along vertical obstructions such as columns, pipes, etc., make sure to leave an expansion gap all the way around the obstruction. For larger obstructions, such as columns, you may wish to take some of the wedges from the wall you started on and place them around this obstruction.

## Installing the last rows

Do not install fasteners 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.

Installation Tip

We’ve found that the easiest way to cut beech flooring is using a chop saw that has a 62 tooth finish carbide blade. Using that makes your cuts much more smooth than using other blades.

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.

## Finishing the job

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.

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.

## Installing Trims and Transitions

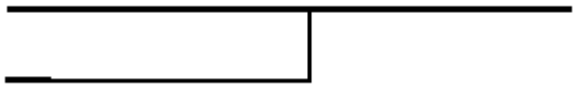
Exnterra can provide wall molding, which trims out the floor along the outside walls, and transition pieces which provide ramping from the existing subfloor up to the installed Exnterra floor. If you have ordered any of these pieces from Exnterra, the following information will aid in your installation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

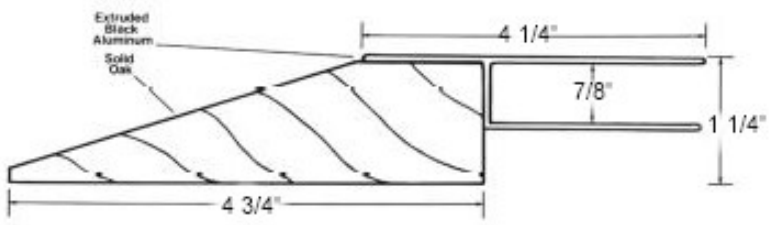
**Transition pieces**

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.




**Exterra Group Exercise Flooring**
**800-428-5306**