



TECHNICAL DATA SHEET

SIKA SILENT LAYER MAT 03 12.5M ROLL

Sika Silent Layer Mat is a footfall sound reducing polyethylene mat for use with SikaBond gun grade adhesives. 1 meter rolls, 3mm thick, available in 2 lengths.

Buy SIKA SILENT LAYER MAT 03 12.5M ROLL at
<https://www.spcsupplies.com/products/sika-silent-layer-mat-03-12-5m-roll/>

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<https://www.spcsupplies.com/shop/waterproofing/>

Admixtures and Building Chemical Supplies:

<https://www.spcsupplies.com/shop/admixtures-and-building-chemicals/>

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Wood Preservative Supplies:

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Sika Concrete Repair Products and Concrete Protection Products:

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Partner Links:

SD Sealants - <https://www.sdsealants.co.uk/>

Bettamix Concrete Manchester - <http://www.bettamixconcretemanchester.co.uk>

Concrete Chemical Admixtures - <http://www.concretechemicaladmixtures.com>

SIKA Silent Layer Mat

Product description

- Reduce walking sound
- Wood floor bonded directly to sub floor
- No outwearing of mat
- Can be walked on during installation.
- Quick and easy to lay
- Lower adhesive consumption.
- Suitable for common types of wood floors.
- Compensation of small substrate unevenness.

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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

Health & Safety

Storage

Shelf Life

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