

# Floor Covering Media

Your Gateway to the Floor Covering Industry

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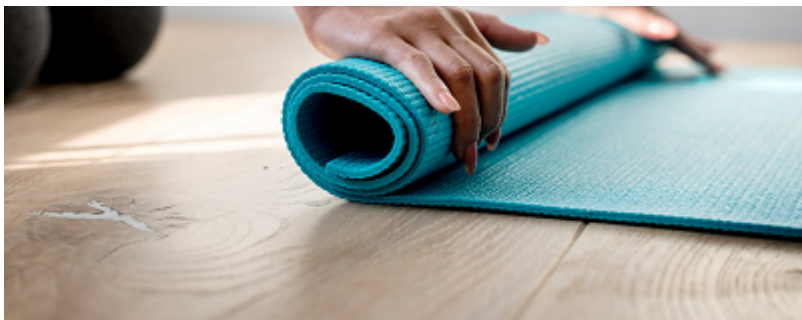
## What is the ideal surface for a workout room?



Training at home -instead of at a gym- is likely to require the purchase of state-of-the-art equipment; such as machines, wall mirrors, stereo systems and flooring. Why is flooring such an important decision for a workout room?



People training in unfinished basements with concrete floors must deal with poor traction impact and shock absorption, which run the risk of injuries from slips and falls. Even if you don't fall, chronic joint pain can result from these surfaces. Don't expect your equipment to fair any better. Concrete should be covered with a forgiving, fitness-friendly surface, which increases stability and reduces impact. Surface coverings protect the subfloor from scuffs, scratches and cracks. A range of surfaces are available. An ideal surface depends on the space, the type of equipment and type of exercises.



Rubber is popular. It's strong, sturdy, resilient and ideal for exercise and equipment. Rubber flooring is available in tiles or mats for smaller spaces. It is also available in rolls for larger rooms with different thickness options and price

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points. Rubber can be installed over a carpet, and other types of surfaces, which can make the installation almost effortless. Rubber is durable, shock absorbent, water resistant and sound proof. However, there are downsides to using rubber: certain types rubber flooring can be incredibly expensive. Rubber is a poor insulator. Rubber flooring is extremely heavy.

Foam is comfortable. It is also great for shock resistance. Though it lacks support for heavy weights or equipment and can leave dents over time. But for inexpensive and easy-to-install flooring, it does not get much better than foam tiles.

Vinyl is a practical surface covering that withstands the abuse of a home gym, yet is still comfortable for a living space. It's mold, mildew, and moisture resistant, making it ideal for basements. Vinyl could handle harsh cleaning chemicals. However, vinyl can puncture and tear easily. Vinyl poses health risks from VOC emission, important factors to consider.

Carpet is popular, soft on the joints, easy to maintain and is installed in most homes. Buy the commercial-grade, pile. Or purchase Interlocking carpet tiles for Do-It-Yourself installers. Carpet provides good traction. Carpet provides stability for cardio workouts and carpet will likely hold up during weight training. Maintenance is one of the downsides of carpet. Regular cleaning is suggested to prevent the build up of unhealthy bacteria and the forming of terribly unpleasant, odors.

Artificial turf is an ideal surface for athletes who are seeking to increase athletic performance with less risk of an injury. The unique surface provides optimal traction and resistance for sprints and conditioning. The turf doesn't dent or crack. It is also easy to maintain with routine cleans and brushes. As winter approaches bring your outdoor training indoors. But beware: Artificial turf can be abrasive, costly and there is a risk of MRSA or Staph infection, if it is not cleaned routinely and properly.

Wood flooring has a professional look and is suitable for almost any type of exercise. Innovative foam-backing makes wood more shock absorbent and fitness-friendly. But wood could scratch and splinter when the weights are dropped. Wood has poor traction, becomes slippery from sweat and has an expensive price tag.

Cork is made of renewable biodegradable material, ideal for eco-cisers. A flex design is ideal for high-intensity workouts. This material is ideal for weight training, as it is resistant to shock, fire, mold, mites, and mildew. Cork glue-down tiles over a cork floating floor support heavy loads. Though cork can be easily torn or scratched; heavy equipment leaves dents in cork flooring. Finally, cork flooring is prone to fading from direct sunlight.

Floor Covering Media publishes  
press releases called Flooring Updates.

## Flooring Updates



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