

Training  
Ground



# Sole Train

Sole Train is an ergonomically balanced flooring solution that works as an interlocking tile system. Utilizing Nike Grind, Sole Train provides comfort and support by reducing the risk of potential injury from repeated impact. Available in 6mm 23"x23" interlocking tiles, Sole Train requires no adhesive to install.

## Applications



Cardio



Light  
Weights



Strength  
Equipment

## Physical Data

Performance Criteria	Test	Results
Tensile Strength	ASTM D412	200 PSI min
Flexibility	ASTM F137	Pass 1/4" mandrel
Static Load Limit (400 lb/in <sup>2</sup> )	ASTM F970	< 0.005"
Coefficient of Friction	ASTM D2047	>0.9"
Thermal Conductivity	ASTM C518	>0.4 Btu-in/h-ft <sup>2</sup> -F
VOC	CA 01350	Pass

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