



**ISOLATED FITNESS & GYM FLOORS
THE NEXT GENERATION**



Welcome to CDM

We specialise in noise and vibration isolation solutions for buildings and industrial equipment.

Whatever type of building you have and whatever type of noise and vibration problem you have we can design a solution for you.

CDM's reputation is built on our passion for solving noise and vibration problems, our professional approach, engineering capabilities, technical excellence and most of all on our people – so if you have a problem related to noise and vibration then come and talk to us – we think you'll like what you hear.

**CDM making
your world
a quieter place**

ACOUSTIC SOLUTIONS FOR GYM & FITNESS AREAS

Locating gyms, fitness studios, or other types of sporting facilities within a residential or commercial building poses a great challenge for the design team.

Activities within the gym generate high levels of both impact and airborne noise, particularly at low frequencies. If left untreated, these vibrations cause unwanted noise in adjacent spaces. Therefore, selecting the right floor is one of the most important aspects of designing a fitness facility.

CDM high performance resilient floating floors can be designed to provide any system height and meet the highest acoustic performance requirements. This document focuses only on lightweight flooring solutions with high isolation performance.



TYPICAL FLOATING FLOOR CONSTRUCTION



Lightweight, high performance resilient floating floors for gym and fitness suites comprising:

1. Floor covering
2. Impact absorption layer
3. Load distribution floating floor system
4. Resilient support

CDM solutions are compatible with any type of gym floor covering. Contact our experts for design advice for your gym or fitness floating floor.

CDM-GYM STANDARD SOLUTIONS



CDM-GYM-SP

- Continuous support floating floor
- Installation depth of 100 mm
- IIC rating of 70 *
- $L_{n,w}$ value of 36 (2) dB **



CDM-GYM-HP

- High performance discrete floating floor
- Installation depth of 100 mm
- IIC rating of 74 *
- $L_{n,w}$ value of 32 (2) dB **



CDM-GYM-XP

- Extra performance floating floor
- Installation depth of 160 mm
- IIC rating of 79 *
- $L_{n,w}$ value of 24 (3) dB **

* tested conform ASTM E492-09

** calculated according to ISO 717-2, based on ASTM measurement

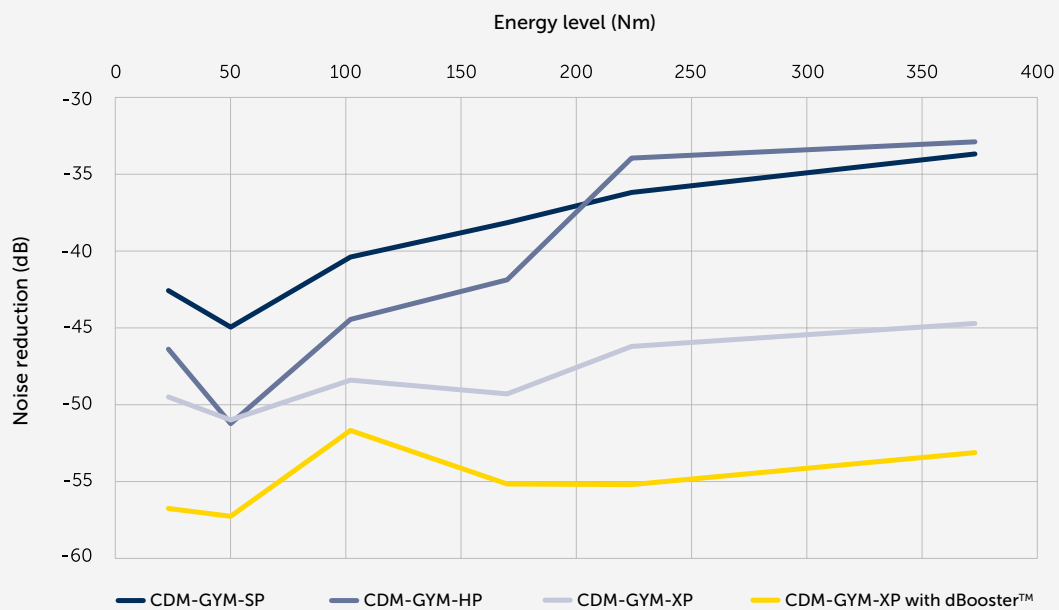
All CDM-GYM standard solutions can be combined with **CDM-GYMPACT**. This range offers different solutions for shock absorption layers, which in combination with a floating floor system allows selecting the best solution for the different gym activities, particularly in the zones with high energy impacts on the floor.

BENEFITS OF CDM-GYM SOLUTIONS

- Engineered floating floor systems which can be designed to accommodate any system depth
- Lightweight floating floor options with reduced/minimal overall thickness
- Tested and proven high levels of isolation performance, particularly at low frequencies
- Quick and easy installation
- Long-lasting and maintenance free
- Compatible with all gym floor covering types, specially roll-out and seamless PUR systems
- Cost effective high-performance solution
- If required, CDM-GYM can easily be dismantled and reinstalled at another venue

THE NEXT GENERATION: CDM-dBooster™

CDM-dBooster™ is an innovative and proven concept which improves the isolation efficiency of CDM-GYM solutions. It's also making the gym floor less dependent on the energy impact level introduced in the floor solution. CDM-dBooster™ is designed to maximise the level of vibration isolation available from standard CDM-GYM floors and is effective for all areas of the gym: treadmills, heavy weights, and fitness classes.



The graph shows the impact noise reduction in dB for the different CDM-GYM standard solutions in function of the energy impact level.

Contact

We have qualified engineers in noise and vibration based at different locations around the world – they are only a phone call away so why not give them a call if you need help with your project.

For general enquiries please contact our head office on general@cdm.eu.

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