

# Kinetic Series Installation Guide

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

## Option 1: Glue-Down Installation (Recommended)

### Tools Needed

- Utility knife with multiple sharp blades
- Straight edge
- Gloves
- Chalk line
- Tape measure
- Broom or vacuum
- 75–100 lb flooring roller
- J-roller or hand seam roller
- 1/16" square-notched trowel
- Blue painter's tape (optional)
- Mineral spirits or denatured alcohol for adhesive cleanup

### 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 using a Portland-based patching compound. Do not install over expansion joints or radiant heat systems.

### Step 3: Acclimate the Flooring

Store material indoors in a climate-controlled area. Unroll all Kinetic Series rolls and allow them to relax for at least 2 hours, preferably overnight. Avoid sharply folding or creasing the material.

### Step 4: Determine Roll Direction

For non-wood pattern products, adjacent rows should run in opposite directions within each consecutive run. For wood-pattern products, all rolls should run in the same direction.

### Step 5: Dry Lay the Rolls

Snap a chalk line where the first seam will be located. Lay out the rolls to maximize material usage and cut efficiency. Cut rolls slightly oversized so material can run a few inches up the wall before final trimming.

### Step 6: Position and Trim Seams

Align the first roll carefully to the chalk line. Position the second roll with the proper overlap required for pattern alignment. Trim seams carefully using a straight edge and sharp utility knife. Create tight seams with no visible gaps

and avoid over-compressing seams.

### **Step 7: Apply Adhesive**

Fold back half of the first roll. Using a 1/16" square-notched trowel, spread adhesive evenly onto the subfloor. Only spread enough adhesive that can be covered within approximately 30 minutes.

### **Step 8: Lay Flooring Into Adhesive**

Carefully place the flooring into the wet adhesive. Do not allow the material to flop into place. Work seams together gradually, eliminate gaps carefully, and maintain proper pattern alignment.

### **Step 9: Roll the Floor**

Immediately roll the floor using a 75–100 lb flooring roller. Roll width first, then lengthwise. Roll again within 60 minutes. After the main floor is rolled, hand-roll all seams using a J-roller.

### **Step 10: Secure Seams if Needed**

If seams begin separating during adhesive cure, use blue painter's tape temporarily and remove tape within 2–3 hours. Some seams may require temporary weight until adhesive fully sets.

### **Step 11: Final Inspection**

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

### **Step 12: Allow Adhesive to Cure**

Keep foot traffic off the floor for at least 24 hours. Avoid heavy loads for 48 hours and 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
- J-roller or hand seam roller

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

Install only after all construction work is complete. Keep the room dry, clean, and climate controlled.

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

Sweep and vacuum thoroughly. The floor must be clean, dry, smooth, and structurally sound. Do not install over radiant heat systems.

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

Allow all rolls to acclimate indoors for at least 48 hours. Unroll all material and allow it to relax for at least 2 hours, preferably overnight. Avoid sharp folds or creases during handling.

### **Step 4: Determine Roll Direction**

For non-wood pattern products, adjacent rows should run in opposite directions within each consecutive run. For wood-pattern products, install all rolls in the same direction.

### **Step 5: Dry Lay the Rolls**

Snap a chalk line for the first seam location. Lay out the rolls for maximum material efficiency and proper pattern alignment. If end seams are needed, stagger them throughout the floor and overlap approximately 2 inches.

### **Step 6: Position and Trim Seams**

Position rolls with the proper overlap for pattern alignment. Trim seams carefully using a straight edge and sharp utility knife. Create tight seams without visible gaps and avoid over-compressing seams.

### **Step 7: Apply Carpet Tape**

Apply heavy-duty double-sided carpet tape around the room perimeter, beneath seams, and at roll ends if necessary. Press tape firmly before removing the release liner.

### **Step 8: Set the Flooring**

Carefully place the flooring onto the tape. Work seams together gradually, eliminate visible gaps, and maintain proper pattern alignment. Avoid stretching the material.

### **Step 9: Press and Roll Seams**

Use a hand roller or weighted roller to firmly press all taped areas. Hand-roll seams with a J-roller for tight seam contact and a smooth finish.

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

Inspect seams carefully under good lighting for gaps, raised edges, pattern misalignment, or loose tape areas.

### **Step 11: 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:** Glue-down installation is the recommended installation method for Kinetic Series flooring, especially in commercial gyms, fitness studios, and high-traffic environments. Tape-down installations are best suited for residential or light-use applications.