

 2020

 Gum-tech®
Fitnessgum®

VIRÁG KISS



IFBB WORLD CHAMPION

Hungarian Champion

IFBB Bikini Fitness International Cup Winner

1st IFBB Elite World Cup WINNER

Pro Card bei IFBB Diamond Cup OVERALL WINNER (Liverpool)

IFBB Diamond Cup Winner (Liverpool)

Amateur Olympia Winner (Prag)

ARNOLD CLASSIC EUROPE WINNER



During my career I have had the opportunity to try a variety of floorings for exercises. So far, none of the floorings has appropriately met all the requirements for my exercises and the needs of professional sportsmen.

However, I changed my mind when I was introduced to the Fitnessgum® line of fitness tiles. Therefore, I present you with the Fitnessgum® family of flooring tiles, created especially for fitness, CrossFit and weightlifting activities.

Fitnessgum® fitness tiles are not only floorings, but much more. They have improved my training conditions and have given me a positive feeling during my exercises. The key to my success is the professional execution of my exercises. The different Fitnessgum® products provide the best requirements for me to train at my best.

Fitnessgum® floorings give me the opportunity to carry out efficient CrossFit exercises like burpees, box jumps or lunges perfectly. I do not slip and I am cushioned with high impact exercises, like the exercises mentioned previously.

Fitness tiles are soft and voluptuous to touch, yet robust and stable. The most stable Fitnessgum® product lines enable me to set down the weights comfortably without overcorrecting my balance or straining my back.

If you want the best flooring for your exercises. I strongly recommend you the Fitnessgum® product lines.



Virág Kiss

Gum-tech GmbH

Fitnessgum® is one of the largest product lines comprising rubber mats from the company Gum-tech®. Since 1995, our company has manufactured rubber products of the best quality. Our activities here extend beyond pure manufacture.

At the company, we begin every day with the following question:

“Where can our rubber tiles be used successfully?”

Here are some answers:

We produce numerous types of rubber tiles. Areas of application here include: Schools, schoolyards, terraces, walkways around pools, sports grounds, stables and riding halls, households and, finally, floors at fitness centres.

When designing our range, we paid special consideration to athletes who need to achieve extremely high performances during their workout units. In this context, our products are intended especially for athletes who want to preserve their joints and minimize risks of injury. Furthermore, we have borne in mind the owners of fitness centres for whom the floor surface's safety and appearance both play a key role. When developing our rubber tiles, we focus on the relationship between the individual, their surroundings and the surface.

We are a specialist company which draws on the expertise of engineers and professional athletes in order to offer complete solutions for flooring at gyms. The result of our work is a wide selection of robust and impact-resistant fitness floors. Our fitness floors are categorized into four main areas of application: Fitness, CrossFit, Gym and Deadlift. The main areas of application for Fitnessgum® allow training zones to be individually equipped.

Our products consist of new and recycled rubber granules, and are therefore extremely eco-friendly.



fussboden.de

Handwritten graffiti on a wooden wall, including the words "WITH" and "KISS".

GUM-TECH PUZZLE 3D GYM ALL-ROUNDER

Our latest product development - interconnectable 3D gym floors

Gum-tech Puzzle 3D gym all-rounders are new product types in our Fitnessgum product series. Feedback from our customers in recent years has convinced us to go new ways and develop a tile which is easier to install, prevents tile slippage and does not require gluing.

Problems of floor protection so far

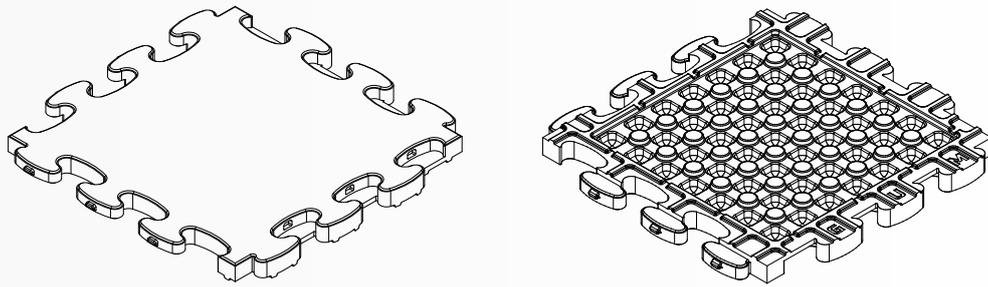
Rubber tiles usually supplied with connectors or plastic dowels are one of the most common protective floorings for gyms and sports facilities. The advantage of this solution is that the links established via the connectors hold the tiles together without any need for gluing. The biggest drawbacks of this method are the high expenditure in terms of work, and the potential fault sources. If connectors are forgotten, or intervals cannot be exactly maintained, the plates might slide. Such faults are not only visually detrimental but also dangerous for athletes. Coverings with dimensions of less than 3 cm are usually delivered without connectors and must be glued. Although adhesive solutions ensure surface stability, they require many hours of work and involve high costs of the adhesive itself.

The 3D solution

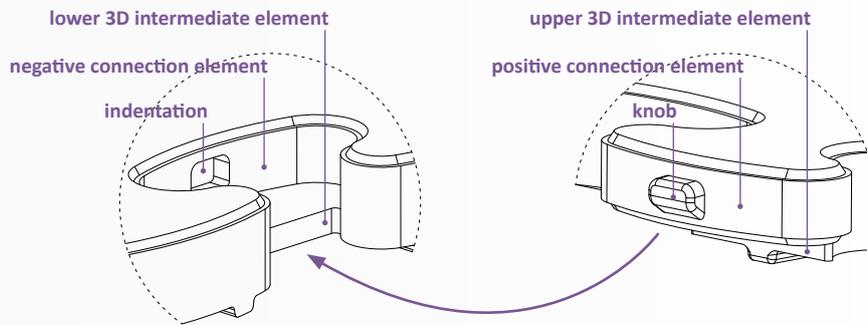
Gum-tech's Puzzle 3D gym all-rounders offer a new type of solution here. The puzzle elements can be simply connected to result in a precisely predefined joint width. Puzzle links alone would not solve the problems already described. For this reason, our technicians have developed 3D intermediate elements so that the tiles are connected not only horizontally, but also vertically.

The developed 3D intermediate elements and typical connection elements of the puzzle together form a unit. Additional interlocking stabilizes this unit. Knobs installed on the positive connection elements form a link here with indentations on the negative connection elements. With regard to the previously described problems with conventional tiles, no faults creep in during installation in this case. The intervals are automatically identical, and plug-type connectors are not required.

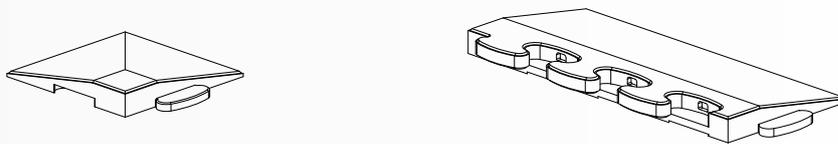
Even intensive movements during workouts at the fitness centre do not pull apart Gum-tech's Puzzle 3D gym all-rounders. Because the work can also be carried out faster, and gluing of the tiles is not necessary, costs for the customer are lowered. Gum-tech's Puzzle 3D gym all-rounders are based on Gum-tech's proven basic materials.



Drawing 1

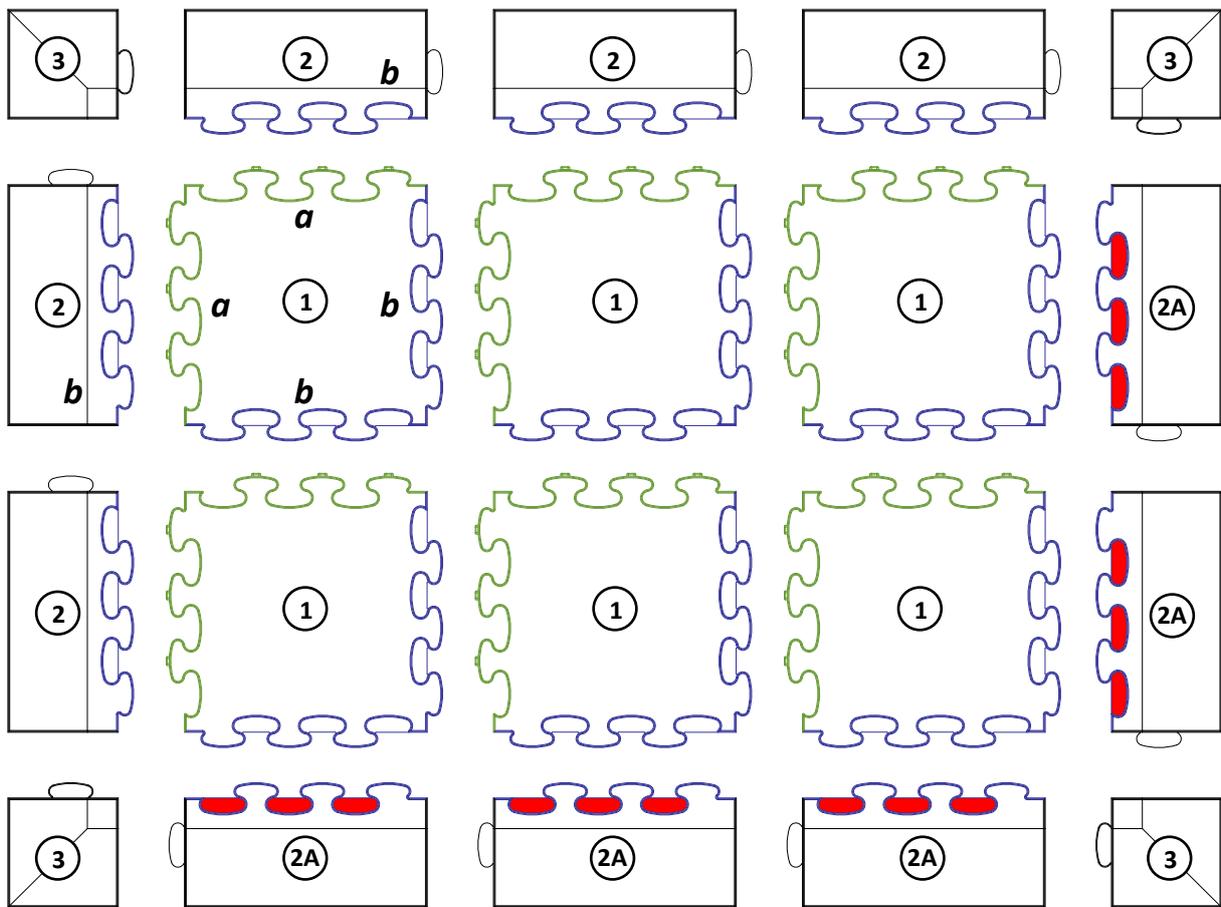


Drawing 2



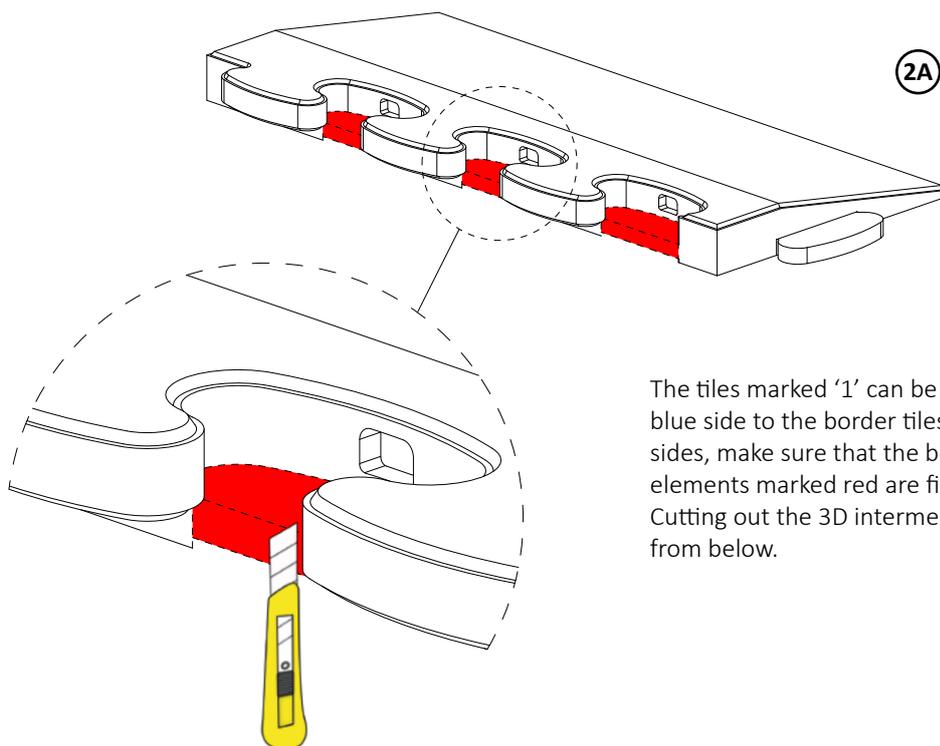
Drawing 3

INSTALLATION GUIDE



- Laying of the tiles starts with fitting together the corner tiles marked '3' and the border tiles marked '2'.
- In the next step, the tiles marked '1' are fitted together. The different sides are a decisive factor here. We have indicated sides with identical characteristics respectively in green (letter "a") and blue (letter "b"). The different sides are fit together in each case. The positive connection elements are linked to the negative connection elements here.
- After the pieces of the puzzle have been connected together, the surface must be closed by means of border and corner tiles (see 2, 2A, 3). More information about this topic and removal of the 3D intermediate elements is provided next.

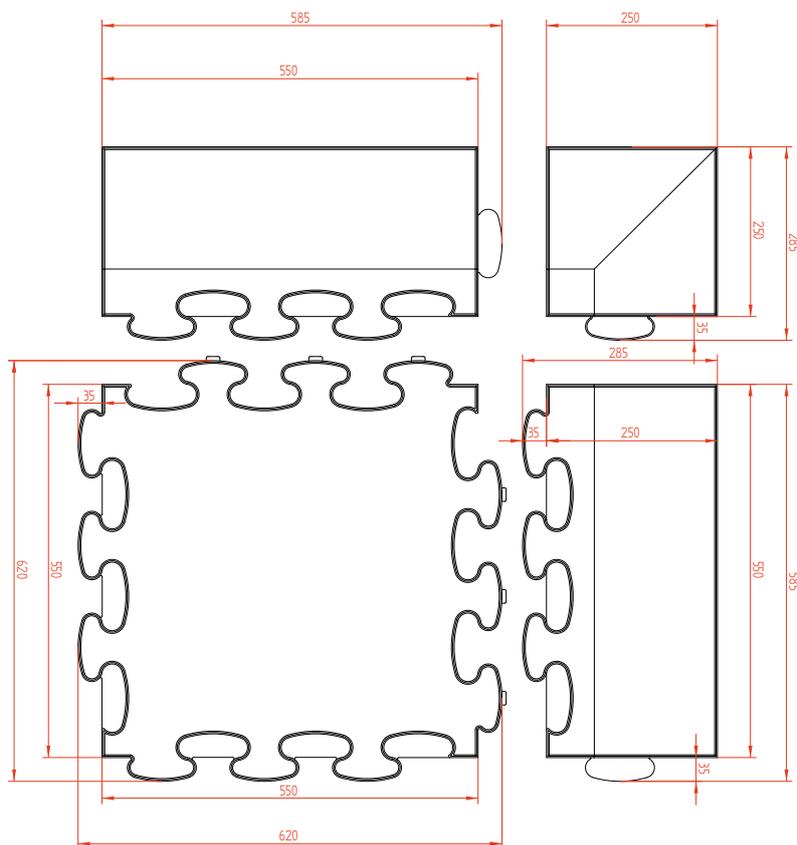
REMOVAL OF 3D INTERMEDIATE ELEMENTS



The tiles marked '1' can be linked via their green or blue side to the border tiles. When fitting the blue sides, make sure that the border tiles' 3D intermediate elements marked red are first cut out with a utility knife. Cutting out the 3D intermediate elements is easiest from below.

DIMENSIONS

Dimensions of 62 x 62 cm should be planned for during loading of gym all-rounders on pallets. During laying, dimensions of 55 x 55 cm should be planned for. A value of 0.3025 m² can be used for calculating areas. If no cutting is planned, it is advisable to take into account the width of the border and corner tiles.





FITNESS

The Fitness product group was developed specially for use at fitness centres.

Slip resistance and an elastic surface which is gentle on the joints have clear advantages here over other floor coverings. Colour choice, surface design and various sizes enable flexible applications.

With a choice of colours, our customers can adapt their floor to ambient colour schemes besides performing spatial segmentation. Installation is uncomplicated, allowing the tiles to be affixed with PU adhesive, double-sided adhesive tape or as puzzle pieces. For customers who have special needs concerning design, it is possible to cut the fitness tiles to size, shape corners and perform sophisticated spatial segmentation.



PUZZLE 3D GYM ALL-ROUNDER LIGHT

- tested quality
- interlocking with 3-fold safeguarding
- no sliding of tiles
- extremely resilient
- quick installation
- no need for gluing
- patent protection



Tile thickness:
2,2 cm



Tile size:
55 x 55 cm

Gum-tech's Puzzle 3D gym all-rounder is 2,2 cm thick and suitable for configuring large surfaces at sports and fitness facilities. Fixed interlocking eliminates the need for costly gluing.

Colours:

black, Spread 1, Spread 2

EDGE AND CORNER ELEMENT

straight edges

bevelled edges



55 x 25 x 2,2 cm

straight edges

bevelled edges



25 x 25 x 2,2 cm



FITNESS TILE X

- paving-stone tiles
- industrial design
- interconnectable tiles
- robust and stable
- suitable for a wide variety of fitness exercises (e.g. sling trainer, pull-ups)



Tile thickness:
2,0 cm



Tile size:
110 x 100 cm

With its rustic paving-stone patterns, Fitness tile X is ideal for fitness studios meant to incorporate industrial design. Fitness tile X is accentuated especially well by unplastered walls and glass/metal combinations. Due to its appearance, this floor protection is especially popular for use with fitness frameworks.

Colour:
black



FITNESS TILE L

- large tiles and bevelled edges
- gluing is required
- slip-resistant and tread-resistant
- elastic and gentle on joints
- suitable for a wide variety of fitness exercises (e.g. fitness training, functional and circuit training, aerobic training)



Tile thickness:
2,0 cm



Tile size:
100 x 100 cm

Fitness tile L is based on the fundamental concept of our Basic F standard model. The size of the tiles with bevelled edges is a salient feature of Fitness tile L, and enables easy as well as efficient installation at large premises such as aerobics halls.

Colours:

black, Spread 1, Spread 2



FITNESS TILE L+

- large tiles and bevelled edges
- criss-cross pattern
- gluing is required
- slip-resistant and tread-resistant
- elastic and gentle on joints
- suitable for a wide variety of fitness exercises (e.g. fitness training, functional and circuit training, aerobic training)



Tile thickness:
2,0 cm



Tile size:
100 x 100 cm

Unlike Fitness tile L, Fitness tile L+ has an incorporated grid pattern. Fitness tile L+ tiles can be laid over large areas, the small grid patterns lending the space a different structure than the predecessor did.

Colours:

black, Spread 1, Spread 2



CROSSFIT

Our Cross floor is designed primarily for especially intensive training units and high floor loads. This product group is popular with fitness centres where CrossFit exercises pose a risk of damage to floors and sports equipment. The Cross floor is 2.5 cm thick, with properties which not only protect the already existent floor construction, but are also gentle on the athletes' joints.

The Cross floor is elastic, as well as tread-resistant and slip-resistant. For athletes, these properties are elementary, because excessively hard floor coverings can aggravate the wear of joints, particularly during jumping exercises, and even cause injury. Tread-resistance and slip-resistance have top priority especially during typical CrossFit exercises like burpees and lunges. Our Cross floors are also easy to install and provide visually appealing solutions, both in terms of design and colour, for gyms of all kinds.



PUZZLE 3D GYMALLROUNDER PRIME

- suitable for printing
- waterproof and slip-resistant
- no need for gluing
- interlocking with 3-fold safeguarding
- no sliding of tiles
- patent protection
- (e.g. functional training)



Plattenstärke:
3,0 cm



Plattengröße:
55 x 55 cm

A waterproof and slip-resistant layer covers the Gum-tech Puzzle 3D Gymallrounder Prime. If needed coloured adhesive strips and printing methods can be used and stick perfectly to the tiles. The combination of rubber and PVC material is unique on the market. The Puzzle 3D Gymallrounder Prime combines the elastic and joint-gentle characteristics of rubber with the firmness of certified PVC sport surfaces.

Colours:

light grey, dark grey, blue

EDGE AND CORNER ELEMENT

straight edges

bevelled edges



55 x 25 x 3 cm

straight edges

bevelled edges



25 x 25 x 3 cm



CROSS TILE X

- paving-stone tiles
- industrial design
- slip-resistant and tread-resistant
- robust and stable
- suitable for intensive crossfit exercises (such as jumping jack, lateral alternating jumps and thrusters)



Tile thickness:
2,5 cm



Tile size:
110 x 100 cm

With the factory style of its paving-stone pattern, Cross tile X is ideal for CrossFit training facilities systems, and its dovetailed parts achieve a very high slip resistance. Exercises involving frequent stepping, like skipping, can be performed without any trouble on Cross tile X.

Colour:

black



CROSS TILE L

- large tiles and bevelled edges
- gluing is required
- gentle on joints and ligaments
- elastic
- ideal for medicine-ball training, rope training and sling training



Tile thickness:
2,5 cm



Tile size:
100 x 100 cm

Cross tile L is designed for CrossFit studios and fitness centres. Cross tile L can be laid to produce large training surfaces. Although it spares the joints and dampens the impact of weights, it is also suitable for medicine-ball exercises in which the balls are thrown on the floor.

Colours:

black, Spread 1, Spread 2

EDGE ELEMENT



100 x 25 x 2,5 cm



CROSS TILE L+

- large tiles and bevelled edges
- grid pattern
- gentle on joints and ligaments
- elastic
- ideal for medicine-ball training, rope training and box workouts



Tile thickness:
2,5 cm



Tile size:
100 x 100 cm

Cross tile L+ is based on the concept of Cross tile L, the small grid pattern allowing orientation during CrossFit exercises of all kinds. For large training groups, this permits spatial segmentation so as to avoid mutual interference.

Colours:

black, Spread 1, Spread 2

EDGE ELEMENT



100 x 25 x 2,5 cm



GYM

Our Gym floor series is suitable especially for fitness centre areas where weights are lifted. As in the case of all other Fitnessgum® products, we have paid attention to stability and slip-resistance in the development of the Gym floor series.

Of special note here is the absorption of the impact of weights by our Gym floor. This property is advantageous for barbell exercises, because the low bounce of the weights minimizes the risk of injury to ankles and shins. Moreover, the impact of weights can not only lastingly damage the building's floor construction, but also cause significant noise in other rooms. Because the Gym floor absorbs the forces of impact, our product protects the building's floor while generally contributing to soundproofing.



PUZZLE 3D GYM ALL-ROUNDER BASIC

- no need for gluing
- interlocking with 3-fold safeguarding
- no sliding of tiles
- extremely resilient
- quick installation
- patent protection



Tile thickness:
3,0 cm



Tile size:
55 x 55 cm

Gum-tech's Puzzle 3D gym allrounder basic can be laid with unique 3D links. Pre-defined joints and fixed connections without plastic dowels guarantee that the tiles do not slide. The tiles have a vibration absorber at the bottom. Cavities ensure that the athletes' joints are spared and noise is reduced.

Colours:

black, Spread 1, Spread 2

EDGE AND CORNER ELEMENT

straight edges

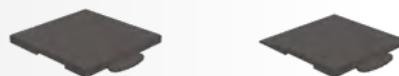
bevelled edges



55 x 25 x 3 cm

straight edges

bevelled edges



25 x 25 x 3 cm



GYM TILE X

- paving-stone tiles
- no need for gluing
- slip-resistant and tread-resistant
- robust and stable
- suitable for weightlifting exercises (including dumbbell and barbell workouts, squats, curls and flies)



Tile thickness:
3,0 cm



Tile size:
110 x 100 cm

The design of Gym tile X is reminiscent of warehouses in industrial buildings, and ideally matches barbell benches and weight rods. The extremely thick tiles protect fitness equipment as well as the underlying floor.

Colour:
black



GYM TILE F

- no need for gluing
- plastic dowels
- criss-cross pattern
- impact and sound absorption
- suitable for weightlifting exercises (including dumbbell and barbell workouts, squats, curls and flies)



Tile thickness:
3,0 cm



Tile size:
100 x 100 cm

Gym tile F has a criss-cross pattern on the surface and vibration absorbers at the bottom. This feature and the tile thickness are critical for impact and sound absorption. This basic model of the Gym series protects the underlying floor and prevents loud impact noise during weight training. The tiles have an incorporated criss-cross pattern.

Colours:

black, Spread 1, Spread 2

EDGE ELEMENT



100 x 25 x 3 cm



GYM TILE FS

- no need for gluing
- plastic dowels
- impact and sound absorption
- no incorporated criss-cross pattern
- suitable for weightlifting exercises (including dumbbell and barbell workouts, squats, curls and flies)



Tile thickness:
3,0 cm



Tile size:
50 x 50 | 100 x 100 cm

Gym tile FS has vibration absorbers at the bottom. This feature and the tile thickness are critical for impact and sound absorption. This basic model of the Gym series protects the underlying floor and prevents loud impact noise during weight training. Installing the 50 x 50 cm tiles results in a criss-cross pattern.

Colours:

black, Spread 1, Spread 2

EDGE ELEMENT



100 x 25 x 3 cm



HEAVY WEIGHT AND ACCESSORIES

Heavy Weight is an advancement of our Gym floor series. Our Heavy Weight products are recommended for training involving very heavy weights. Our floors which are up to 8 cm thick and our Heavy Weight accessories are especially suitable for weightlifting exercises such as deadlift. However, they are also used for other dynamic exercises involving high impact forces of the weights. The impact of extreme weights as they drop is absorbed by our products. Heavy Weight is specialized for the needs of power athletes who train with weights of much more than 100 kg. Fitness and training centres for power athletes improve training conditions with our Heavy Weight product series which allows weights can be put down more easily and safely. Like the Gym floor series, Heavy Weight products absorb sound and impact.

The range of accessories includes Fitnessgum® products which are used as part of our Heavy Weight series, and in conjunction with our Fitness, CrossFit and Gym products.



PUZZLE 3D PLATFORM

- easy to move and deliver
- no need for gluing
- interlocking with 3-fold safeguarding
- no sliding of tiles
- suitable for intensive crossfit exercises (such as jumping jack, lateral alternating jumps and thrusters)



Thickness:
2,2 | 3,0 cm



Size:
270 x 215 cm

Like the Puzzle Light platform, the Puzzle 3D platform, can be used to perform co-ordination-, cardio- and combined fitness exercises. The biggest difference between these platforms is the 3D interlocking which additionally allows intensive CrossFit exercises involving high-intensity treading.

Colours:

black, Spread 1, Spread 2



PUZZLE 3D GYM ALL-ROUNDER HEAVYWEIGHT

- no need for gluing
- interlocking with 3-fold safeguarding
- no sliding of tiles
- weights of more than 100 kg
- impact and sound absorption
- quick installation
- patent protection



Tile thickness:
4,5 | 6,0 cm



Tile size:
55 x 55 cm

Gum-tech's Puzzle 3D gym all-rounder heavyweight can be laid by means of a unique 3D link. Pre-defined joints and fixed connections without plastic dowels guarantee that the tiles do not slide. Puzzle 3D gym all-rounder heavyweight is suitable for extreme weight training. The tiles protect the floor construction in the training area and have a soundproofing effect.

Colours:

black, Spread 1, Spread 2

EDGE AND CORNER ELEMENT

straight edges

bevelled edges



55 x 25 x 4,5 or 6 cm

straight edges

bevelled edges



25 x 25 x 4,5 or 6 cm



WEIGHTLIFTING TILE F

- criss-cross pattern
- no need for gluing
- weights of more than 100 kg
- robust and stable
- impact and sound absorption
- suitable for a wide variety of weightlifting exercises (e.g. deadlifts, shrugs and squats)



Tile thickness:
4,0 | 5,0 | 6,0 cm



Tile size:
100 x 100 cm

Weightlifting tile F can be laid in a fitness centre's areas where extreme weights are used. For weightlifting exercises involving over 100 kg, or other weightlifting exercises in which weights are dropped with a high impact force, athletes as well as the floor construction must be optimally protected.

Colours:

black, Spread 1, Spread 2

EDGE AND CORNER ELEMENT





WEIGHTLIFTING TILE FS

- no incorporated criss-cross pattern
- no need for gluing
- weights of more than 100 kg
- robust and stable
- impact and sound absorption
- suitable for a wide variety of weightlifting exercises (e.g. deadlifts, shrugs and squats)



Tile thickness:
4,0 | 5,0 | 6,0 cm



Tile size:
50 x 50 | 100 x 100 cm

Weightlifting tile FS can be laid in a fitness centre's areas where extreme weights are used. For weightlifting exercises involving over 100 kg, or other weightlifting exercises in which weights are dropped with a high impact force, athletes as well as the floor construction must be optimally protected.

Colours:

black, Spread 1, Spread 2

EDGE AND CORNER ELEMENT





DEADLIFT IMPACT

- developed for weightlifters
- for weights of more than 100 kg
- impact and sound absorption
- absorption of drop energy
- relief for the athlete
- protection for the back and vertebrae
- ideal for deadlift



Size:
52 x 27 | 52 x 52 cm

Deadlift Impact was developed specially for weightlifters. During deadlifts, power athletes lift weights of more than 100 kg. Under such weights, not only do many floor constructions reach their limits, but so does the athlete's body. Deadlift Impact allows safe depositing of weights. The back and vertebrae are relieved during training, so that professional athletes, in particular, can dedicate their entire strength to performing the exercises as such.

Colour:
red

DEADLIFT IMPACT (SMALL)





Diameter:
45,0 cm

WEIGHT PLATES

- highly durable
- multi-functional
- robust
- impact and sound absorption
- suitable for a wide variety of weightlifting exercises (including barbell training, sit-ups with weight and russian twist)



3,5 cm 6,4 cm 9,0 cm 11,7 cm 14,2 cm

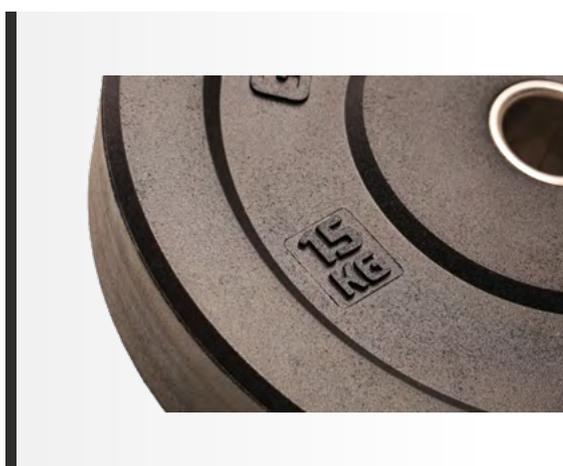


5 kg 10 kg 15 kg 20 kg 25 kg

Fitnessgum® weight plates have a long service life. The weight plates are made of rubber, which means that the material is more flexible than that of conventional weight plates. The force during impact of the weights, as well as the associated noise are lower in comparison with similar products made of hard material.

Colour:

black





HANDSTAND RUBBER BLOCK

- surface pleasant to touch
- multi-functional
- slip-resistant and tread-resistant
- robust
- suitable for a wide variety of exercises (e.g. handstands, kettlebell exercises and weight training)



Size:
100 x 30 x 15 cm

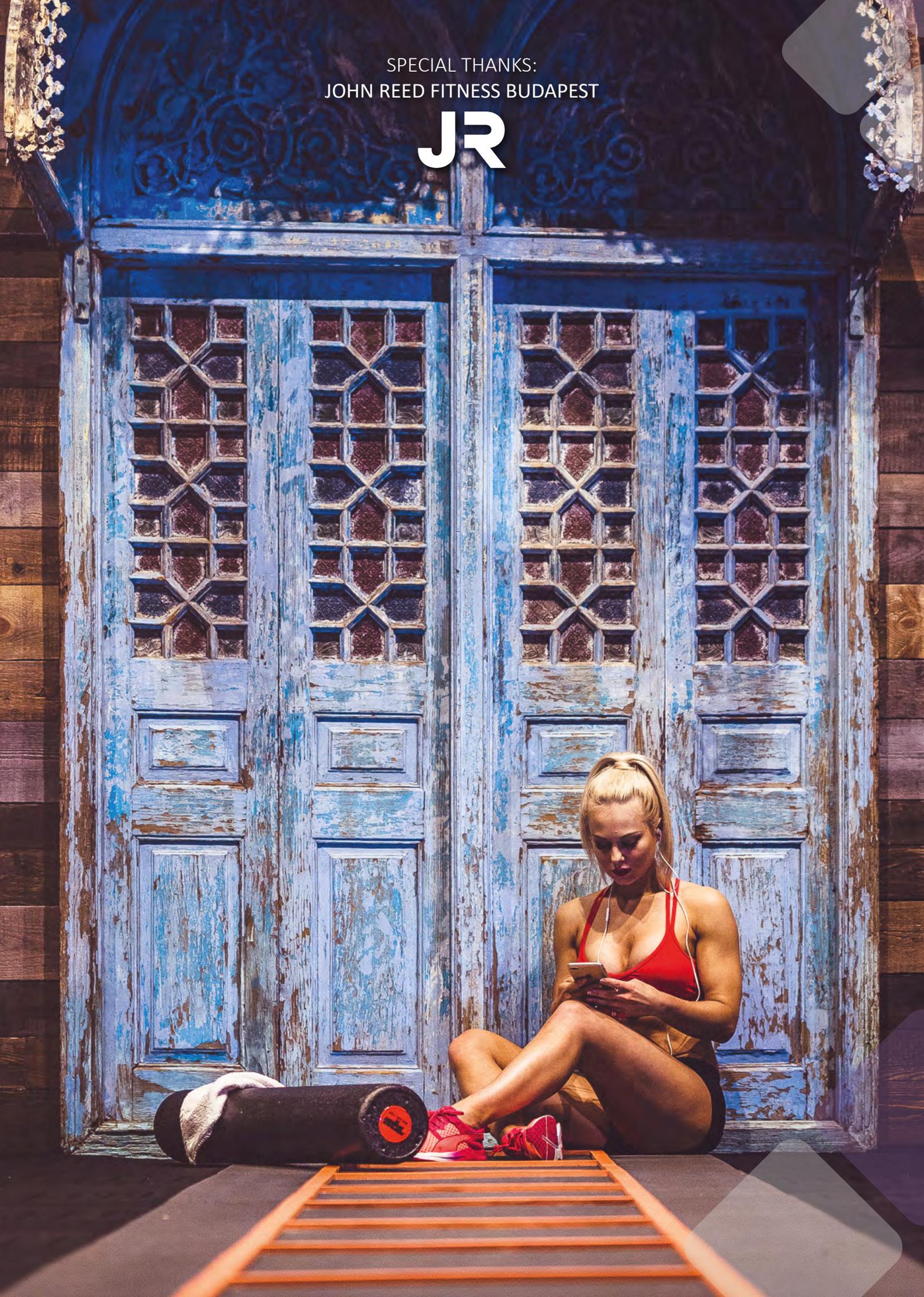
The handstand rubber block was originally developed for jumping and CrossFit exercises, as well as handstands. Furthermore, the slip-resistant rubber block is ideal for extension of kettlebell exercises and depositing of barbells.

Colour:
black



SPECIAL THANKS:
JOHN REED FITNESS BUDAPEST

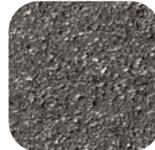
JR



PRIMARY S COLOURS

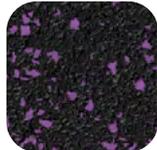


011 red

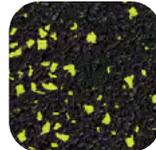


013 black

SPREAD 1 COLOURS



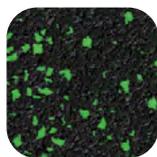
Ametist



Citrine



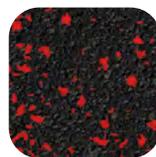
Diamond



Emerald



Fire Opal



Rubin



Sapphire

SPREAD 2 COLOURS



Ariel



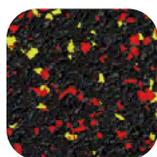
Dione



Europe



Moon



Rhea



Titan



Triton

PVC COLOURS



light grey



dark grey



blue

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2020

