

# ApexCore Roll Flooring Installation Guide

Simplified installation instructions for [premohomegymlflooring.net](http://premohomegymlflooring.net). Adapted from manufacturer installation manual.

## Option 1: Glue-Down Installation

### Tools Needed

- Utility knife with multiple sharp blades
- Straight edge
- Gloves
- Chalk line
- Tape measure
- Broom or vacuum
- 100 lb flooring roller
- 1/16" square-notched trowel
- Blue painter's tape (optional for seams)

### Step 1: Prepare the Room

Installation should begin only after all other construction work is complete. Maintain a room temperature of at least 65°F for 48 hours before, during, and after installation.

### Step 2: Prepare the Subfloor

The subfloor must be clean, dry, smooth, level, and structurally sound. Remove dust, grease, paint, wax, old adhesive, and debris. Fill cracks or low spots with a Portland-based patching compound.

### Step 3: Acclimate the Flooring

Store rolls indoors on a clean, flat surface. Unroll all ApexCore rolls and allow them to relax for at least 2 hours, preferably overnight.

### Step 4: Dry Lay the Rolls

Snap a chalk line to create a straight starting point. Position the first roll along the chalk line. Install all rolls in the same direction to maintain consistent color and texture.

### Step 5: Position and Trim Seams

Place the second roll beside the first with a slight overlap of approximately 1/16" to 1/8" at the seam. Trim seams carefully using a straight edge and sharp utility knife. Change blades often. Slightly bevel thicker material for tighter-looking seams. Do not over-compress seams.

### Step 6: Apply Adhesive

Fold back half of the first roll. Using a 1/16" square-notched trowel, spread adhesive evenly onto the subfloor.

### Step 7: Lay Flooring Into Adhesive

Carefully place the flooring into the wet adhesive. Work seams together gradually to eliminate gaps while keeping seams straight and aligned.

#### **Step 8: Roll the Floor**

Immediately roll the flooring with a 100 lb flooring roller. Roll width first, then lengthwise. Roll again within 60 minutes. Pay extra attention to seam areas.

#### **Step 9: Secure Seams if Needed**

If seams begin separating while adhesive cures, use blue painter's tape temporarily to hold seams together. Remove tape after approximately 2–3 hours.

#### **Step 10: Final Inspection**

Inspect seams under good lighting for gaps, raised edges, uneven seams, or air pockets before adhesive fully cures.

#### **Step 11: Allow Adhesive to Cure**

Keep foot traffic off the floor for at least 24 hours. Avoid heavy equipment or rolling loads for 72 hours.

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## **Option 2: Heavy-Duty Double-Sided Carpet Tape Installation**

#### **Tools Needed**

- Utility knife with multiple sharp blades
- Straight edge
- Gloves
- Chalk line
- Tape measure
- Broom or vacuum
- Heavy-duty double-sided carpet tape
- Hand roller or weighted roller

#### **Step 1: Prepare the Room**

Install only after all other work is complete. Room should be clean, dry, and climate controlled.

#### **Step 2: Prepare the Subfloor**

Sweep and vacuum thoroughly. The floor must be clean, dry, smooth, and free of dust and debris.

#### **Step 3: Acclimate the Flooring**

Unroll the ApexCore flooring and allow it to relax for at least 2 hours, preferably overnight.

#### **Step 4: Lay Out the Rolls**

Snap a chalk line to establish a straight starting point. Position the first roll carefully along the line. Install all rolls in the same direction.

**Step 5: Position and Trim Seams**

Position the second roll with a slight overlap of approximately 1/16" to 1/8" at the seam. Trim seams carefully using a straight edge and sharp utility knife. Change blades often. Slightly bevel thicker material for tighter seams. Avoid over-compressing seams.

**Step 6: Apply Carpet Tape**

Apply heavy-duty double-sided carpet tape around the room perimeter, directly beneath seams, and at roll ends if needed.

**Step 7: Set the Flooring**

Carefully place the flooring onto the tape. Work seams together slowly to eliminate visible gaps while keeping seams straight and aligned.

**Step 8: Press and Roll Seams**

Firmly press all taped areas and seams into place using a hand roller or weighted roller.

**Step 9: Final Seam Inspection**

Inspect seams under good lighting for gaps, raised edges, uneven seams, or loose taped areas.

**Step 10: Ready for Use**

Light foot traffic is acceptable immediately after installation, but avoid dragging heavy equipment across the flooring for the first 24 hours.

**Important Notice:** Tape-down installation is best suited for residential or light-use applications. Glue-down installation is recommended for commercial gyms, heavy equipment, sled work, and high-traffic training areas.