








CARDIO	CROSS-FIT	FREE WEIGHT	KETTLEBELL	MARTIAL ARTS	TRX	WEIGHT LIFTING
						
<p>Cardio exercises are mainly applied with machines like treadmills. Mainly you don't need weights so you will need a basic but durable gym flooring because all gym machines like treadmills have vibration.</p>	<p>CrossFit is combined exercises sets of weight lifting, cardio, and body exercises. During CrossFit weight lifting exercises weights go up to 160-180 kgs and kettlebells also used. So you need a high density and protective rubber flooring for CrossFit gyms.</p>	<p>Free weight exercises are generally going parallel with cardio exercises. Free weights used up to 60 kgs. So you need a rubber flooring to keep your weights and gym equipment safe and to protect your base floor.</p>	<p>The kettlebell is a weight oriented body exercises series. Kettlebells used up to 40 kgs. So you need a rubber floor to keep your kettlebell weights safe and to protect your base floor.</p>	<p>Martial arts are body sports for defense and attack also widely used in army educations and training. Judo, Karate, Taekwondo, and Aikido are most popular martial arts. So for martial arts, you need a very soft floor to avoid injury risk of players.</p>	<p>With TRX training you don't need weights, with TRX training exercises you use your body weight. So you need a soft and anti-slip floor only to save your customers from accidents. You can choose gym flooring rolls with colors design.</p>	<p>Weight lifting is a passion always to lift more, weight lifting has different types like dead lift, squat and olympic weight lifting. So for weight lifting, you have to decide the maximum weights you are going to use. For weight lifting, you have to choose a high-density rubber flooring.</p>
TILES <hr/> Kangal BeFit Zero BeFit Zero Flecks BeCross BeCross Pro BeCross Flecks (15mm - 20mm)	TILES <hr/> Kangal BeFit Zero BeFit Zero Flecks BeCross BeCross Pro BeCross Flecks (15mm - 20mm - 25mm - 30mm - 40mm)	TILES <hr/> Kangal BeFit Zero BeFit Zero Flecks BeCross BeCross Pro BeCross Flecks (15mm - 20mm)	TILES <hr/> Kangal BeFit Zero BeFit Zero Flecks BeCross BeCross Pro BeCross Flecks (15mm - 20mm)	Tatami	ROLL <hr/> BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire (4mm - 6mm - 8mm - 10mm)	TILES <hr/> Kangal BeFit Zero BeFit Zero Flecks BePlatform BeCross BeCross Plus BeCross Pro BeCross Pro Flecks (25mm - 30mm - 40mm)
ROLL <hr/> BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire (6mm - 8mm - 10mm)	ROLL <hr/> BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire (10mm)	ROLL <hr/> BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire (6mm - 8mm - 10mm)	ROLL <hr/> BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire (6mm - 8mm - 10mm)			
Astroturf						
PRODUCTS LIST	Outdoor BeHobby BeFlex BeFlex EPDM BeGreen	Indoor Kangal BeFit Zero BeFit Zero Flecks BePlatform	BeCross BeCross Fire BeCross Pro BeCross Flecks BeCross Plus	AstroTurf BeRamp BeCorner Tatami	Rolls BeRoll Dynamic BeRoll Smyrna BeRoll Velvet BeRoll Fire	

