
TECHNICAL DATA SHEET

MCW Gym Tiles

HEAVY-DUTY MODULAR RUBBER FLOORING FOR FREE-WEIGHT AREAS



MCW Gym Tile is a robust modular rubber flooring system developed for free-weight, strength and functional training areas.

Manufactured from recycled rubber and EPDM granules bonded with polyurethane, the tiles provide a tough, resilient surface that helps absorb impact and protect the base floor. Concealed plastic connectors sit below adjoining tile edges to stabilise the installation without visible top-side fixings.

Typical applications

Free-weight zones, strength rooms, functional training areas, home gyms and commercial fitness facilities. Select the thickness to suit the activity, equipment, expected impact and substrate requirements.

Key Benefits

- Heavy-duty modular gym flooring
- Resilient surface for higher-impact areas
- Concealed underside connector system
- Modular format supports local replacement
- Three thickness options for different zones

Technical details

Property	Specification
Available thicknesses	20mm • 30mm • 40mm
Top Wear Layer	3mm
Tile dimensions	500mm × 1,000mm
Coverage	0.5m ² per tile
Construction	Recycled rubber and EPDM granules bonded with PU polymer
Standard finishes	Plain black • Black/grey • Black/red
Colour content	15% EPDM granules
Density	Base Layer 850kg/m ³ . Top layer 1100kg/m ²

Standard Finishes

Plain black Uniform black finish	Black and grey 15% EPDM	Black and red 15% EPDM
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*Other colours are available on request



Free weight & 10mm impact pad

A 10mm impact pad is available for installation beneath MCW Gym Rolls and tiles in free-weight, dumbbell and other higher-impact training areas. The pad provides additional impact absorption and helps protect the base floor.

INSTALLATION GUIDE

MCW Gym Tile

CONNECTOR-ASSISTED MODULAR INSTALLATION

These instructions provide general guidance for installing MCW Gym Tile using the concealed plastic connector system. Installation should be completed by a competent flooring contractor after confirming the required layout, perimeter treatment and suitability of the prepared substrate.

01 Check the materials and site

Confirm the correct tile quantity, thickness, colour, batch and connector quantity before work begins. Inspect all tiles and connectors for damage or visible defects before cutting or installing. The room should be enclosed, dry and at a stable working temperature.

02 Prepare the substrate

The base must be firm, dry, level, clean, load-bearing and free from cracks, loose material, oil, paint, old adhesive and other contamination. Repair uneven areas before installation. The finished result depends on the flatness and stability of the supporting floor.

03 Condition the tiles

Place the tiles flat in the installation area and allow them to condition before fitting. Keep the room temperature stable during setting out and installation. Do not install cold, curled or distorted tiles.

04 Plan the layout

Establish a straight working line and dry-lay the first rows before fitting connectors. Plan the layout to reduce narrow perimeter cuts and unnecessary waste. Keep the tile orientation consistent so the finished texture and colour distribution remain even.

05 Position the connectors

Turn or lift the adjoining edges as required and place the plastic connectors into the moulded underside connection points. The connectors must remain fully beneath the tiles and must not project above the finished surface.

06 Join the tiles

Lower the neighbouring tiles carefully onto the connectors and press the connected edges firmly into position. Work progressively across the area, checking that every joint is close, level and securely located before continuing.

07 Cut perimeters and details

Measure perimeter pieces carefully and cut with equipment suitable for thick rubber flooring. Maintain clean, straight edges around walls, columns, thresholds and equipment bases. Follow the agreed project detail for perimeter restraint and transitions.

08 Inspect the completed floor

Check that tiles lie flat, connectors are concealed and joints remain tight and flush. Correct any rocking, raised edges or movement before the area is brought into use. Protect the completed floor from damage and contamination by following trades.

09 Perimeters and transitions Use suitable edge restraint, ramps or transition profiles wherever an exposed tile edge could move or create a trip point. Confirm the detail before installation, particularly at doorways and changes in floor finish.

Impact Pad Installation

Fully bond the impact pad to the prepared substrate, then bond MCW Gym Roll to the pad using compatible adhesives. Keep joints tight and stagger the Gym Roll joints away from the impact-pad joints wherever practical. Confirm the complete build-up, adhesive compatibility and required performance before installation.