

**NEW
PRODUCT**

**ECOFLEX: THE
ENVIRONMENTAL
FRIENDLY PRODUCT**

Catalogue produits

Sois FITNESS



À VOTRE SERVICE DEPUIS 1995

**GROUP ACTIVITIES
ON MICRO BUBBLES
AIR COMPOUND**

**THE PREMIUM FLOOR
FOR INTENSIVE USE
AREAS: PAVIGOM**

**MAT 030 CHAMBER OF
AIR FOR EXCELLENT
ACOUSTIC ISOLATION**

**HOW TO USE
THE FUNCTIONAL
TRAINING AREAS**

SPOTLIGHT



Industrial look at **APOLO Fitness Center** Cycling Room. Visually, the puzzle interlocking system from PaviFLEX cannot be seen once installed. This room was made with EcoFLEX BLACK, non slip product with excellent properties for absorbing vibrations from cycles. EcoFLEX do not soak water nor sweat, so this floor is really easy to clean. It will not smell bad and it will last much longer.



SPOTLIGHT

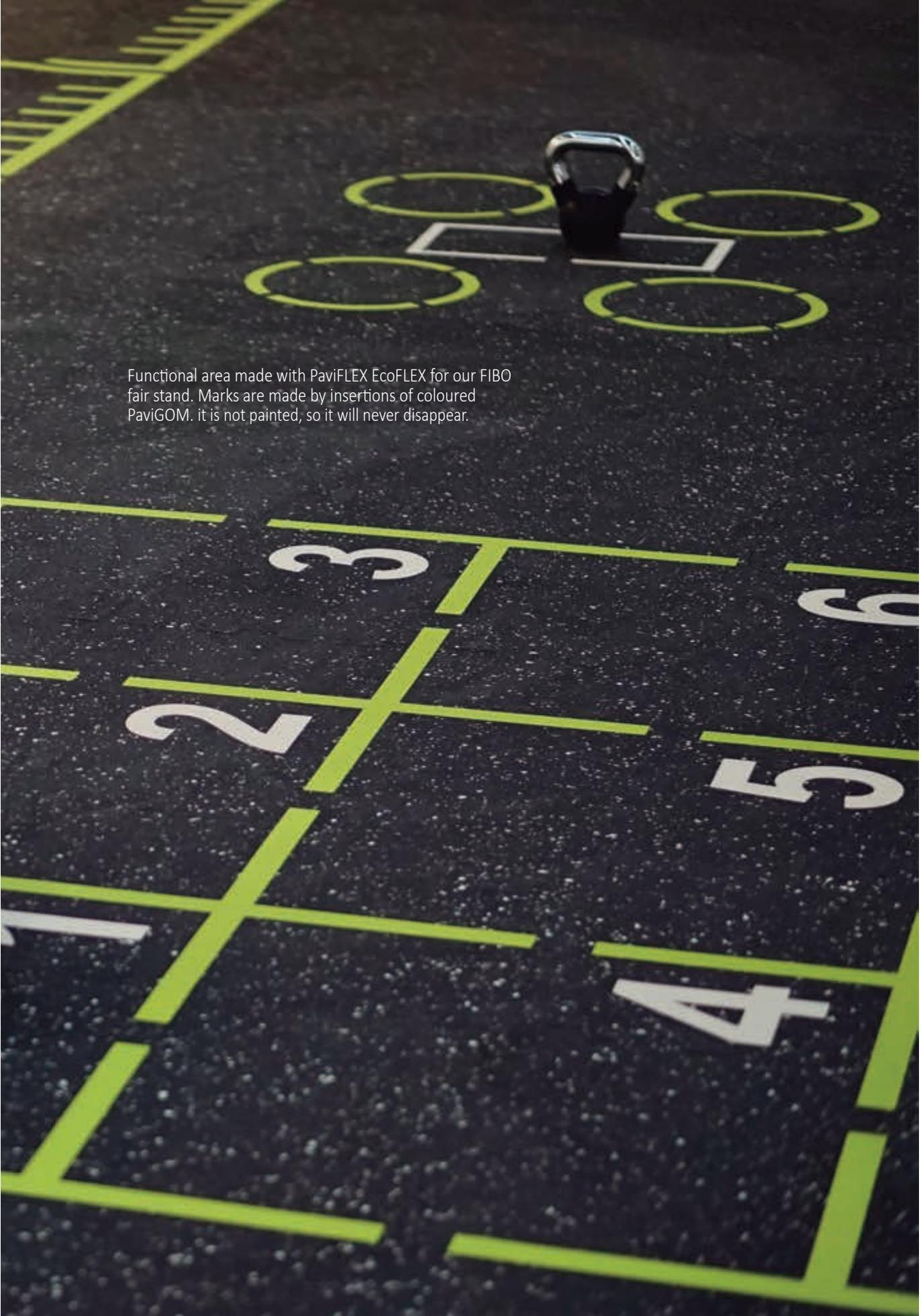




ARENA ALICANTE Sport Center decided to use our Marble Grey colour for the external perimeter of the Fitness Area and a customized Orange colour for the center of the room. Both colours were produced in PaviGOM 7mm, the premium floor of PaviFLEX, tiles of 100 x 100 cms four sides puzzle waterproof and highly resistant to impacts that do not need to be glued to the surface.

| SPOTLIGHT





Functional area made with PaviFLEX EcoFLEX for our FIBO fair stand. Marks are made by insertions of coloured PaviGOM. it is not painted, so it will never disappear.



ECO FLEX

ENVIRONMENTALLY FRIENDLY Recycled for a better world

We are committed to the environment and this is part of our contribution. Every waste from rubber that we produce in our factory is recycled and selected for EcoFLEX production.

Exceptional product with premium specifications at low price.
EcoFLEX is produced in tiles of 100 cms x 100 cms,
with four sides puzzle for an easy installation.



ECOFLEX





PaviFLEX provide the edges, corners, wedged edges and wedged corners, so the floor can be properly installed in the areas. CLUB NATACIÓ ATLÉTIC BARCELONETA in Barcelona Spain decided to have a FREEWEIGHTS Area inside the fitness room with our best seller: **EcoFLEX 10mm GREY.**

ECO FLEX by PAVIFLEX FOR INTENSIVE USE



ILLES CENTROS DE WELLNESS
in Balearic Islands (Spain)
choosed our EcoFLEX Black.

THE ENVIRONMENTALLY FRIENDLY PRODUCT

EcoFLEX is produced from **recycled** PAVIGOM. Every waste of our Premium product PaviGOM in the factory is used for EcoFLEX production, so we get the same specifications than PaviGOM at a very competitive price.

EcoFLEX it is **extremely resistant** to impacts, reduces the noise of dumbbells and absorbs vibration of all equipment.

EcoFLEX is **waterproof**, do not soak water or sweat so it is a really easy to clean product. As nothing can penetrate the product, it will last longer.

Specifically developed **for heavy use and intensive use areas**. Cardio, FreeWeights, CrossFit, Indoor Cycling. Absorbs impacts and reduce vibration.

EcoFLEX is a **non-slip flooring** with excellent grip and extraordinary sensitivity, it is flexible and comfortable and resistant and durable.

EcoFLEX can be **customizable** with any logo or marking or design.

Produced in **tiles of 100x100 cms**, four sides puzzle interlocking, EcoFLEX is **really easy to install**, just place the tiles on existing surface and puzzle interlock them.

No need to glue.

EcoFLEX is available in **7 mm and 10 mm thickness**.

There are 3 colours in the catalogue: **BLACKSTONE, GREY and TERRA.**

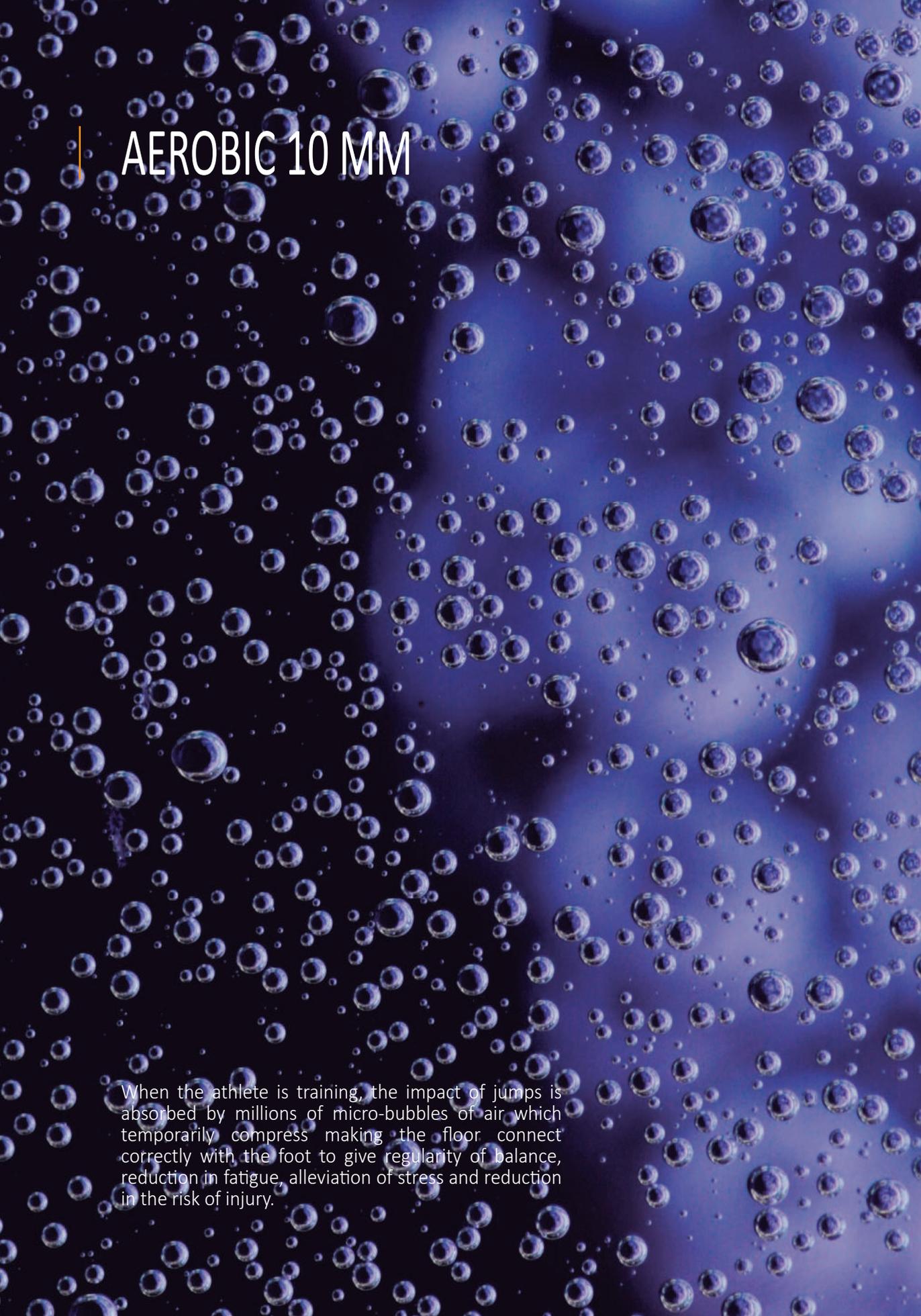
We provide edges, corners and transition ramps at customer request.

Nice colour combination at EPIC GYM in Benalmadena Costa (Málaga, Spain) with EcoFLEX Black and EcoFLEX Grey by PaviFLEX.



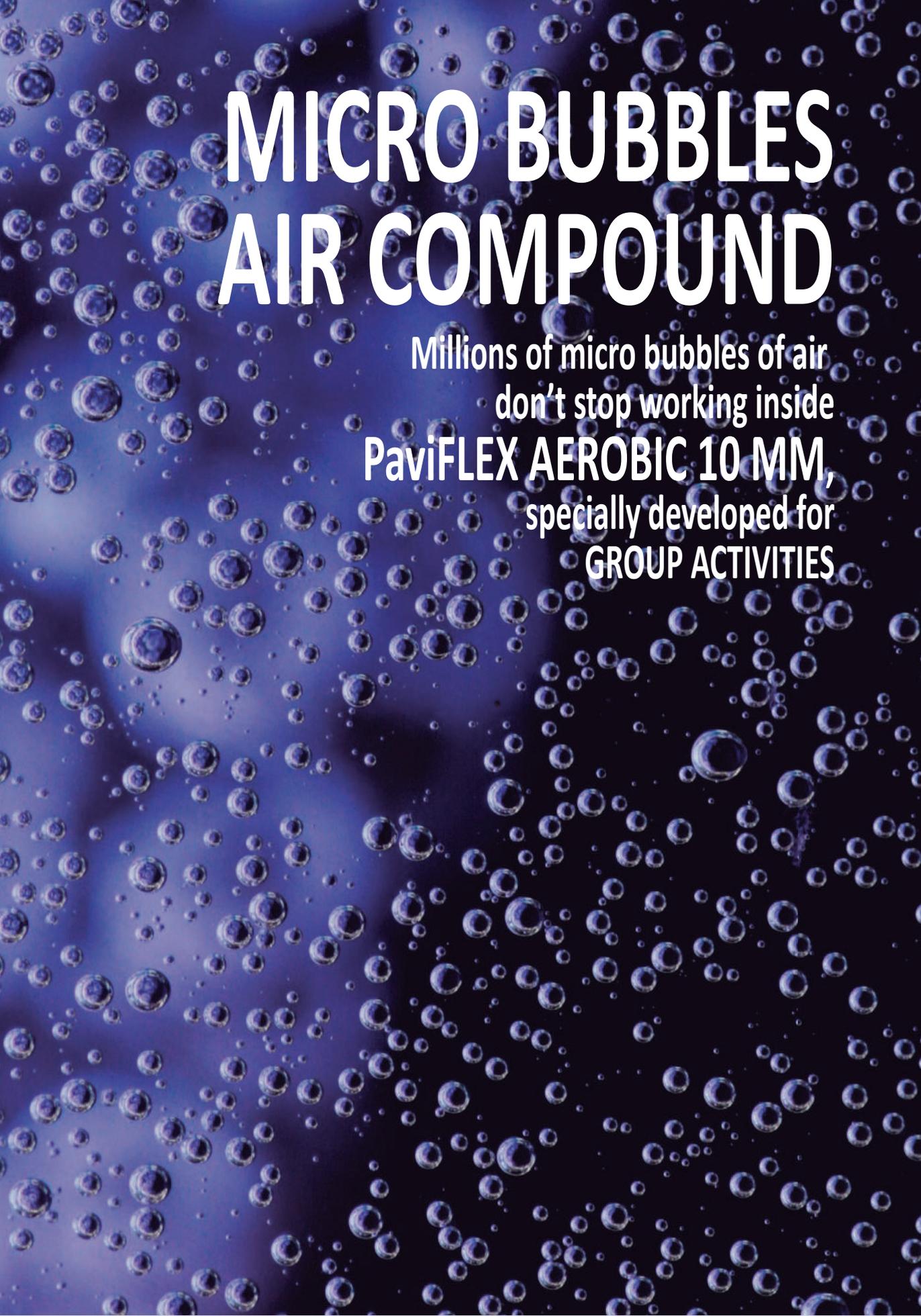
**HAMMER
STRENGTH**

Made of compact rubber, EcoFLEX by PaviFLEX is water-proof so it doesn't osak water or sweat, therefore, it will not smell and it will last longer. There is no need to glue, just place the tiles on existing surface and puzzle interlock them.



| AEROBIC 10 MM

When the athlete is training, the impact of jumps is absorbed by millions of micro-bubbles of air which temporarily compress making the floor connect correctly with the foot to give regularity of balance, reduction in fatigue, alleviation of stress and reduction in the risk of injury.



MICRO BUBBLES AIR COMPOUND

Millions of micro bubbles of air
don't stop working inside
PaviFLEX AEROBIC 10 MM,
specially developed for
GROUP ACTIVITIES

AEROBIC 10 MM

PAVIFLEX AEROBIC 10 MM for GROUP ACTIVITIES

PaviFLEX AEROBIC 10mm is made with the millions of micro air bubbles for the athlete training impact absorption and energy restoration, bringing regularity of rebounds, reduction of fatigue, and the elimination of injuries.

The right balance between the non slip and slide specs of the Aerobic floor surface protects the athlete from injuries without hindering movement.

PaviFLEX Aerobic 10 mm is the perfect flooring for all the Group Activities, even with beginners.

The impact of jumps is absorbed by millions of micro-bubbles of air which temporarily compress making the floor connect correctly with the foot to give regularity of balance, reduction in fatigue, alleviation of stress and reduction in the risk of injury.

PaviFLEX Aerobic 10 mm is the perfect floor for all kinds of choreographic

activities: Aerobic, Yoga, Pilates, Zumba and Dancing, as well as for all type of group activities: Body Pump, Body Combat, Body Jump, Functional Training.

PaviFLEX Aerobic provides the right friction for Group Activities as the surface and compound are optimized for allowing all kind of choreographed classes practices, avoiding incidences because of blocking or slipping.

This will reduce injuries together with the impact absorption properties and the elastic properties specifically designed for the best performance of the floor.

PaviFLEX Aerobic 10mm provides extra comfort and reduces risk of injuries caused by other floors with hard surface.

Further, AEROBIC 10 mm is easy to install: Loose-laid, no need to glue, with all the cost savings which that implies.



COSMOPOLITAN

WELLNESS CLUB

COSMOPOLITAN Wellness Centers decided for MARBLE WHITE on PaviFLEX AEROBIC 10 mm so visually the room looks bigger.

PaviFLEX AEROBIC 10 MM for GROUP ACTIVITIES



LA FLOTA Fitness Group Activities room with our PaviFLEX AEROBIC 10 mm floor

THE PERFECT FLOOR FOR GROUP ACTIVITIES

AEROBIC 10 MM is produced with **E.V.A.** (expanded rubber). We get the right density and hardness for the best performance when doing all type of Group Activities.

AEROBIC is **waterproof** and do not soak water or sweat so it is a really easy to clean product.

Specifically developed **for Group Activities**: Aerobic, Yoga, Pilates, Zumba and Dancing, Body Pump, Body Combat, Body Jump and also Functional Training without heavy equipment.

PaviFLEX surface provides the perfect balance between non slip and slide, its flexibility and comfort makes this product exceptional.

AEROBIC can be **customizable** with any logo or marking or design, so the customer can create any Functional Training circuit.

Produced in **tiles of 100x100 cms**, four sides puzzle interlocking, the AEROBIC is **really easy to install**, just place the tiles on existing surface and puzzle interlock them.

No need to glue.

PAVIFLEX AEROBIC is available in **10 mm. thickness.**

There are lot of colours available in the catalogue, also veined and marble effects and metallics.

We provide edges, corners and transition ramps at customer request.

Just an island of AEROBIC 10 in the middle of the Fitness Center with external perimeter straight was the solution for covering an old existing floor.



LOT NO.
163587

CO



FITNESS 10.15

SOFT EQUIPMENT

PaviFLEX Fitness 10 mm or 15 mm is exceptional flooring for soft equipment fitness areas.

Developed for noise, impact and vibration absorption, we recommend to use in areas with soft equipment and soft dumbbells.



PaviFLEX products are delivered in tiles of 100 cms x 100 cms, four sides puzzle, for an easy installation. Just place the tiles on existing surface (plain and clean) and puzzle interlock them. PaviFLEX tiles don't need to be glued to the floor.

Visit: www.paviflexgymflooring.com/manuals

PaviFLEX FITNESS for SOFT EQUIPMENT



Create your area for fitness, no matter how big your want it. We produce specific dimensions as per customer request.

SOFT EQUIPMENT AND DUMBBELLS

FITNESS 10 MM and FITNESS 15 MM are produced with **E.V.A.** (expanded rubber). We get the right density and a higher hardness than Aerobic flooring for providing enough resistance to soft equipment and dumbbells.

FITNESS is **waterproof** and do not soak water or sweat so it is a really easy to clean product.

Specifically developed **for Soft Equipment and dumbbells**: Body Pump, Treadmills, Soft dumbbells, etc.

PaviFLEX surface provides the perfect balance between non slip and slide, its flexibility and comfort makes this product exceptional.

FITNESS can be **customizable** with any logo or marking or design, so the customer can create any Functional Training circuit.

Produced in **tiles of 100x100 cms**, four sides puzzle interlocking, the FITNESS is **really easy to install**, just place the tiles on existing surface and puzzle interlock them.

No need to glue.

PAVIFLEX FITNESS is available in **10 mm and also 15 mm thickness.**

There are lot of colours available in the catalogue, also veined and marble effects and metallics.

We provide edges, corners and transition ramps at customer request.

Small area for soft dumbbells placed as an island at DOMO Personal Center. They wanted to protect the existing flooring from cracking or breaking.



PAVIGOM





THE PREMIUM FLOOR

When you want it all

CNAB in Barcelona requested to PavIFLEX a nice looking floor customizable, resistant, non slip, waterproof, easy to install and keep for multipurpose activities on an intensive and heavy use area. We produced for them **PAVIGOM 7 MM.**

PAVIGOM

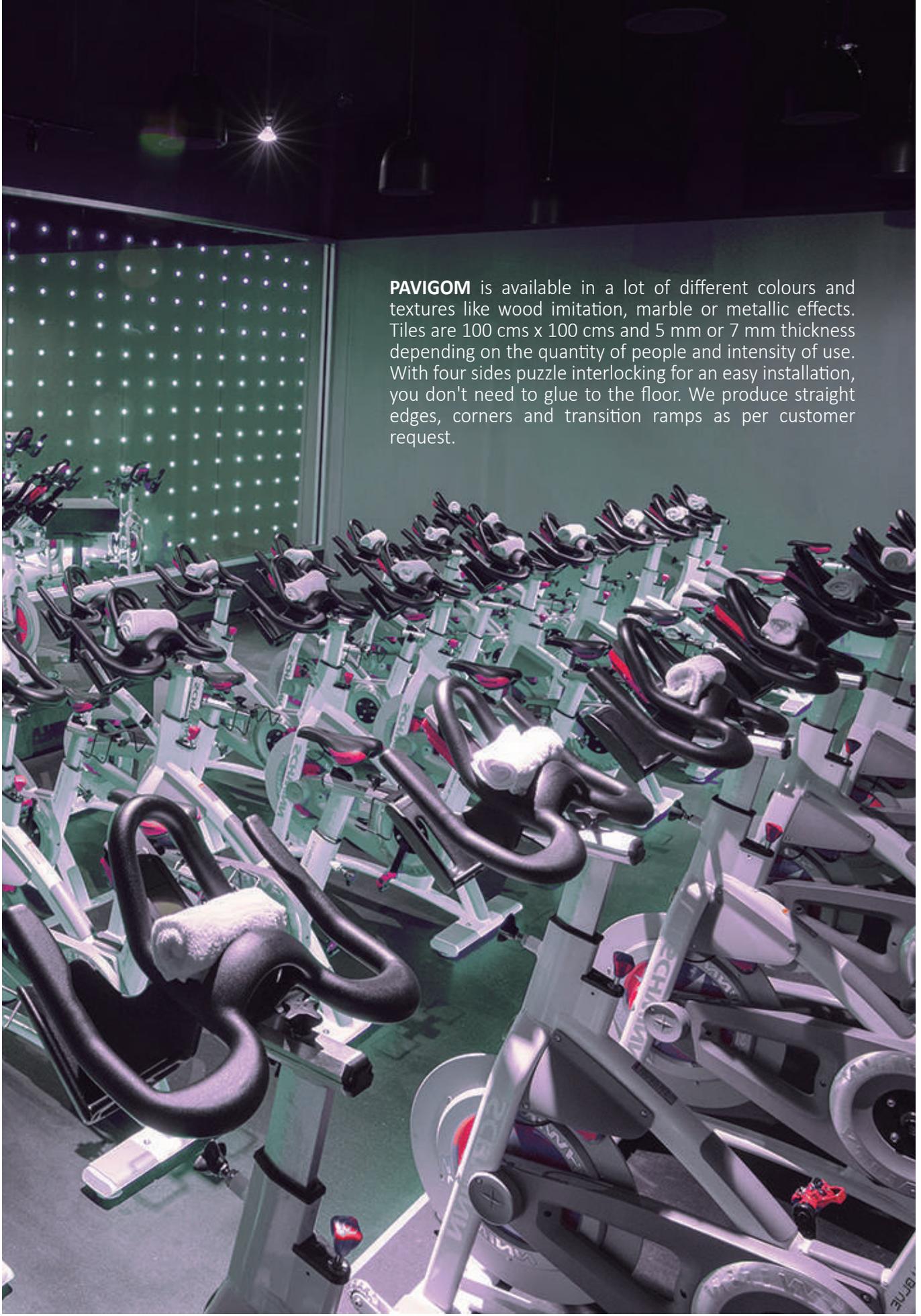




PAVIGOM is, probably, the best gym flooring in the market. It has been developed exclusively to offer the best performance to the most demanding athletes. It is non-slip so it's perfect for functional training. Its high density provides excellent properties of shock absorption and freeweight resistance. PaviGOM compounds reduce vibrations from equipment (indoor cycling for instance) and make this floor perfect for intensive use.

PAVIGOM



A large indoor cycling studio with rows of stationary bikes. The room has a green wall with a grid of small, bright lights. The ceiling is dark with a single bright light fixture. The bikes are arranged in rows, and each has a white towel on the handlebars. The floor is covered in a green, textured material.

PAVIGOM is available in a lot of different colours and textures like wood imitation, marble or metallic effects. Tiles are 100 cms x 100 cms and 5 mm or 7 mm thickness depending on the quantity of people and intensity of use. With four sides puzzle interlocking for an easy installation, you don't need to glue to the floor. We produce straight edges, corners and transition ramps as per customer request.

PAVIGOM for MULTIPURPOSE INTENSIVE USE



Customizable 100% at customer request, PAVIGOM is a multipurpose floor for intensive use.

MULTIPURPOSE

PAVIGOM is, probably, the best gym flooring in the market. It has been developed exclusively to offer the best performance to the most demanding athletes. It is **non-slip** so it's perfect for **functional training**. Its high density provides excellent properties of shock absorption and **freeweight** resistance. PaviGOM compounds reduce vibrations from equipment (indoor cycling for instance) and make this floor perfect for intensive use.

PAVIGOM is **waterproof** and do not soak water or sweat so it is a really easy to clean product.

Specifically developed **for heavy use**: Cardio, Indoor Cycling, Freeweights, Functional Training and all type of activities with heavy equipment.

PAVIGOM surface provides the extra non slip properties with the high density rubber elasticity for better traction, absorption of impacts and reduction of vibration from the equipment.

PAVIGOM can be **customizable** with any logo or marking or design, so the customer can create any Functional Training circuit.

Produced in **tiles of 100x100 cms**, four sides puzzle interlocking, the PAVIGOM is **really easy to install**, just place the tiles on existing surface and puzzle interlock them.

No need to glue.

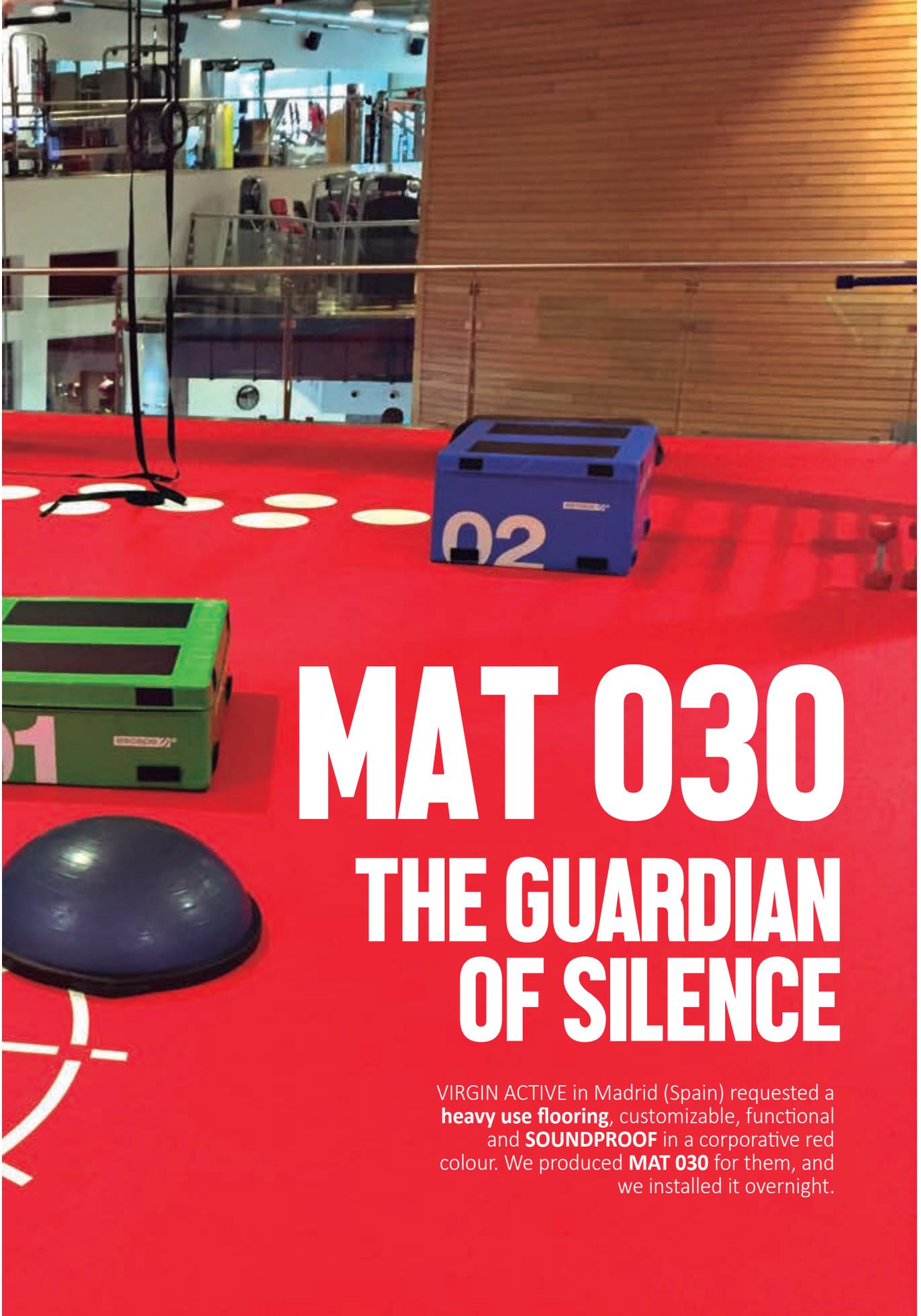
PAVIFLEX PAVIGOM is available in **5 mm and also 7 mm thickness**, depending on the intensity of use.

There are lot of colours available in the catalogue, also veined and marble effects and metallics. We provide edges, corners and transition ramps at customer request.

PAVIGOM is ready to provide the best performance of any training and any equipment placed on it. Non-slip and waterproof it is available in a wide range of colours.







MAT 030

THE GUARDIAN OF SILENCE

VIRGIN ACTIVE in Madrid (Spain) requested a **heavy use flooring**, customizable, functional and **SOUNDPROOF** in a corporate red colour. We produced **MAT 030** for them, and we installed it overnight.

MAT 030

Perfect flooring for CrossFit and all types of intensive use activities with freeweights and heavy equipment, including functional training. Underneath MAT 030 has a kind of chamber of air for unique and exceptional acoustic isolation properties.

MAT 030 has been developed for acoustic isolation thanks to the type of Chamber of Air system underneath: lot of buttons that allow the sound and vibration spread out before reaching the surface where MAT 030 is placed.

It is also excellent shock absorption floor for heavy equipment and freeweights, as the material compounds are millions of micro bubbles of air that provides elasticity to the rebound after absorbing the impacts.

Thickness is 30 mm for better soundproof, but as soundproofing involves more than just the floor covering we should take into consideration the rest of elements in the room: walls, ceiling, doors. We should create barriers between the structural elements in the room that may carry sound and the origin of the sound to prevent sounds from traveling across. For instance, leaving a free gap between the MAT 030 and the walls.

Most of the gyms use the MAT 030 for CrossFit activities and freeweights, but this is a multipurpose flooring used also for Functional Training circuits. MAT 030 is customizable as per customer request.

MAT 030 provides the right friction for training activities as the surface and its compound are optimized for allowing the right balance between blocking and slipping. This will reduce injuries together with the impact absorption properties and the elastic properties specifically designed for the best performance of the floor.

MAT 030 provides extra comfort and reduces risk of injuries caused by other floors with hard surface. In addition, this product is really easy to install, no need to glue, just puzzle interlock on existing plain surface.

If your Fitness Center is finding issues with neighbours because of sound from impacts of dumbbells and activities from training activities, try MAT 030 from PaviFLEX. You will get satisfied.

MAT 030 Red customized with Zonnax Compass and Hoops and TurFLEX Sprint Track Green with white marking at Virgin Active Madrid (Spain).

**EXCEPTIONAL
ACOUSTIC
ISOLATION
PROPERTIES**



MAT 030 THE GUARDIAN OF SILENCE



Members feel the performance when training on MAT 030. Cushion, traction, resistance, visual, they train better, they train more.

SOUNDPROOF

MAT 030 is the best solution for acoustic isolation, not only noise but also vibration. The design as **chamber of air** underneath spread the sound waves and reduce more than 70% the quantity of them that go through the tile to the surface.

Developed as a specific requested solution for Fitness Centers on the first floor, MAT 030 has become an important part of PaviFLEX production because it works.

Tiles are much bigger than standards, as less joins we get, the less sound that can cross away. **Tiles dimension are 115 x 183 cms four sides puzzle.** More than two square meters in one tile will make the installation easier and faster, no need to glue.

Developed to offer the best performance to the most demanding athletes, the MAT 030 provi-

des the **perfect balance between non-slip and blocking**, so it's perfect for **multipurpose activities**.

Millions of micro bubbles of air provides excellent properties of **shock absorption** and **freeweight** resistance. MAT 030 compounds reduce vibrations from equipment and make this floor perfect for **intensive use**.

MAT 030 is **waterproof** and do not soak water or sweat so it is a really easy to clean product and one important thing, it will not smell when athletes sweat on it.

MAT 030 can be **customizable** with any logo or marking or design, so the customer can create any Functional Training circuit.

Available in standard colors like Black, Brown or Grey, PaviFLEX MAT 030 is also produced as per customer request: Red, Blue, Orange...

There are edges, corners and transition ramps at customer request.

MAT 030 is produced in tiles of 115 x 183 cms four sides puzzle and all colors are available at customer request.

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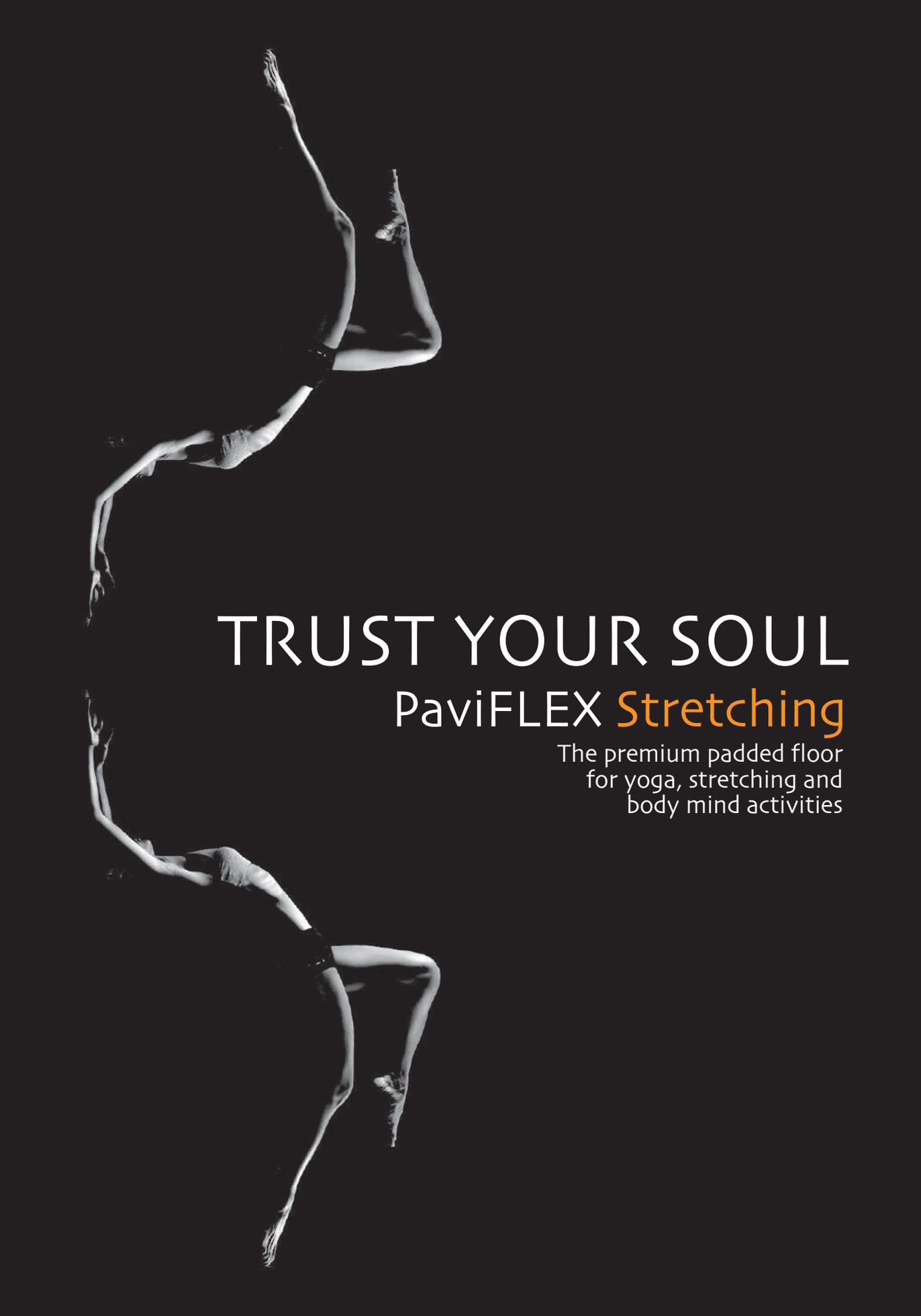
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PLYOS

BODY MIND



PaviFLEX Stretching 20mm has been specifically created for activities and exercises where it is needed to use a padded floor as a mat.

A black and white photograph of two acrobats performing a circular pose. They are positioned at the top and bottom of the frame, with their bodies forming a circle. The acrobat at the top is upside down, and the one at the bottom is upright. They are both wearing dark leotards and light-colored tights. The background is solid black.

TRUST YOUR SOUL

PaviFLEX **Stretching**

The premium padded floor
for yoga, stretching and
body mind activities

STRETCHING: BODY MIND PADDED FLOOR

Developed for activities requiring the use of a **padded floor:** Stretching, Yoga, Pilates, Body-Mind.

PaviFLEX Stretching 20mm has been specifically created for activities and exercises where it is needed to use a padded floor as a mat. It offers **thermal isolation** and it has a **comfortable** touch, providing the right balance between density and hardness. Excellent surface for **stretching, Yoga, Pilates and Bodymind**. It is the best solution for small places also where the athletes cannot use individual mats. It is **waterproof** and it is really easy to clean and maintain.

It is available in a lot of different colours. Tiles are **100 cms x 100 cms** and **20 mm thickness with four sides puzzle interlocking** for an easy installation that you don't need to glue to the floor.

We produce straight edges, corners and transition ramps as per customer request.





TATAMI

Martial Arts

The Kingdom of Fighters

Only the brave will absorb the impacts to return gradually the energy generated. The Premium Tatami produced by PaviFLEX provides the perfect balance for right feet supporting and secure protection against falls, allowing the highest level of fluidity in movements. Welcome to the Kingdom of Fighters.





| A LITTLE BIT OF HISTORY

The Western interest in East Asian martial arts dates back to the late 19th century, due to the increase in trade between the West with China and Japan. European martial arts before that time was focused on the duelling sword among the upper classes on one hand, and various styles of folk wrestling among the lower classes on the other.

Savate appears in the early 19th century in France, as a mix between English boxing and French folk kicking techniques. At that time, in France, it existed in gyms called salles d'armes where savate, English boxing, fencing, canne de combat and sometimes even wrestling was practiced.

Edward William Barton-Wright, a British railway engineer who had studied jujutsu while working in Japan between 1894–97, was the first man known to have taught Asian martial arts in Europe. He also founded an eclectic martial arts style named Bartitsu which combined jujutsu, judo, wrestling, boxing, savate and stick fighting.



Also during the late 19th and early 20th centuries, catch wrestling contests became immensely popular in Europe.

The development of Brazilian Jiu-Jitsu from the early 20th century is a good example of the worldwide cross-pollination and syncretism of martial arts traditions.

The later 1970s and 1980s witnessed an increased media interest in the martial arts, thanks in part to Asian and Hollywood martial arts movies and very popular television shows like "Kung Fu", "Martial Law" and "The Green Hornet" that incorporated martial arts moments or themes. Following Bruce Lee, both Jackie Chan and Jet Li are prominent movie figures who have been responsible for promoting Chinese martial arts in recent years.

TATAMI

MARTIAL ARTS

PaviFLEX **Tatami 20mm / 30 mm** absorbs the impacts from the body when falling and returns the bounce. With a **padded surface** but solid for the right movements and the right support for the feet. It is totally **waterproof** and doesn't soak any sweat. Really easy to clean.

It is available in a lot of different colours and you can choose two different surfaces: plain surface and bubble surface for non-slip. Tiles are **100 cms x 100 cms** and 20 mm or 30 mm thickness depending on the quantity of people exercising, with four sides puzzle interlocking for an easy installation that you don't need to glue to the floor. We produce straight edges, corners and transition ramps as per customer request.

PaviFLEX Tatami can be fully customized with logos and designs as per customer request. FIGHTCLUB in Germany is a good example of our Customized Tatami.





EXERCISE MATS



PAVIFLEX INDIVIDUAL MATS Perfect for training

Comfortable, resistant, durable, waterproof, original surface and customizable with the Fitness Center Logo. PaviFLEX exercise mats provide the needed comfort when doing individual flooring exercises.



EXERCISE MATS





Produced in Spain with expanded rubber, it is made with air bubbles compound. It is water proof and do not soak water or sweat. It is non-slip and it is extra padded for comfort support of elbows and knees.

Recyclable and environmentally friendly, provides a modern design in multiple colors: BLUE, ORANGE, RED, VIOLET, BLACK, GREEN, BROWN and GREY.

Customized with eyelets to store them, there are 3 dimensions available:

120 x 50 cms
140 x 60 cms
160 x 60 cms

and there are two thicknesses available:

9 mm
19 mm

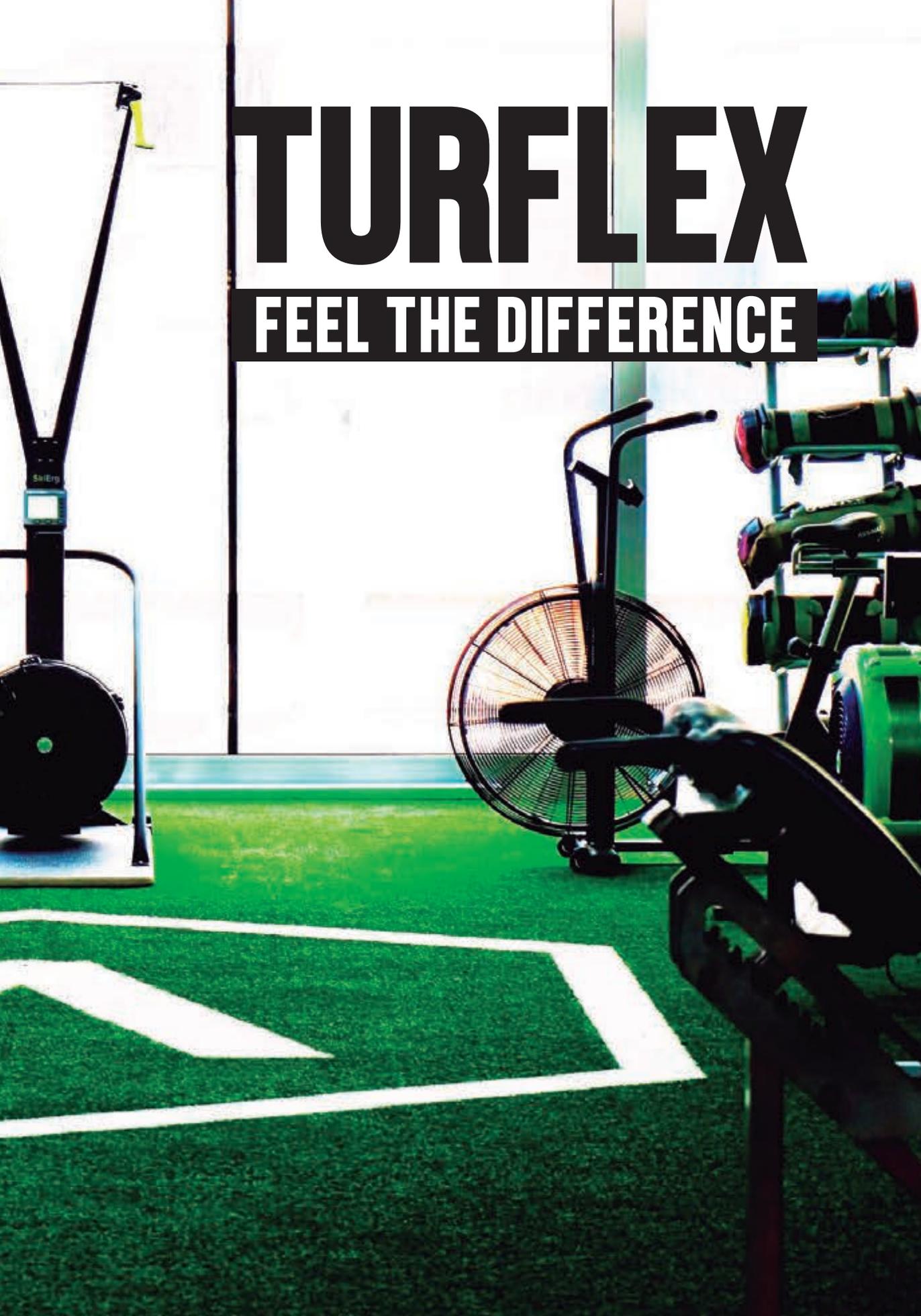
PaviFLEX can customize the Exerciste Mat with the Logo of your Fitness Club and offers the wall mat hangers as per customer request.



ARTIFICIAL GRASS

The image shows a fitness center with artificial grass flooring. In the foreground, there is a white rectangular area on the grass. To the left, a piece of exercise equipment is partially visible. To the right, another piece of equipment is visible. A large window in the background shows a landscape with a mountain, a road, and a cloudy sky. The text 'ARTIFICIAL GRASS' is written in white capital letters at the top left of the image.

Designed for intensive training, TurFLEX can be customized 100%. It offers a natural grass visual and its installation is really easy, you can use double face tape or just glue it to the floor. It is a nice and original alternative for your fitness center

A gym setting with artificial green turf flooring. In the foreground, a black exercise bike is partially visible. In the middle ground, another exercise bike with a large fan is positioned. To the left, a black machine with a vertical pole and a yellow handle is visible. The background features a large window with a view of a bright outdoor area. The overall scene is brightly lit, suggesting a clean and modern fitness environment.

TURFLEX

FEEL THE DIFFERENCE

TURFLEX



Customized logos on TurFLEX are available as per customer request.

INDOOR & OUTDOOR

Designed for intensive training, **TurfFLEX** can be customized 100%.

It offers a natural grass visual and its installation is really easy, you can use double face tape or just glue it to the floor.

It is a nice and original alternative for your fitness center.

TurfFLEX is an artificial grass produced with polyethylene monofilament in Y shape with maximum recovery, UV stabilized fiber, with 12mm thickness and more than 50.000 stitching per square meter.

It is available in GREEN, BLUE, RED, BLACK and PINK, and marking can be done in all these colors plus the WHITE colour.

We can insert your logo, your functional zone design or whatever you can imagine combining all these colors.

There is no minimum required order for delivery and production time is only 1 week from confirmation.



Great Sprint Track on Green TurFLEX with white marking for ARENA Alicante Fitness Center in Alicante (Spain). Design that invites you for training.



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| LEDFLEX

PORTABLE INTERACTIVE FLOOR

LEDS & SENSORS

LedFLEX is an INTERACTIVE PORTABLE FLOORING, with LED lights and sensors connected to a simple software that allows you to create multiple Functional Training Programs.



LED FLEX PORTABLE INTERACTIVE FLOORING



Training with Omnia and
ambience LedFLEX.
LedFLEX can be customized
100% as per customer request,
just for ambience or also for
Functional Training.

LIGHT UP YOUR FLOOR

LedFLEX is an INTERACTIVE PORTABLE FLOORING, with LED lights and sensors connected to a simple software that allows you to create multiple Functional Training Programs.

You can synchronize the music with the lights, and you can decide a Training Program.

It is useful to check the progression of the athlete during a Training Program.

Its installation is so easy as just connect one only wire.

LedFLEX Portable allows you to have a powerful fitness tool wherever, whenever, as you can place anywhere in your fitness center and move it out in a few minutes.

LED lights are integrated inside the tiles and they have sensors with sensitive control that you can arrange for doing floor exercises or wall exercises.

We offer multiple Functional Training Programs in a simple software. The installation is just so easy as puzzle interlock the tiles and connect one only wire to the net.

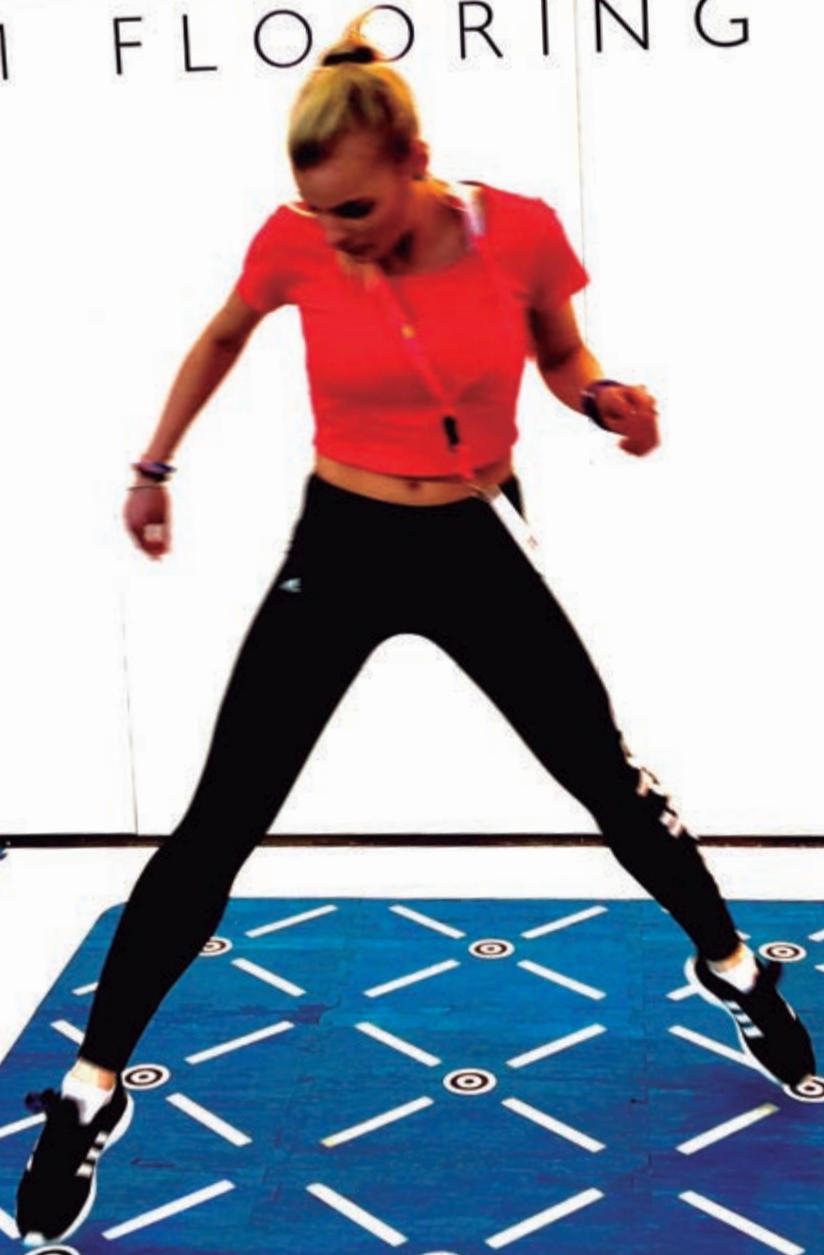
LedFLEX offers a lot of possibilities for the Fitness Centers. You can use LedFLEX to check the progress of the athlete when doing a Training Program or you can train "Fast Feet", "Reaction" and many other exercises, offering to your customers a really nice experience.

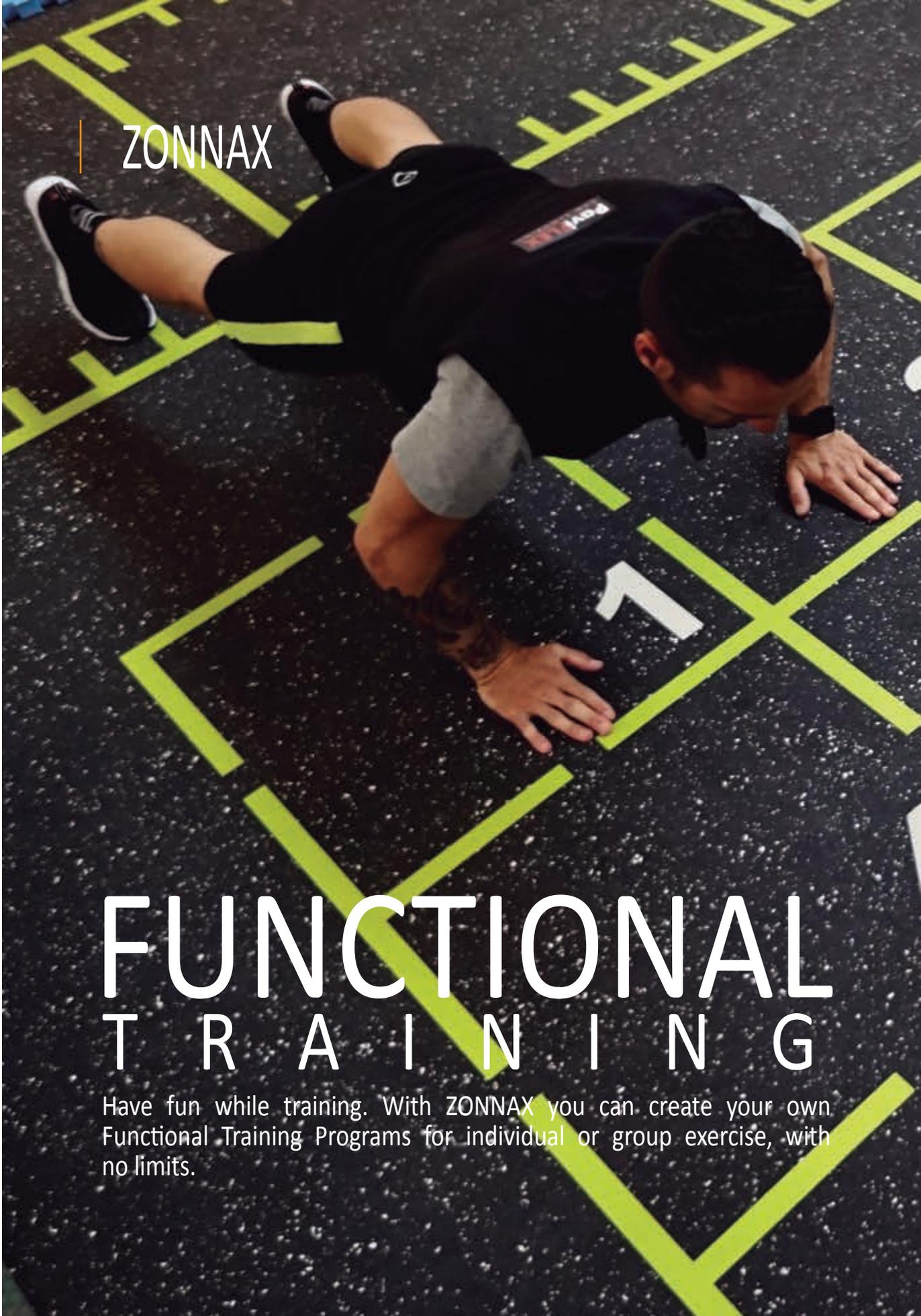
Personal Trainer can also customize the interactive exercises, record them and use later.

Personal Trainer Sergio
Calatayud training on
LedFLEX Portable Interactive
Set confirms thumbs up that
he enjoys the series.

PaviFLEX

GYM FLOORING





ZONNAX

FUNCTIONAL TRAINING

Have fun while training. With ZONNAX you can create your own Functional Training Programs for individual or group exercise, with no limits.



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ZONNAX

CUSTOMIZED MARKING

Have fun while training. With ZONNAX you can create your own Functional Training Programs for individual or group exercise, with no limits.

We create the zone you wish. We can suggest the most attractive marking exercises so your customers will appreciate them.

Original Training Programs with a great visual design in the floor and also the walls.

As standard we will offer the most common marking exercises: LADDER, HOOPS, COMPASS, METER, and you can create a lot of different Training Programs with them: speed, reaction, coordination, agility, balance, rhythm, power, pushing... but we invite you to send to us your ideas so we will make your Functional training circuit come true.

METRE

The key function of simple metre lines markings would normally be to measure the distance between the user and some piece of equipment in order to make sure you're working in the best position. A couple of examples of this would be in an area where there is a suspension system, cable machine or resistance band workout taking place. The lines can be used to measure the progression or breaking down of suspension training exercises. If the user is performing a TRX press up with their hands in the straps and they move their foot position one line further back from the TRX centre axis then more of their weight is put on the unstable handles, thus increasing the difficulty and level of core stability required. The same principle could be used for helping teach users where exactly they should be standing when using resistance bands attached to a fixed point, cable or pulley machine.

Metre will also be useful for measure the distance when jumping.

COMPASS

The function of a compass marking would generally be similar to the grid. For exercises where there are lots of twisting and rotational movements it can offer more detailed guides to the user about the angles and positions their body should be in. ViPR loaded movement training is a type of exercise that utilises these rotational, lateral and medial movements which, can be assisted in the early stages with a compass as a reference point on the floor. In the world of functional training, tools like these can be very useful because of the strong bodyweight and dynamic focus of many exercises. Underneath suspension training stations these can be ideal for marking out foot and hand positions and the progressions users can make by changing these.

LADDER

For exercises where agility plays a big role and also for measure progression.

Ladders are a great training tool for sports where agility plays a big role. Football, tennis and basketball are only a few examples of sports in which using agility ladders to practice fast feet exercises are used on a regular basis. Markings on the floor save space when it comes to setting up and taking down this type of equipment. They can also be a great indicator for positioning of similar pieces of kit like mini hurdles making sure they are all spaced evenly.

Ladder markings can be also made on the floor to allow trainers to measure progression in areas like flexibility and explosivity. As well as using ladder to assess general strength and stability in different positions, trainers can make use of specific markings to give an indication of progression in tests such as standing long jump and the two and three hop tests for horizontal power. In a sport specific or sports science focussed environment coaches might undertake these on a regular basis, as well as various upper body strength and power tests that involve measuring maximum throwing or pushing distances.

HOOPS

Hoops, dots or spots, are a type of marking that seems really simple and straightforward, but it's not until you really think about it that you realise that to utilise them properly takes a bit of imagination. The simplest way of incorporating them into training is using core strength exercises. To do this, you can essentially treat the hoops like those in a giant game of Twister, hands and feet can be forced into various positions while engaging the core to hold a secure position whether this is using set movement combinations or variations on plank, press-up or stretching positions.

Another idea would be to use hoops for 'fast-feet' exercises or agility and speed movements that are commonplace in many sport specific warm-ups and conditioning circuits. They could also be useful in boxing or martial arts areas, to help beginners learn the correct body positioning and footwork patterns in relation to a partner with pads or a punch-bag. Further, hoops could be used in a child friendly area so that they could be incorporated into general fitness games.

SPRINT TRACK

The sprint track is something that, despite the name, is probably not frequently for sprinting in a gym environment.

More common uses of a sprint track, within a functional gym, would be for walking exercises like lunges or farmer's walks to mark out the route for safety. Depending on the flooring type, a sprint track might also be used for sled work or tyre flips, again to mark out a safe route and distance for the user.

There are a host of dynamic stretching and plyometric exercises that a sprint track is an ideal space for but for the majority of facilities, that have installed this type of design, it is used as a way to designate floor space for exercises that require extra room for movement.

COMPASS for exercises where there are lots of twisting and rotational movements



GET ON
Sports & Fun

[kju:b]
Cube Sports
SPORTS CONCERN

BOSU

JUNIOR

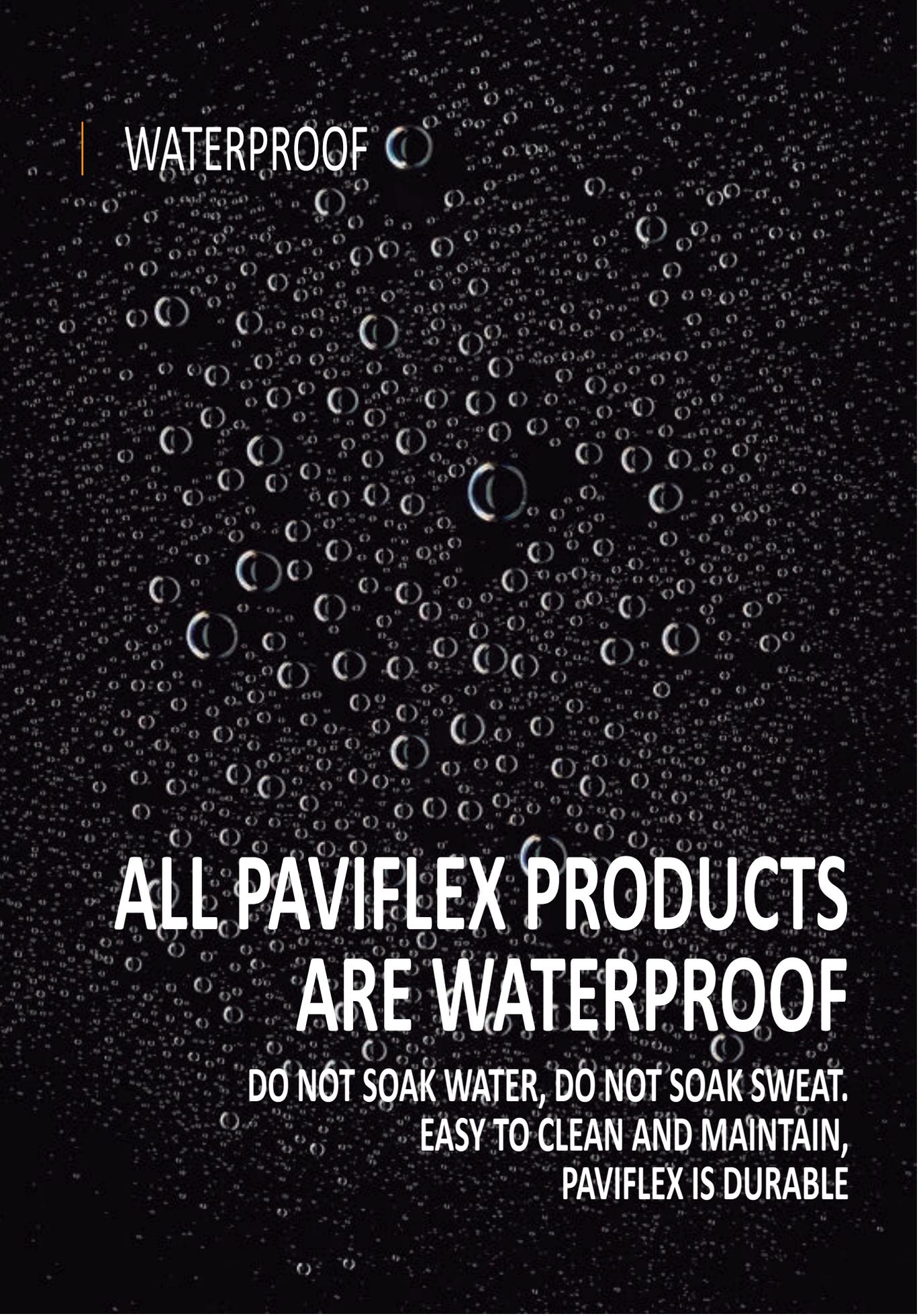




Kindergarten, Toy library, psychomotor classrooms, etc.

PaviFLEX Junior 20mm / 30mm help to kids development at every stage, acting as a safety net and allowing children to free develop their motor skills. Its bright colours stimulates the senses. It is waterproof and protects the kids from direct contact with the floor. It has thermal isolation properties.

It is available in a lot of different colours and you can choose two different surfaces: plain surface and bubble surface. Tiles are 100 cms x 100 cms and 20 mm or 30 mm thickness depending on the quantity of kids playing in the room, with four sides puzzle interlocking for an easy installation that you don't need to glue to the floor. We produce straight edges, corners and transition ramps as per customer request.

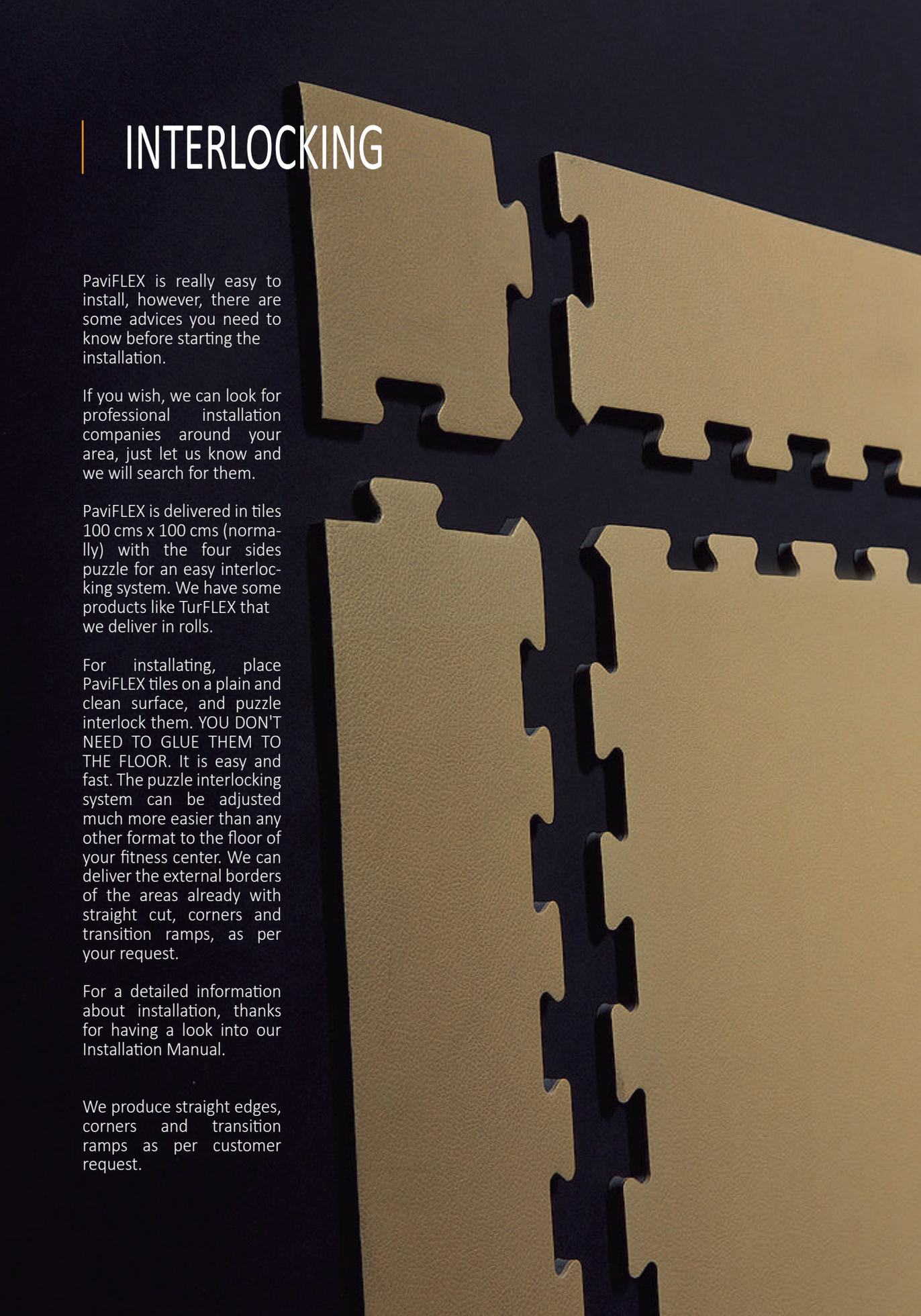
The background of the advertisement is a dark, textured surface covered with numerous small, glistening water droplets of various sizes. The droplets are most prominent in the upper half of the image, creating a sense of moisture and freshness. The overall aesthetic is clean and modern, emphasizing the waterproof nature of the products.

| **WATERPROOF**

ALL PAVIFLEX PRODUCTS ARE WATERPROOF

**DO NOT SOAK WATER, DO NOT SOAK SWEAT.
EASY TO CLEAN AND MAINTAIN,
PAVIFLEX IS DURABLE**

INTERLOCKING



PaviFLEX is really easy to install, however, there are some advices you need to know before starting the installation.

If you wish, we can look for professional installation companies around your area, just let us know and we will search for them.

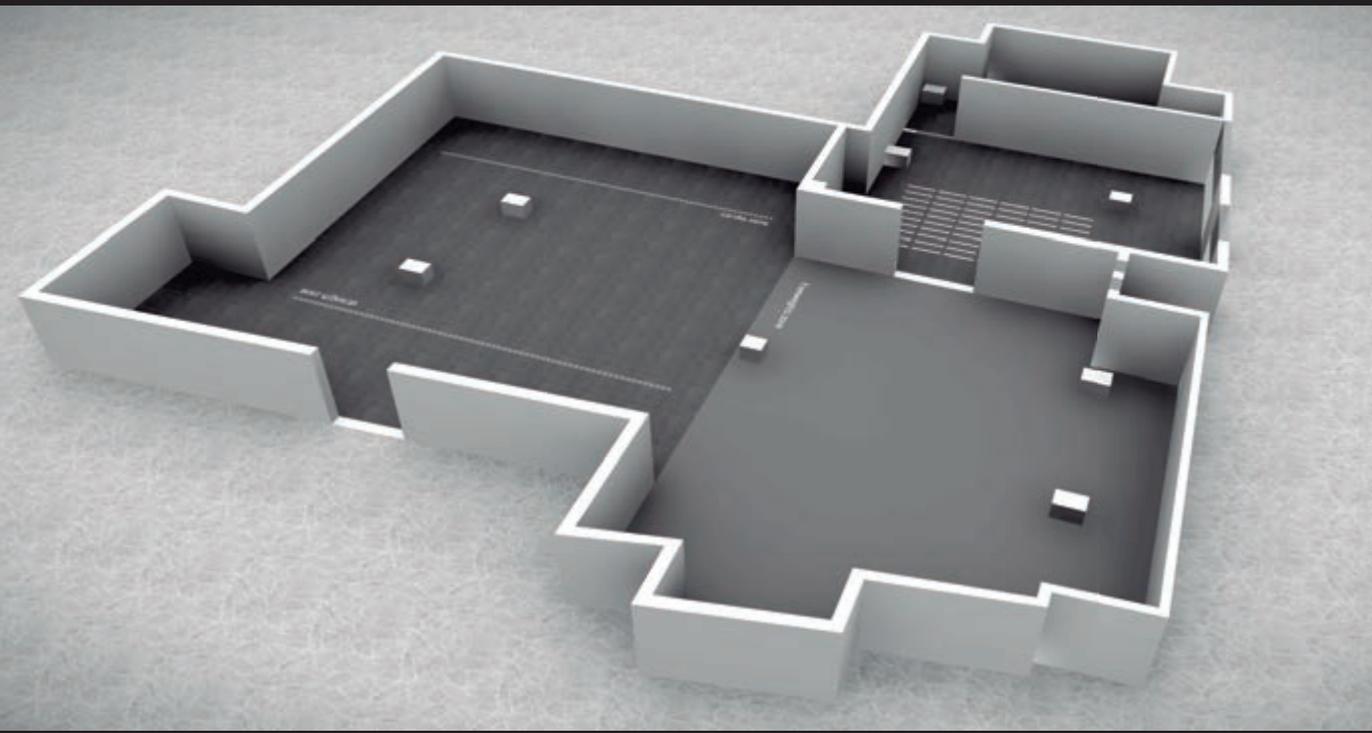
PaviFLEX is delivered in tiles 100 cms x 100 cms (normally) with the four sides puzzle for an easy interlocking system. We have some products like TurFLEX that we deliver in rolls.

For installing, place PaviFLEX tiles on a plain and clean surface, and puzzle interlock them. **YOU DON'T NEED TO GLUE THEM TO THE FLOOR.** It is easy and fast. The puzzle interlocking system can be adjusted much more easier than any other format to the floor of your fitness center. We can deliver the external borders of the areas already with straight cut, corners and transition ramps, as per your request.

For a detailed information about installation, thanks for having a look into our Installation Manual.

We produce straight edges, corners and transition ramps as per customer request.

3D

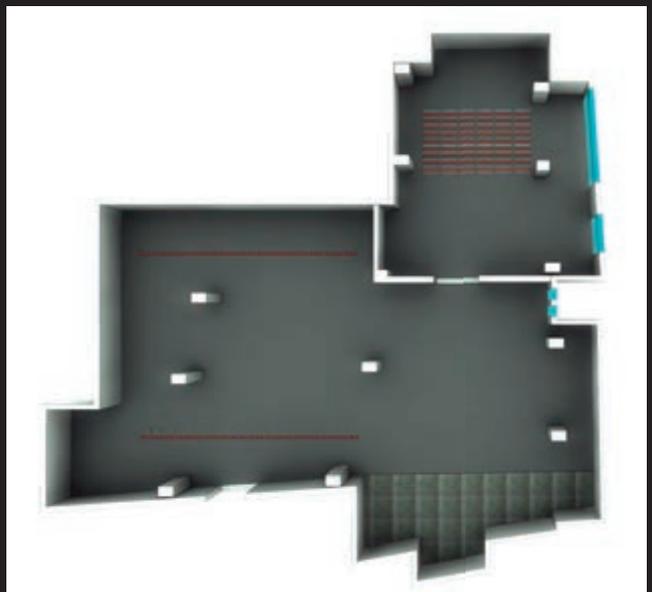


3D SIMULATION

It doesn't matter how big or small is your project. In PaviFLEX we create a 3D simulation at no cost for the customer.

Send to us your idea on a drawing (if you have the CAD plan it would be great), and we will create for you a customized 3D with PaviFLEX Flooring, advising you the right product for each area.

We are more than happy to be an alternative for you, because we love the opportunity you give us to show what make us different.



GUARANTEE

The guarantee would be only valid against the manufactures defects and only under the guarantee conditions enclosed. There is a 2 years guarantee starting from the date of the sale and only if the handling, installation and terms of use are followed. For the guarantee to be valid, any manufacturers defect must be communicated in writing within 30 days from the receipt of the merchandise.

Handling and receipt of the merchandise:

The merchandise must not be exposed directly to the sun or rain or to a temperature over 40°C. Before the installation of the merchandise the manufacturers must be advised of any defects on the sheet surface. The duty of the manufacturers would be to replace the damaged sheets which could have a slight variation in colour or sheen on their surface.

HOW TO INSTALL

Installation grounds.

The surface/ground where the paving is going to be installed must be completely smooth to avoid any intervals when assembling the pieces together.

Temperature.

The paving cannot be exposed to a temperature over 40°C.

Sun exposure.

The areas exposed to a higher level of sun exposure can suffer changes such as loss of sheen, etc... In the case that the installation is located by a window or any other area where the sun exposure would affect the paving, it must somehow be protected to avoid

the sheets to get to a temperature higher than 40°C. Our products (except TurFLEX) are all indoor products; outdoors they could suffer changes in colour or malformation. These products expand and contracts depending on the temperature; the sheet is made with a composition of Rubber and Vinyl Acetate which results in a micro cellular product. As a general rule, when installing the paving, a margin must be left between the wall and the sheet which would allow the expansion and contraction of the paving, this margin would depend on grounds m² (about 2mm per lineal metre). If the margin is not taken into consideration with the expansion and contraction the floor could raise up.

Assembling order.

The easiest way to make sure that the installation is carried out correctly would be starting with the middle sheets going outwards from there in a cross shape filling up the areas in a radial order.

To adjust the sheets in the end areas or those located against a wall or pillar, a cutting line must be marked then making a small incision with a knife going over it several times.

TERMS OF USE

Paviflex Pavimento is a product with exclusive application to sport activities, which can only be walked on with sports footwear, with rubber soles except for Paviflex Tatami for Martial Arts and Stretching which we must have bear feet. Paviflex Junior is a paving which only use is in children playgrounds which feet must always be bear. Paviflex

Tatami & Paviflex Junior will not be resistant to any structures or machinery.

The guarantee would be voided when the precautionary measures are not complied such as using the wrong footwear, using abrasive piercing products, using it for other different things which they are not designed for.

Special care should be taken not to unload heavy merchandise with sharp ends which could mark and possibly break it not recovering its original condition.

CLEANING AND MAINTENANCE

The cleaning of the paving would be carried out using cold soapy water, using a clean mop free of residues, not using brushes or files which can scratch the surface of it.