



**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

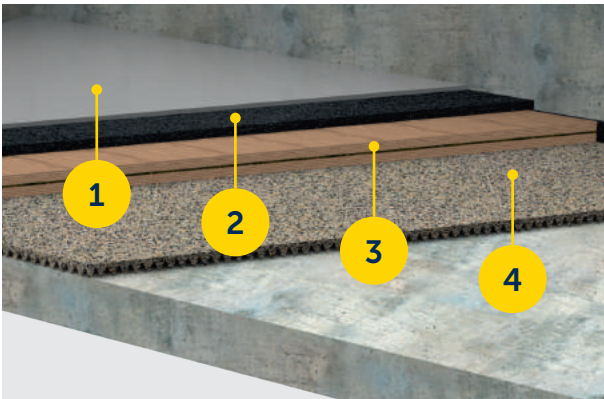
Locating gyms, fitness studios, or other types of sporting facilities within a residential or commercial building poses a great challenge for the design team.

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

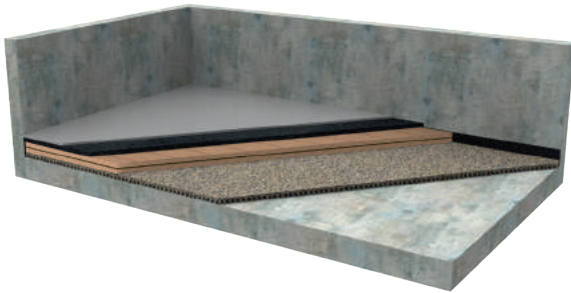


Lightweight, high performance resilient floating floors for gym and fitness suites comprising:

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

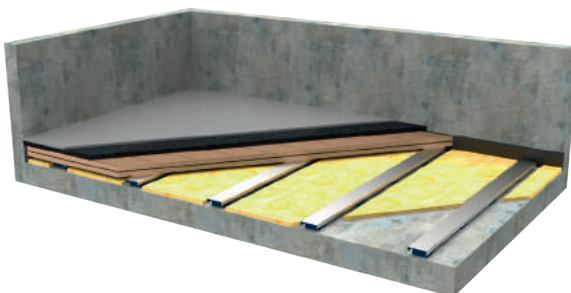
CDM solutions are compatible with any type of gym floor covering. Contact our experts for design advice for your gym or fitness floating floor.

## CDM-GYM SOLUTIONS



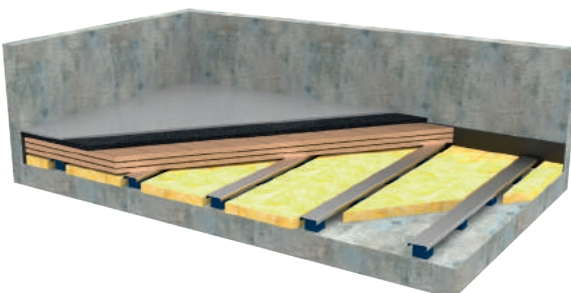
### CDM-GYM-SP

- Continuous support floating floor
- Installation depth between 100 and 125 mm
- IIC rating of 70 \*
- $L_{n,w}$  value of 36 (2) dB \*\*
- Suitable for general rooms (such as aerobic, zumba, yoga, pilates, circuit training, group fitness areas, martial arts and spinning studios)



### CDM-GYM-HP

- High performance discrete floating floor
- Installation depth between 100 and 125 mm
- IIC rating of 74 \*
- $L_{n,w}$  value of 32 (2) dB \*\*
- Suitable for cardio studios (incl. treadmill areas) and gym equipment/machine areas



### CDM-GYM-XP

- Extra performance floating floor
- Installation depth between 150 and 175 mm
- IIC rating of 79 \*
- $L_{n,w}$  value of 24 (3) dB \*\*
- Suitable for free weight lifting areas (dumbbell areas)

\* 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.

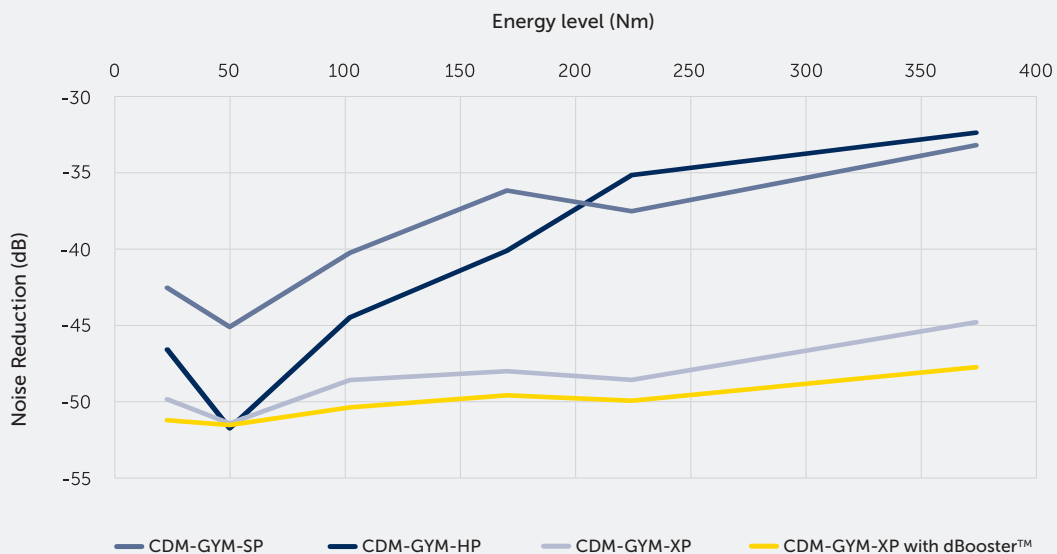
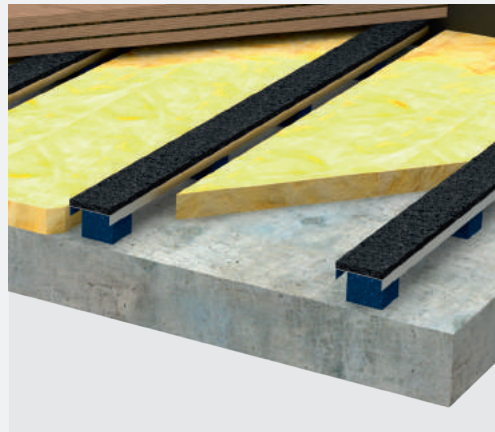


## BENEFITS OF CDM-GYM SOLUTIONS

- 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 mainly with high impact energy. 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 CDM-GYM-HP and CDM-GYM-XP floor systems and is an effective solution for free weight lifting areas as well as other gym areas where high impact energy is expected



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](mailto:general@cdm.eu).

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## Delta-L B.V. | CDM Nederland

Delta-L is specialist op het gebied van geluidsisolatie en trillingsisolatie en ontwerpt, levert en monteert diverse systemen voor akoestische ontkoppelingen in de bouw en industrie.

Delta-L vertegenwoordigt CDM op de Nederlandse markt. CDM is opgericht in 1951 en is marktleider op het gebied van akoestische oplegsystemen voor de bouw en industrie en is actief in tientallen landen (30+ vestigingen wereldwijd).

Door onze expertise, jarenlange ervaring en grote database aan meetresultaten van zowel interne en externe laboratorium metingen als in situ metingen hebben we door de jaren heen een uitgebreid assortiment aan akoestische materialen ontwikkeld, welke we op een slimme manier verwerken in diverse akoestische systemen.

Tevens zijn wij hierdoor in staat u adequaat van dienst te zijn bij elke stap in het proces: analyse van het geluid of trilling probleem, het aanleveren van een akoestisch ontwerp, optimalisatie van het ontwerp, productie, levering en montage.

Er wordt continu gewerkt aan innovatie en optimalisatie van de akoestische systemen om uw wensen en eisen om te zetten in een deskundig advies op maat.

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