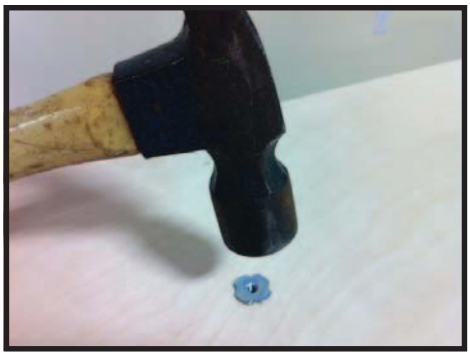
Spring Floor Assembly

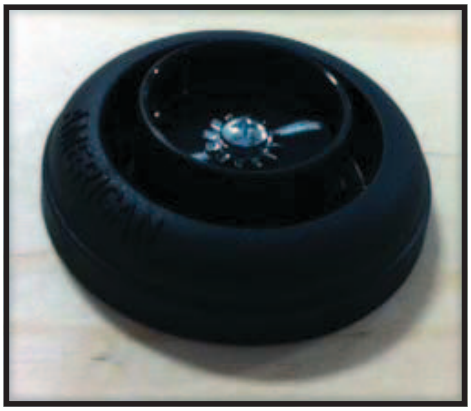
1) Determine the positions of your springs. (See back of this sheet for recommended positions, for 5' x 5' or 4' x 8' panels). Mark these positions for drilling on the boards. Remember: Mark and drill only the boards on which springs are being attached.

2) Using a 1/4" drill bit, drill holes through the board for these positions.

3) Place a T-nut in each of the drilled holes, and drive in with a hammer.



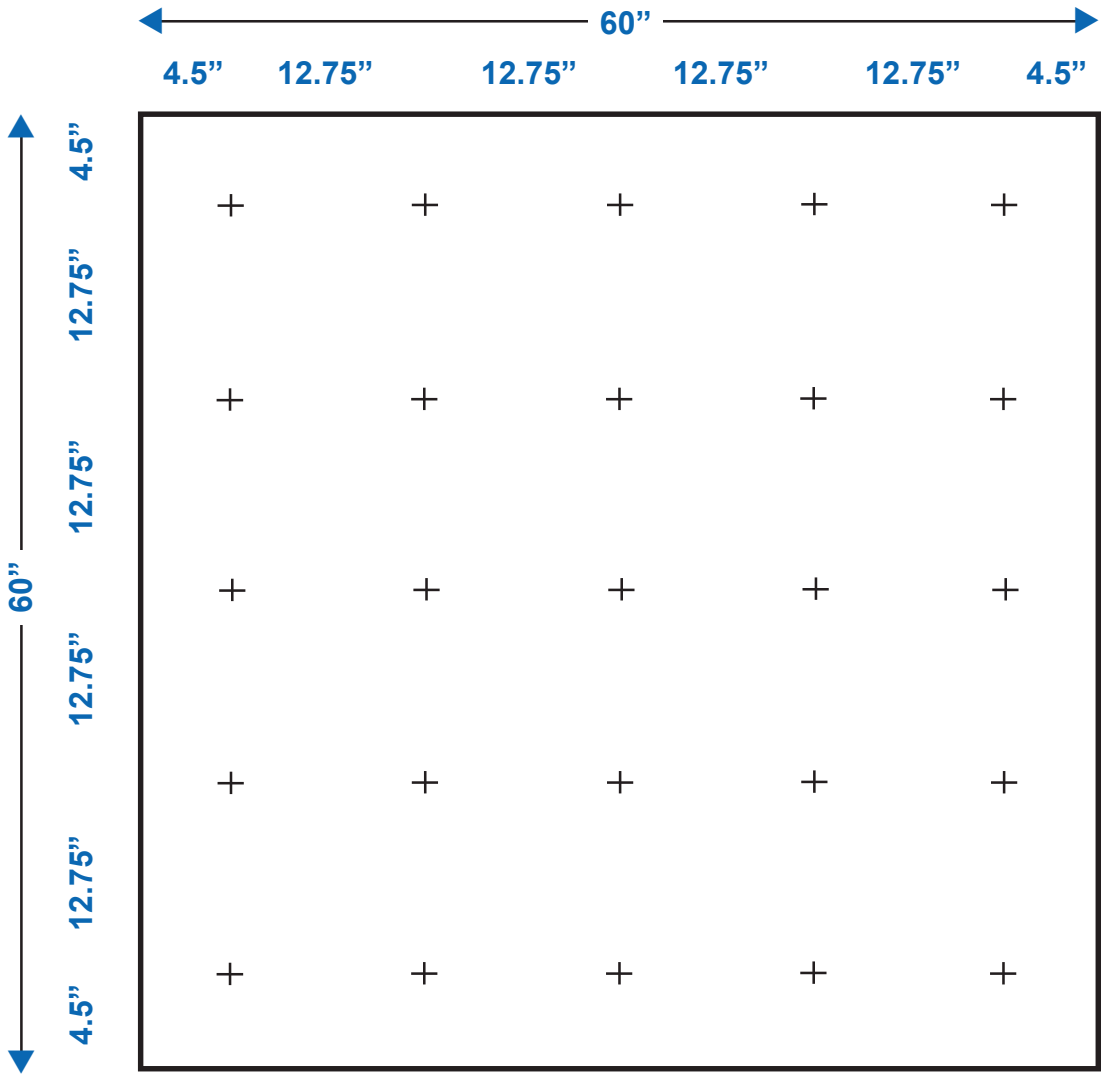
4) Flip the board over. Attach the cap—with the screw and washer—to the T-nut through the board. Repeat for all positions.



5) With a rubber mallet, tap the springs into the caps that are attached to the board. Tap a cap on the other end of the spring. Flip the board over. It is ready to be used. Caution: Some springs may have sharp burs on the ends; gloves are recommended.

Seller warrants that American Power Springs, as used for their intended purpose (gymnastics, cheer, martial arts and aerobic flooring) are free of defects in material and workmanship for a period of two years from date of purchase.

Spring Locations for 5’ x 5’ panels:



If you have chosen to add an optional extra row around the perimeter, the holes should be drilled at 1½” in (halfway between the edge of the board and the first row) along the boards that make up the perimeter of your floor.

Spring Locations for 4’ x 8’ panels: