And One takes single component gym floor finishes to the next level with its unmatched gloss levels and scuff resistance. If you are looking for an easy to use waterborne gym floor finish with professional results, And One is for you.

**Characteristics**
- Extreme high gloss and clarity
- Exceptional durability
- Great build, leveling and open time
- Superior chemical resistance
- No cross-linker to add, so no mixing and waste
- Quick dry times – 2 to 3 hours
- VOC does not exceed 200 g/L
- NMP Free
- APEO Free
- Prop 65 Compliant

**Recommended Uses**
- Basketball, racquetball, volleyball, squash & badminton courts,
- multi-purpose gyms, stages, aerobic and dance floors.

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**Technical Data**

- **Sheen Level:** (60°) gloss = 90+
- **Solid Content:** 32%
- **VOC:** does not exceed 200 grams per liter
- **Percent Cured:** After 24 Hours: 70%
- **Fully Cured:** 1 week
- **Shelf Life:** 1 year
- **Storage and Working Temperature:** 50° to 77°
- **Packaging:** 5 gallon pail & 1 gallon plastic bottle
- **Clean Up:** Water

**Application Characteristics**

- **Coverage Rate:** 450 - 500 square feet per gallon
- **Leveling:** Excellent
- **Defoaming:** Excellent
- **Dry Time:** 2 – 3 hours
- **Application Tools:** T-bar, cut-n-pad, roller, brush
- **Pot Life:** N/A, no hardener or crosslinker should be added
- **Clarity:** Milky white wet, dries with slight amber color
Advantage Coatings Tech products are produced using the highest quality ingredients. Our formulations are designed to provide exceptional performance and durability. Advantage waterborne formulations meet or exceed all state and federal clean air quality standards. And One contains less than 200 grams per liter - 2.1 lbs per gallon VOC (volatile organic compound).

New Floors and Sanding – 4 or 5 coat finish system
1. Sand and prepare floor using MFMA accepted practices.  
2. Make your final cut with 80-100-grit paper. Final screen with 80-100-grit screen.  
3. Vacuum thoroughly.  
4. If tacking is desired, only use water.  
5. Apply one coat of Sport Tone Sealer with T Bar (see Sport Tone Sealer back label or spec sheet for directions).  
**Abrasding Sport Tone is not necessary if next coating is applied within 48 hours.**  
6. Apply first coat of And One.  
7. Abrade And One with maroon pad and apply game lines and logos.  
8. Properly abrade games lines and logos and the second coat of And One if floor has sat longer than 48 hours.  
9. Apply final two coats of And One (apply a fifth coat if desired).

Recoating Floors – 1 or 2 coat finish system
Interview owner/custodial staff on types of floor cleaners used. Be certain floor is free from wax, oily residue and unapproved floor cleaners. These types of contaminations will limit the coatings adhesion characteristics and may cause finish failure. Prepare a test area if necessary.

Wet Scrubbing Steps
1. Sweep floor thoroughly to remove all dirt and grit. Vacuum edges of floor to remove dirt from bottom of base.  
2. **Using an auto scrubber** – Add ACT's Sport Scrub to auto scrubber and wet abrade with a maroon pad (320 grit) or 150/180 grit screen (do not use anything more aggressive than a 150 grit screen). Make sure vacuum squeegee is operational and removing dirty solution from the floor. **Using a buffer or swing machine** – Spray or wet mop ACT’s Sport Scrub on the floor. Wet abrade with a maroon pad (320 grit) or 150/180 grit screen (do not use anything more aggressive than a 150 grit screen). Extract solution with wet vacuum before it dries.

Dry Abrading Steps
3. Dry abrade with a maroon pad (320 grit) or used 150/new 180 grit screen  
4. **Tacking with an auto scrubber** – add ACT's Sport Scrub or water and clean entire floor. **Tacking without an auto scrubber** – use a larger microfiber mop or push broom with clean terry cloth towels. Tack with ACT’s Sport Scrub or water by wetting out the microfiber pad or terrycloth towel. Tack entire floor keeping the leading edge of the mop and rotate towels toward you to keep from re-depositing the dirt.  
5. **Wipe down perimeter of the gym and base boards with clean terry cloth towels.**

Finish Application
Stir And One for 5 minutes. Allow finish to equilibrate for 15 minutes before using.

Coverage rates & Dry times
Light weight t-bar 500 sq ft per gallon. Heavy weight t-bar 800 sq ft per gallon (never use a dry screen with heavy weight t-bar, swirl marks will be apparent). Dry times are 2 to 4 hours depending on conditions. Ideal drying conditions, 65-80° F, and 30-50% relative humidity. Higher humidity will slow dry times.

Applying finish
Pour a 5” bead of finish along the starting wall. Apply finish by going with the boards, and always keep a wet edge. Using the snow plow method work finish across the entire floor. To prevent lapping and missed areas, always keep that wet edge.

Second Coat & Intercoat Abrasion
It is not necessary to abrade in between coats of Advantage Coatings unless 48 hours has passed since the last coat was applied. If 48 hours has passed abrade with a maroon pad (320 grit). Then vacuum and tack floor before applying second coat.

Curing
100% cure is about 7 days in ideal conditions—80% after 1 day and 90% after 3 days. The floor is more susceptible to scuffing and marring with in the first 3 days. Resume activity after 5 days with good drying conditions. Do not wet clean the floor with in the first 7 days. Only dry mop/tack the floor. No walk off mats with in the first 7 days.

Clean Up
Clean all applicator tools with water and store in an air tight container.

Maintenance
Always use Advantage's Pro Sport Clean. Visit advantagecoatingstech.com to download the latest maintenance procedures.

Stability and Storage
One year shelf life on unopened container. Store in a climate controlled environment at room temperature. Do not freeze. Nonflammable

Note: There are no expressed or implied warranties, including warranties of merchantability or fitness for a particular purpose. Buyers remedies are limited to replacement or refund of purchased price. Manufacturer assumes no liability for injuries, incidental or consequential damages. User shall determine suitability or product for intended use.