



Rubber Flooring Thickness Recommendations

Rubber flooring, and especially recycled rubber mats & rolls are the most popular surface for commercial gyms. There are many reasons for it: durability, affordability, isolative properties, etc. Rubber tends to deaden sound and feels much warmer to stand on than harder surfaces.

If you have decided to use rubber for your flooring, the next step is to determine the rubber flooring thickness you need for your facility. Do you need rolls or should you choose tiles? In the lines below we will try to offer a general idea on how to choose properly.

RUBBER ROLLS

Rubber rolls demand a very good installation. Possible flaws or a wrong installation will decrease its properties or even reduce dramatically its lifetime expectancy. These rolls offer a cost-effective solution when heavy weights are not required.

6mm rubber roll

This product is a good solution for areas where heavy equipment such as treadmills or elliptical machines will be used. It will do great job of protecting both the machinery and your floor from being scratched. It is also durable enough to withstand dropped weights if they are VERY light (**up to 15kg**). You will also find this type of flooring in high traffic areas such as aisle ways.

8mm rubber roll

This is one of the most demanded options for home use. Even some commercial gyms choose this option if they are going to use light weights. As a general rule, 8mm rolls can be a cost effective solution for weights **between 15-35 kg**, used on a regular basis.

10mm rubber roll

This type of roll is adequate for facilities where weights **between 35-60kg** will be used but ***not deliberately dropped on a regular basis.***



HIGH DENSITY RUBBER TILES/MATS

Rubber tiles have been used for many years as playground flooring. The idea of protecting our kids when falling made these products a very attractive product for recycled rubber industry. However, this type of playground tiles have a much lower density: around 500-550kg/m³. In order to increase kids' protection, thickness of the product was increased from 30mm to 70mm.

For a commercial Gym, however, we need a different kind of rubber tile. We need a high density tile, at least 930kg/m³, in order to offer the shock absorption needed for heavy weights dropping. CLAWGRIP RUBBER TILES have 950/kgs/m³, so shock absorption is increased regarding to other lower density products.

Rubber tiles have a big advantage regarding to rolls: much easier installation. Either they are 100x100cm, 50x100cm or even 50x50cm, they are heavy enough due to their density and once installed, they offer a more stable and non-slip surface which offer high sound isolation and a better protection for the subbase flooring as well as for the equipment used.

TILES 15MM

These tiles are the best cost-effective solution for Commercial Gyms where weights up to **60-80kg** are used constantly. With 15kg per m², these tiles protect your equipment and your sub-base flooring.

TILES 20MM

These mats are generally reserved for areas where power lifting is involved. This thickness is usually more than most people need unless there is a great deal of dropping weights of more than **80 kgs** on a regular basis (such as in dead lift or clean-and-jerk areas). These tiles offer more cushion and sound absorption.

TILES 25MM

For Crossfit Boxes, where weights used can go over **125 kgs** easily, we strongly recommend 25mm tiles. When heavier weights are used just on occasions, 20mm tiles could be used too, but for a Professional Crossfit Box, a thickness of at least 25mm should be used. For higher protection and especially for places where sound isolation is imperative, a combination of 6mm roll underneath and a top layer of 20mm tiles is usually the best option.

TILES 30MM/40MM

For heavy weight platforms and weights over **150kg**, 30mm tiles should be used. If we know that weight is going to exceed **200kgs**, 40mm tiles should be used.