

ProFormance Systems

P.O. Box 940191 Plano, TX 75094
Phone: 866-800-4385
Email: info@proformancesystems.com

Rebound



Polyethylene

6 mil POLYETHYLENE Vapor Barrier

7/16" Shock Absorber

This type of padding is used most often by the floor covering industry. It is made from scraps of the high-density foams used in furniture making that are bonded together. Padding comes in various thickness and densities. The density is rated at so many pounds per cubic foot. For example, a 5 lb pad would weigh 5lb per cubic foot. The CRI (carpet and rug institute) recommends a pad of at least 5lbs, For sub floor installations.

7/16" OSB

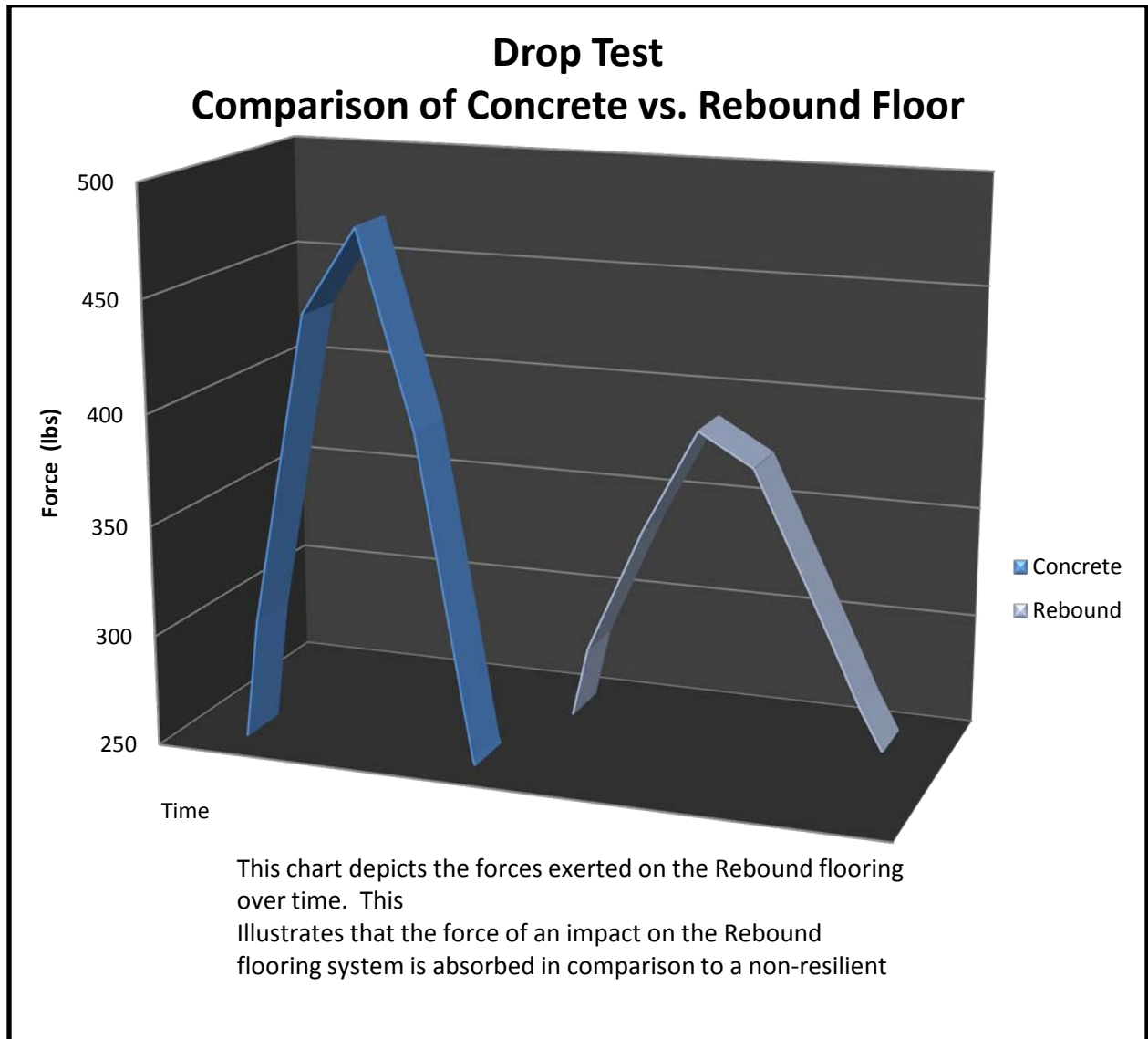
OSB is manufactured from waterproof heat-cured adhesives and rectangular shaped wood strands that are arranged in cross-oriented layers, similar to plywood. This results in a structural engineered wood panel that shares many of the strength and performance characteristics of plywood. Produced in huge, continuous mats, OSB is a solid panel product of consistent quality with no laps, gaps or voids

7/16" OSB

As a sub floor under solid wood strip and laminated flooring, OSB provides an enduring, rigid platform. OSB's success today is evident in its recognition and acceptance by many leading hardwood flooring manufacturers and the major hardwood flooring associations. The true value of an OSB Sub floor comes from its versatility, dependability, and performance.

¾" Hardwood

In addition to the floors we also offer a variety of custom overlay surfaces. Our customers' can chose from the following hardwood applications: Maple, Red Oak, or Bamboo (offered in 10 different styles).



ProFormance Systems Rebound Floor System Specifications
for Permanent or Semi-permanent installations.

PART 1 - GENERAL

Rebound is a custom installed floating floor system designed for permanent installation in multi-use studios and stages intended for dance, aerobics, martial arts, and other athletics. Rebound is also designed for acoustic isolation installation. Along with acoustic isolation, Rebound is primarily designed to provide correct, consistent, and safe suspended flooring. ProFormance Systems also sells and furnishes Marley dance overlays and pre-finished hardwood for inclusion to Rebound surface. ProFormance Systems Cascade Marley overlay is typically used for all dance disciplines and is adhered to Rebound surface by specified adhesives or is loose laid. ProFormance Systems Reversible Marley is loose laid. Alternate overlays furnished by ProFormance Systems include hardwoods, softwoods, Medium Density Fiber Board sheathing.

1.1 DESCRIPTION

Furnish 100% suspended, acoustically rated, and fully integrated wood floor system which provides a consistent and progressively resilient surface with controlled rebound over entirety of installed floor surface.

Rebound finished height is 2 1/8" from existing surface to finish surface for option "A" under the subfloor section.

Rebound finished height is (4" for hardwood) or (3 1/2" for Marley) from existing surface to finish surface for option "B" under the subfloor section .

Rebound meets DIN 18032 Part 2. Rebound is designed for appropriate overlay as surface.

1.2 ENVIRONMENTAL REQUIREMENT

1. Alter installation method if direct sunlight contacts floor surface for prolonged time.
2. If applicable, activate hydronic floor heating at least 12 days prior to installation of Floor System.
3. Facility climate shall be controlled by heating and air conditioning systems. Temperature during installation and use shall be 65-75 degrees F and shall not fluctuate by more than 15 degrees. Ambient humidity shall not exceed 40 percent moisture content and be not less than 15 percent moisture content. Rebound is not recommended for installation above 8,000 foot elevation without appropriate climate control of temperature and humidity levels. Rebound is not intended for outdoor use.

PART 2 - PRODUCTS

2.1 MANUFACTURER – ProFormance Systems, LLC,
PO Box 940191
Plano, TX 75094
Phone: 888-737-7125
Email: sales@proformancesystems.com

2.2 MATERIALS

A. Sub-Floor

- 1) **Vapor Barrier:** 6mil polyethylene vapor barrier applied to the entire surface of the floor.
- 2) **Bottom Layer:**
 - a) 7/16" 5lb pad is applied to the entire surface area of the floor.
 - b) 3/4" Neoprene pads spaced 16" o/c
- 3) **Floats / Resilient Layer:**
 - a) 7/16" OSB laid out in a checker board pattern to support the Surface.
 - b) 2x4 #2 or better staggered ends @16" o/c
- 4) **Surface:**
 - a) 7/16" Oriented Strand Board (OSB) bonded under extreme pressure and heat with water resistant #2 or better glue mixtures. Panel contains no interior or exterior veneers. Panel is precision sanded on top side to assure uniform 7/16" thickness and smoothness of surface. Panel is water resistant. Panel has excellent resistance to warping.
 - b) Double layered 1/2" T&G plywood top layer applied either perpendicular or diagonally.
- 5) **Surface Overlays:** PFS Rebound floating sub floor surface must be overlaid with appropriate material for intended purpose, including PFS Marley, hardwood, softwood, high-density sheathing, etc. Other overlays include, but are not limited to carpet, hardboard, plank hardwood, and plank softwood. Overlays should be installed in accordance with overlay manufacturer's instructions. PFS Marley overlay is to be adhered to Rebound surface by appropriate adhesives.
 1. **Hardwood:** All hardwoods are 3/4" solid pre-finished (unless otherwise specified) Finishes vary between 25yr.-50yr. depending on the grade chosen by the client. Hardwoods are pre-finished with an aluminum oxide finish. Further specs depend upon species and grade.
 2. **Marley:** Is a slip resistant surface made from a PVC Composite Material. Weight 3.5 lbs/yd² (1.9 kg/m²). Fire Rating M3 DIN 4102-1 class B1

B. Standard Ramp-Reducer: Extra Heavy Duty 5-6" wide x 1/2" high aluminum fluted top threshold. (Unless otherwise specified)

C. Trim work

1) **Primed MDF Base –**

Thickness	12mm - 15mm
Density	31 lbs
Internal Bond	87 psi
Molding Rupture	4,000 psi
Molding Elasticity	280,000 psi
Water Absorption (24hrs)	40%
Thickness Swell (24hrs)	10%
Moisture Content	8%
Face	168 lbs
Edge	135 lbs

2) Vented cove base by Johnsonite

Size: 4" (10.16 cm) high by 5/16" (7.94 mm) thick coved profile with a 3" (7.62 cm) long by 3/8" (9.53 mm) thick toe. Back surface grooved with vertical semi-circular (5/32" radius) vents (15 vents per 4 ft. length). Length: 4' (1.22 m)

PART 3 - EXECUTION

3.1 SITE PREPARATION

A. Concrete Sub floor

Allow at least 31 days for new concrete to cure. Surface concrete shall be dry and free of grease, oil, or contaminating agents. Eliminate cracks, nails, and other protrusions. Vacuum and damp mop concrete sub floor no less than 5 hours prior to installation. Concrete Sub floor shall be smooth, on same elevation, and exhibit no greater deviation in elevation than 3/8" over a 10 ft. radius. If sub floor requires leveling with compound, use only latex based leveling compound applied at least 1/4" thick having point load capability of no less than 250 lbs per square foot static load. 6 mil or thicker plastic sheeting is to be used as moisture barrier. Assess moisture content of slab prior to installation based on PFS spec.

Below are the recommended maximum levels of moisture based on average conditions only. Installation conditions may vary; therefore, manufacturer accepts no liability for the following data:

cement / smooth	2.0 per cent
cement coating w/ pumice	3.0 per cent
cement/bitumen	2.0 per cent
anhydrite coating	0.5 per cent
plaster coating	0.7 per cent
magnetite coating	5.0 per cent

If sub floor contains excessive alkaline salts, or moisture content of sub floor is beyond limits specified, sub floor must be sealed accordingly to achieve a continually dry sub floor surface, free of contaminants.

B. Wood Sub floor

Surface of wood sub floor shall be dry and free of dust, oil, grease, and cracks. Eliminate nails, splinters and other protrusions. Sub floor shall be smooth, on same elevation, and exhibit no greater deviation in elevation than 1/2" over a 10 ft. radius. Use hardboard, plywood, or OSB to level sub floor if necessary. Moisture content shall not exceed 7-10 per cent. Must be structurally sound with point loading capability of no less than 250 lbs per square foot. Built-up wood flooring shall have beams or sleepers on at least 16" centers, surfaced by no less than 1-1/2" of composite sheeting such as plywood, plycore, OSB, or other sheeting products appropriate for conditions. Evidence of shift or instability in existing wood sub floor, including but not limited to separation of floor boards, excessive or inconsistent spaces between wood sub-floor and walls, buckling or warpage, requires upgrading or replacement of sub-floor prior to installation of Rebound.

C. Steel Sub floor

Surface of steel sub floor shall be dry and free of dust, oil, and grease. Eliminate burrs, slag, cracks, and any protrusions prior to installation. Sub floor shall be smooth, on same elevation, and exhibit no greater deviation in elevation than 1/2" over a 10ft. radius. Must be structurally sound with point loading capacity of no less than 250 lbs. per square foot.

D. Ballet Barres - Remove existing floor-mounted ballet barres prior to installation of Rebound System. Sub floor located under ballet barres will be reinforced. Re-install ballet barres onto modified sub floor.

3.2 INSTALLATION

PFS Rebound System shall be considered finish material. All trowel trades, painting, wall-mounted barres and mirrors, wall and overhead electrical, lighting, and sprinkler systems shall be completed and operational. No overhead work of any type shall be conducted following installation of PFS Floor System. After installation, protect floor from foot traffic, ladders, carts, tool boxes, etc.

3.3 MAINTENANCE AND STORAGE

A. Pianos or other moveable equipment used on PFS Floor Systems shall be fitted with neoprene or polyurethane tired casters at least 4" in diameter with a tread width of 2". Using hardboard or other protective material to create pathway, move pianos or heavy equipment to different locations on the PFS Floor weekly. For permanently located pianos or heavy equipment (including but not limited to, risers, telescoping seating, and desks), contact PFS for information about special modification options.

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE.

ProFormance Systems

Floor Care & Maintenance Information

As a new wood floor owner, it is very important for you to understand how dry or humid conditions will affect your wood flooring. All wood will react to changing environmental conditions. The following will explain how your floor will react to many of these conditions.

Moisture Control - Wood is a hygroscopic material. When exposed to varying temperatures and humidities, it will release or absorb moisture until it is at equilibrium with the surrounding atmosphere. Moisture absorption causes wood to swell; moisture loss causes wood to shrink. ProFormance Systems recommends the environment (where the maple will be installed) be stable when the flooring materials arrive -- air temperature between 55 and 75 degrees and relative humidity between 35 and 50 percent. To properly acclimate, the maple should be stored in the room where it will be installed. After installation, maple flooring, as is the case with all wood flooring products, typically requires a year or two to further stabilize through a complete cycle of seasonal changes. The floor will continue to respond to environmental changes throughout its life span.

Separations - The appearance of shrinkage cracks during dry winter months is common and expected. These separations will normally close in the spring and early summer, as the floor picks up moisture from the air. We recommend the use of a humidification/ dehumidification system in your home to maintain proper humidity levels. Remember, maple is a very light colored wood. Shrinkage separations in the range of 1/64" to 1/32" will be noticeable due to the break in color between the strips. Noticeable shrinkage and/or expansion may occur with indoor relative humidity variations in excess of 15 percent. If cracks persist, and the indoor atmosphere has been maintained properly, contact your flooring installer.

Squeaks - Squeaks in the floor can also be caused by the expansion/contraction cycles and can be minimized by maintaining a constant indoor environment (see above).

Cupping - A "washboard" appearance across the width of one piece of flooring has only one cause: moisture imbalance through the thickness where the moisture content is higher on the bottom of the board than the top. The moisture source, be it excessive relative humidity or water leakage, must be eliminated before any remedial work is performed.

Radiant Heat - Flooring may be installed over concrete slabs in which radiant heating pipes are embedded. Slightly higher water temperatures may be required, however, and boiler temperature should be controlled to limit the temperature of the slab surface to about 85 degrees. There are a number of important precautions to follow in this situation. Please discuss these with your flooring installer.

MAINTENANCE

Sweep or vacuum wood floors regularly. Brushes with fine, exploded ends trap dust and grit effectively. If vacuuming, use a brush attachment or use a special bare floor attachment, which is the best way to get rid of all the dirt and dust. Only use a vacuum with beater bars with carpet, otherwise it can cause dents in your wood floor.

Place mats and throw rugs at doorway exteriors and interiors to help prevent the tracking of grit, dirt and sand.

Put plastic or fabric-faced glides under the legs of furniture to prevent scuffing and scratching from routine use. Clean the glides regularly since grit can become embedded in them. Grey, non-marking rubber casters are the best. If you do have furniture that requires rollers, use barrel type roller casters instead of ball type casters since they may cause damage. Avoid casters made of hard materials like metals or hard plastics.

Wipe up food and other spills immediately with a dry or slightly dampened towel. Water and other standing liquids can damage a floor's finish. Standing water can warp a finished floor. Starting at the edge and working toward the center, wipe up spills, pet accidents and other mishaps when they happen.

WHAT CAN DAMAGE A WOOD FLOOR?

Grit and dirt - Grit and dirt will eventually cause scratches and dents, which shortens the lifetime of the floor. Always use doormats and vacuum/sweep on a weekly basis.

Water and wet mopping - Any excessive water causes wood grain to raise and the wood to expand, crack, splinter and possibly, in extreme cases, to discolor or mildew.

Oil Soaps and Ammonia Cleaners - There are many over the counter oil soap based or silicone, wax, or ammonia based cleaning products that will damage and dull the finish of your wood floor. The best suggestion is to only use the manufacturers recommended cleaning products on your wood flooring.

Furniture and High Heel Shoes - Any furniture that rests directly on top of a wood floor should have felt protectors, or furniture coasters, under all its feet. Purchasing chair glides is a very cheap insurance policy for your wood flooring. For extremely heavy objects such as a piano, use rubber cups. High heels or shoes with any sharp exposed nail or stone will exert up to 8,000 lbs per square inch of pressure on a floor. That is enough to damage any type of floor covering.

Sunlight - Exposure to the sun and its UV rays can cause wood floors to fade, change color, or experience surface checking, and even cause color changes in its protective aluminum oxide finish. To avoid these problems we recommend using draperies or shades to help block out the sun's harmful rays.

Spills - Spills in general must be wiped up immediately to prevent stains. Most new finishes, however, prevent spills from affecting the wood if they are wiped properly.



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Warranty

Services

Under the terms of this agreement. ProFormance Systems will be responsible for the complete installation and all finish work entailed in your project. The preparation of the existing surface is limited to general clean-up. Thus, for example, the removal of products such as carpet, laminate, or tile shall not be included unless otherwise specified. All valuables are to be removed by the owner. ProFormance Systems will not be held liable for any personal items damaged. The installation process will be completed to the specifications outlined on the owners invoice. **Any damages caused by ProFormance Systems or our employees to the facility during the construction process will be repaired at the expense of ProFormance Systems.**

www.ProFormanceSystems.com shall not be responsible or liable for personal injury or property damage incurred by or through the use of our products.

Manufacturer's warranty guarantees against defects in materials and workmanship originating at the point of manufacturing. Manufacturer will repair or replace, at the manufacturers sole discretion, any floor found to be defective and will not be held responsible for any other damages.

Manufacturer's warranty does not cover damage caused in whole or in part by ordinary wear, abuse, use or method of use for which the floor is not designed or intended, **faulty construction of the building, settlement of the building, and excessive moisture from humidity, spillage, migration through the slab, or any other source.**

Manufacturer's floor module(s) is/are warranted for 2 years from the date of installation. Manufacturer's obligation under this warranty is strictly limited to the original owner of our products and is not transferable. There is no other warranty expressed or implied.

ProFormanceSystems.com



Job References:

1. Anita Conley, Studio A Dance
Southlake, TX (817)-442-5678
Dance Floor: Select Maple Rebound / Marley
2. Steve Dodgen, Sullivan Contracting
Texas State University (830)-372-3812
Dance Floor: Select Maple Ballon
3. Lisa Anderson, Inspiration Academy for the Performing Arts
Virginia Beach, VA (757)-340-2787
Dance Floor: Ballon Subfloor/Harlequin Cascade
4. Lisa Hale, PESH Theatre
Plano, TX (469)-752-9247
Theatre: Floor Refinish, Lighting and Sound repair,
Curtain repair

ProFormance Systems now offers a variety of custom made SPRUNG and SEMI-SPRUNG dance floors for various performances venues, home studios or educational facilities. We can build any floor to suit your needs! The preferred floor in the dance industry is the sprung or floating floor. This type of floor is designed to prevent shin splints and ligament injuries most commonly attributed to rigid surfaces.

In addition to the floors we also offer a variety of custom overlay surfaces. Our customers' can choose from the wide selection of hardwood surfaces as well as Cascade Marley.

Why does a person need a Sprung floor?

Concrete floors and other solid surfaces can create bodily injury as they are not "Resilient". A sprung dance floor absorbs energy while providing an even and consistent level of shock absorption.

What is a Sprung Floor?

A sprung dance floor is suspended above any existing floor; such as concrete, Pergo, or tile. Using state of the art materials designed to eliminate injuries these types of floors provide a level of shock absorption without throwing off the dancers balance.

Semi-Sprung Floor

Our semi permanent sprung floor system is based on a revolutionary five-layer construction. This floor completely eliminates the need for foam or rubber pads and because it is a completely floating no damage is done to the existing sub floors. It can be laid on almost any surface without preparation, ideal for all types of dance; reducing risk of injury while enhancing dancers' performances.

Sprung Floors

Our Sprung floor uses a 7 layer technology and is commonly referred to as a basket weave floor. With variations in materials we achieve greater levels of shock absorption. Ideal for all types of dance; this floor further reduces the risk of injury and is the preferred floor for professionals.

Cascade by Harlequin

Cascade Marley - Ideal for ballet, jazz and contemporary dance, Cascade Marley is suitable for both temporary and permanent installation and is extremely resistant to wear. Cascade Marley provides a slip resistant dance surface

Hardwood

PFS installs only the highest grade of hardwood. Using Bellawood flooring we are able to provide $\frac{3}{4}$ " solid hardwood with no messy sanding or smelly fumes. Our prefinished floors are finished in the factory under controlled conditions and are ready to be enjoyed immediately after installation.