
TECHNICAL DATA SHEET

MCW Gym Roll

TOUGH RESILIENT RUBBER FLOORING FOR GYMS, FITNESS AREAS AND DEMANDING ENVIRONMENTS



Manufactured from recycled rubber and EPDM granules bonded with a polyurethane polymer, it combines durability with useful elasticity and slip resistance. The cushioned surface helps provide a safer, more comfortable environment for sport, work and everyday use

Typical applications

Commercial gyms, fitness studios, home gyms and suitable work or multi-use areas. Select the thickness to suit the activity, equipment and expected loads.

Key Benefits

- Tough, hard-wearing roll flooring
- Resilient and comfortable underfoot
- Slip-resistant rubber surface
- Made using recycled rubber granules
- Choice of black and coloured-fleck finishes

Technical details

Property	Specification
Available thicknesses	8mm • 10mm • 12mm
Roll dimensions	1m × 10m
Coverage	10m ² per roll
Composition	Recycled rubber and EPDM granules bonded with PU polymer
Standard finishes	Plain black • Black/grey • Black/red
Colour content	15% EPDM granules
Density	1000kg/m ³

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 Roll

FULL-BOND INSTALLATION OVER PREPARED SUBSTRATES

These instructions provide general guidance for installing MCW Gym Roll. Installation should be completed by a competent flooring contractor in accordance with applicable standards and the instructions supplied with the selected adhesive and ancillary products.

01 Check the materials and site

Confirm the correct quantity, thickness, colour and batch before work begins. Inspect every roll for damage or visible defects before cutting; claims cannot normally be accepted once material has been cut or installed. The building must be enclosed, dry and at a stable working temperature.

02 Prepare the substrate

The substrate must be firm, dry, smooth, level, clean, load-bearing and free from cracks, dust, paint, oil, wax, sealers, old adhesive and other contaminants. Repair uneven areas and confirm that residual moisture is within the limits required by the adhesive manufacturer. Apply a compatible damp-proof or barrier system where required.

03 Condition the rolls

Fully unroll all material without cutting and allow it to acclimatise for approximately eight hours at a constant ambient temperature of 18–25°C. Keep the temperature stable and avoid draughts throughout installation and curing.

04 Set out and cut

Plan the layout to minimise joints and waste. Lay every strip with the same face upwards, in the same direction and starting from the same wall; where practical, run strips towards the main source of light. Cut accurately with a sharp flooring or carpet knife and a straightedge, then dry-position each strip before bonding.

05 Apply the adhesive

MCW Gym Roll should normally be fully bonded using a suitable two-component polyurethane adhesive. Fold each positioned strip back halfway and spread the adhesive evenly over the prepared substrate with the trowel specified by the adhesive manufacturer. Follow the stated coverage, open time, working time and safety instructions.

06 Lay and roll the flooring

Place the flooring progressively into the adhesive and press it firmly with a suitable pressure roller to achieve full contact. Form close, neat butt joints and prevent adhesive from rising through the seams. Remove any surface contamination immediately using the method recommended by the adhesive manufacturer.

07 Complete the joints

Keep all machine-cut longitudinal edges closely fitted. End joints should be accurately double-cut or V-cut before bonding. Weight joints where necessary while the adhesive cures, taking care not to mark or deform the surface.

08 Allow to cure and protect

Do not use the floor until the adhesive has fully cured; this is typically a minimum of 24 hours, subject to the adhesive manufacturer's instructions and site conditions. Prevent heavy point loads and rolling loads during curing, and protect the completed surface from dirt, damage and following trades with a rubber-compatible covering.

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.

Loose Laying

Loose laying is suitable only in limited circumstances and should not be used unless the proposed installation has been reviewed and approved by MCW Acoustic Supplies.