

Metro Series Sauna

installation instructions



Please immediately check for any hidden damage that may have occurred in shipping. If any damage is found you must notify the delivering carrier within seven days.

A few minutes with the following instructions will insure quick and proper assembly, and many years of enjoyment and relaxation. By reviewing all the instruction steps ahead of time, you will have a better feel for the whole process.

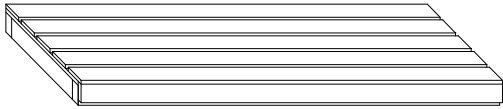
Your sauna package will arrive on a stretch-wrapped pallet including a stack of pre-built panels, benches, and boxes with the heater and accessories.



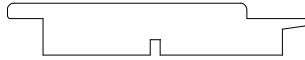
Your sauna can be placed on concrete, tile, linoleum, or any surface that does not absorb water. Do not install the sauna on carpeting.

- Hammer or pin nailer
- Handsaw and mitre box (for wood trim installation)
- Drill or cordless screwdriver
- Tape measure
- Square
- Level
- 3/8" wood bit (if sauna room has an L-bench)
- Note: Torx bit is provided

Accessories

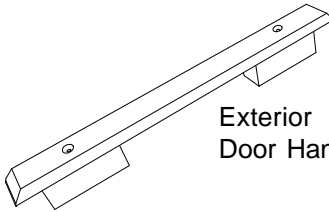


Bench

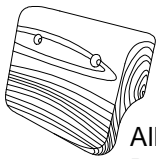


Electrical Access Board

Note: Half of the groove has been removed for easy installation



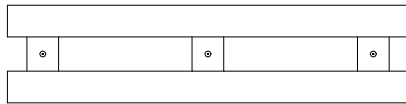
Exterior Door Handle



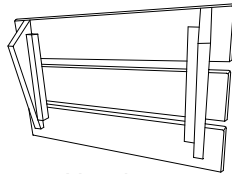
All-Glass Door Handle



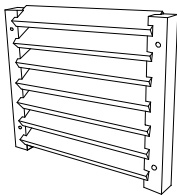
Duckboard



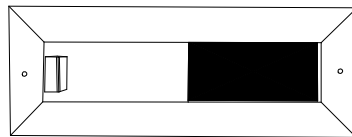
Backrest



Headrest



Vent Cover (Exterior)



Vent Cover (Interior)

Trim Profiles



Cove Molding (Interior & Exterior)



Cove Molding (Interior & Exterior)



Secondary Facia Trim (Exterior)



Primary Facia Trim (Exterior)

Hardware Package



2" Torx Screws

1-1/2" Stainless Steel Screws

Carriage Bolts (for saunas with L-benches)

Washers & Nuts

Finishing Nails

3" Torx Screws

Torx Bit

Wood Joiners

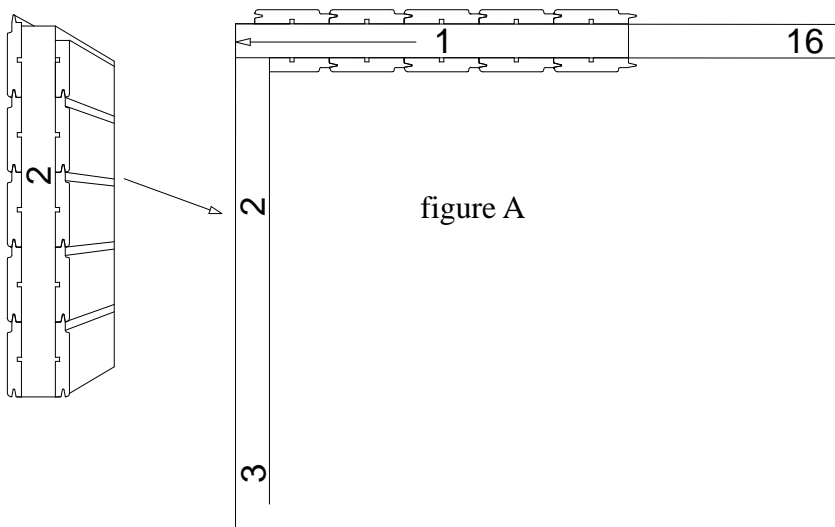
BASE FRAME ASSEMBLY

- 1 Position the base frame on the floor with the numbers facing up (photo 1a). The numbers correspond to the numbers on the wall panels that will be placed on the base frame in a later step.
- 2 It is recommended to use a sealant (not included) between the base frame and floor to act as a moisture barrier.
- 3 If necessary, shim the base frame to make it level.
- 4 Screw the base frame together where the changing room and sauna room join, and where the deck attaches to the rest of the room,

WALL PANEL INSTALLATION

Your wall panels will now go on the base frame in the sequence they are stamped. Refer to your particular room drawing for proper sequence.

- 5 Your panel installation will begin in a corner where one panel will be aligned flush with the outside of the base frame (figure A, panel 1) and the other will then butt into it (panel 2). Starting with panel #1, set it on the base frame making sure not to damage the tongue & groove (T&G) boards.



- 6 Align your panels so they are perfectly flush with one another and fasten them together with the provided 3" torx screws. Holes are pre-drilled and counter-sunk.





7 Continue setting your wall panels on the base in the order they are numbered. When joining panels that are not at corners, it is necessary to tilt the top of the panel to get the T&G alignment started at the bottom and then bring it forward for an easy, tight fit.

8 Fasten non-corner panels together at the top using one 3" screw. Holes are pre-drilled.

9 To join the wall panels together at the peak, use the provided wood fasteners.

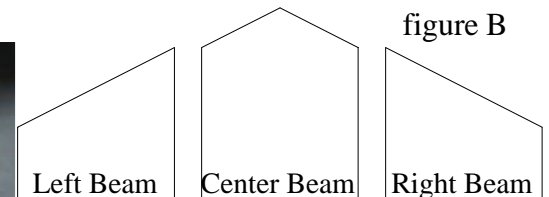
10 Continue putting the remaining outside wall panels in place, fastening them together as done in previous steps.



ROOF BEAM ASSEMBLY

Before installing the center wall, or completing the front it is necessary to install one of the roof beams to square up the standing panels.

11 Each of your 3 beams will come in 2 sections (photo X). Note the different profiles (diagram B)



12 Fit the 2 sections together and fasten them with 3" screws. It is necessary to run the screws in at an angle so they will not protrude out the other side.



13 Lift the completed beam onto the top of the panels fitting it between the T&G. Make sure it is pushed towards the back of the room as far as possible so the trim work on the beam touches the T&G of the front wall panel.



14 Fasten the beam to the wall panels with 3" screws. Put at least two screws in each of the wall panels it sits upon.

15 Put your center/interior wall panels into place in the same manner as the others. Use wood fasteners at the tops to hold them together.

16 The remainder of the wall panels can be installed to finish up the front of the sauna. Join the corner panels together with 3" screws as was done with the others.

17 From the inside of the room, note the various notches cut out of the T&G at the bottoms of the panels. Through these notches, fasten the wall panels to the base frame with 3" screws through the panel framework and into the base-frame at an angle.

18 Assemble the two sections of your center beam similar to what was done in step 12. See figure B for beam profiles.

19 Place the center beam on top of the center panel as was done with the side beams again making sure to push it back as far as possible for proper alignment.

20 Make sure your center beam is seated tight against the top of the panels. Fasten your 4 panels, that make up the peak, to the center beam through the four pre-drilled holes using 3" screws.

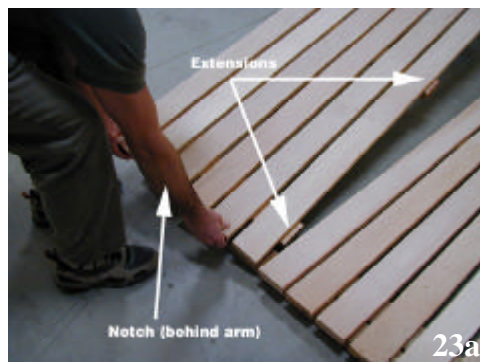
21 Assemble your remaining side beam and install it as was done for the other side.

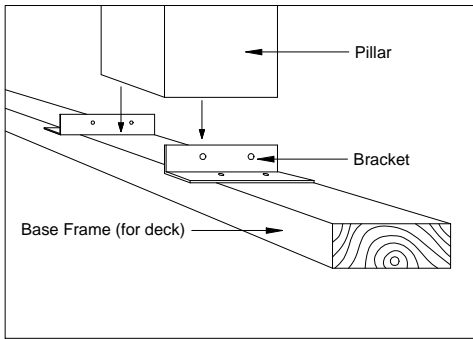


DECKING & PILLAR ASSEMBLY

22 The decking may come in two sections; the front having two notches to accommodate the supporting pillars. Place your back decking up against the front wall of the sauna and drop it into place on the base frame.

23 The front decking will have short extensions on the framework to keep a consistent gap between the two sections. Orient the front decking with these extensions toward the back decking and drop it into place on the base frame. It is not necessary to fasten your decking to the base frame.





Locate the 4 steel L-brackets found in the hardware pack. These are used to secure the bottom of the pillars to the base frame. Two brackets will be used for each pillar. Holes are pre-drilled in the base frame.

25 Remove the pillars and also the front section of decking.

26 Now replace the pillars and align them on the marks that were just made. Making sure they are squared up to the room, fasten the pillars to the base frame with the angle brackets using provided 2" screws. There is one bracket for each pillar.



27 Towards the bottom of the pillar, take a measurement from pillar to front face of sauna and make note of it. Align the top of your pillar to the dimension you just noted making it square with the room.

28 Fasten the side beam to the pillar using two 3" screws. Holes are pre-drilled

29 Repeat these steps to install the remaining pillar.

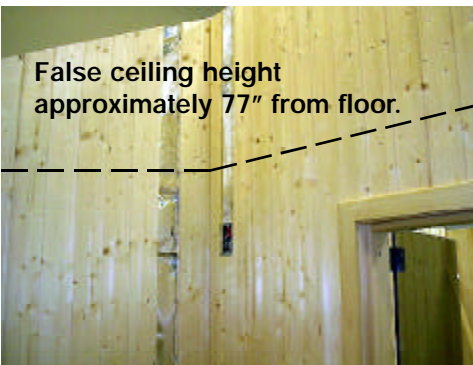
30 Replace your front section of decking.

ELECTRICAL INSTALLATION

Typically the supply wires to the sauna system and lighting circuit will enter the room on the rear exterior wall. (Refer to Sauna Heater Installation Manual for specific wire information.)

Lights may be operated from the sauna control or from an independent light circuit depending on the sauna system.

Inside the sauna side of your room, (some versions also have a changing room) there will typically be a false ceiling at about 77" from the floor.

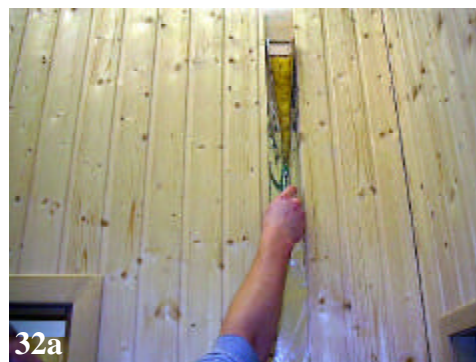
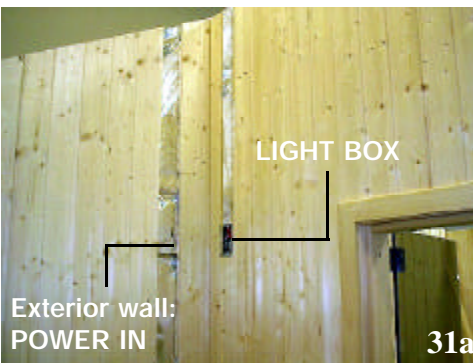


31 Electrical boards will be labeled or left open to allow ease of electrical wiring. Use the access boards to route wires to the lights, controls, and heater. Wiring can be ran above the false ceiling.

32 Cut through the foil vapor and move the insulation aside to expose the panel framework.

33 Electrical installation should be completed by a qualified Electrician.

34 Once the wiring is complete, cover the electrical accesses with the provided boards and pin-nail to fasten.



CEILING PANELS

35 Locate your roof panels; they are labeled on the peak as to where they are to be installed. Typically you will have 3 panels per side depending on which Metro Series Sauna model you have.

Depending upon your situation, it may work best to install your roof panels from back to front maintaining a standard 8" overhang in back.

36 Lift your back panel onto the side walls making sure to have someone supporting it from below. With another person inside the sauna on a ladder, feed the panel up and align it with the peak.

37 Square up the panel with your room and fasten it to the center and side ceiling beams with three 3" torx screws at both the top and bottom.

38 If your panels rest on either the front or back walls, you will also need to fasten it there running the screws through the internal framework of the panel.

39 Install the remaining panels locking the tongue & groove together along the sides.



ROOFING MATERIAL

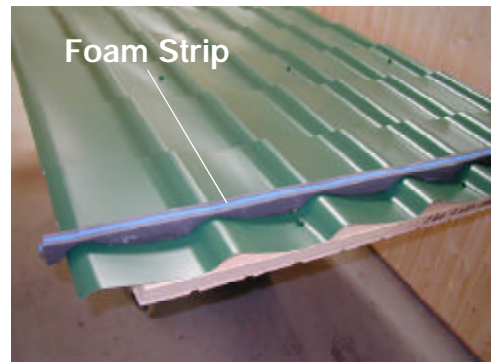
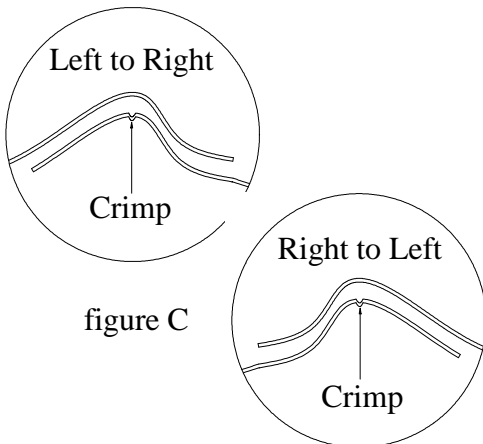
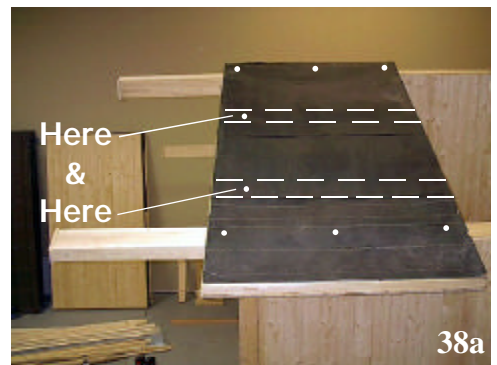
Your roof can be finished with various materials, asphalt shingles, cedar shingles or corrugated steel.

Corrugated Steel Roofing (if so equipped; if not, apply your roofing material and continue with step #??)

IMPORTANT: Do not remove the foam strips from the steel sheets since it is NOT packaging material.

All your steel sheets are identical in size and form but it is important to align them properly dependent on which side of the room you are on. For the right side of the room (if facing the front) install your sheets with the crimped corrugation always to your left and vice-versa for the left side. The crimped corrugation will always be overlapped by the next steel sheet. See Figure C and the photos below.

Your sheets will be oriented so the foam strips on the top/painted side of the steel sheet are at the top of the roof and the foam strips on the bottom side of the panel are towards the bottom of the roof.





40a

40 Slide your first steel sheet onto the ceiling aligning it with the peak of your roof. If the sheet is for the front of the room it will overhang the front panel by 2" and the same for the back????



41a

41 Using the provided 2" goofy screws, fasten the steel to the roof panels by running the screws through the low part of the corrugation and into the panel framework. It is recommended to put screws at every 2"

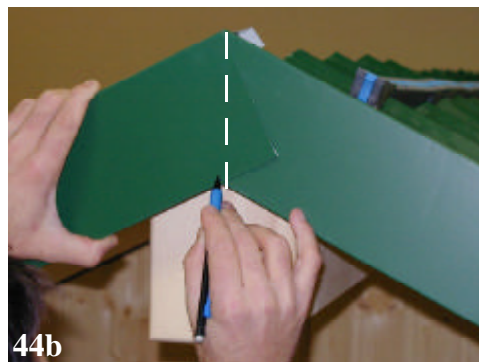
42 Taking into consideration the overlap orientation described earlier, install your remaining steel sheets.



42a

43 Install one of the pieces of steel fascia on the gable-end of the roof so the top edge of it aligns with the peak of the roof. Fasten it with the provided screws, on the top side, making sure it is anchored to the panel framework. Screws should be used at 2" intervals.

44 Place the second piece of fascia along the roof, again aligning it with the roof peak. With a pencil, and preferably a level, mark a vertical line running down from the peak. Cut this corner off the fascia.



44b

45 Re-position your this piece of fascia and fasten it as was done in step 42.

46 Repeat the fascia installation steps for the back of the room also.



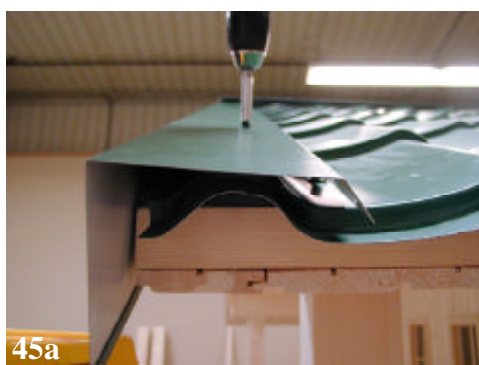
43a



44c



44a



45a

47 Find the pre-cut ridge cap and place it on the peak of the roof. Align it so the overhang in front and back are equal.

48 Using the 1/2" screws. Fasten your ridge cap by running screws through the steel fascia and into the panel framework. Do not over-tighten the screws or you may kink the steel.

WOOD TRIM

Some trim comes in 2 pieces due to their length. In most cases these two pieces will each be mitered at one end and cut at 90° on the other. The mitered ends will be joined at the center to create an inconspicuous seam.

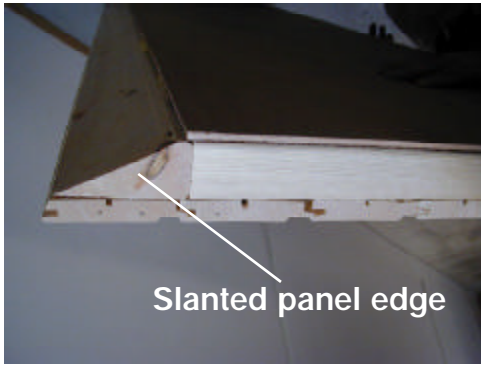
49 Locate your primary fascia trim as shown on page 1. Install it under the overhanging roof material and fasten it preferably with a pneumatic pin-nailer or provided finishing nails.

50 Locate your secondary fascia trim as shown on page 1. Install it under the roof overhang where the primary fascia meets the T&G from the roof panel. Fasten it preferably with a pneumatic pin-nailer or finishing nails.

51 Install cove molding on each side of the room where the roof overhang meets the wall panels.

52 Install cove moulding on the gable-ends of your room & also the interior of the changing room, if so equipped.





FALSE CEILING (SAUNA SIDE)

If so equipped, you may have a false ceiling on the sauna-side of the room which reduces the cubic footage of this space allowing your sauna to operate efficiently.

Standard cove molding will be used to support your false ceiling.

One side of each of your ceiling panels will be cut at an angle to match up with the slanting ceiling.

53 On all 4 walls, fasten the cove moulding so the top edge is approximately 1/8" down from the interior T&G.

54 Place one ceiling panel on the cove moulding making sure the T&G is facing down.

55 Lift the remaining panel into place, tipping it to lock the T&G together with the other panel.

INTERIOR ELEMENTS

56 Cover the holes in the T&G along the base with the provided T&G shorts. Note that 1/2 of the groove has been removed for easy installation as was done with the electrical access.

57 Making sure it is level, fasten the interior vent cover to the interior of the sauna wall with the provided 2" stainless steel screws. Align it so when opened it completely exposes the vent hole.

58 Similar to the above step, fasten your exterior vent cover to the outside of the room



59 Fasten your 2x4 bench supports to the interior walls of the sauna and changing room (if equipped) with the provided 3" torx screws. Holes have been pre-drilled through the supports and refer to the pencil marks on the interior walls for proper location and orientation.

60 Refer to your room drawing to find proper bench location and place your benches on the supports.

If your room contains an L-Bench...

Two 3/8" holes have been drilled through the frame of the L-bench. With the top of the benches aligned, use a 3/8" drill bit and drill through the 2 provided holes and through the face of the main bench. Bolt the two benches together using the 5-1/2" carriage bolts provided.

BACKREST INSTALLATION

Position it so the backrest is in the mid-back/shoulder blade area... whatever feels most comfortable. A standard height is 20" from top of bench to top of backrest.

61 Making sure it is level, hold the backrest at your preferred height (generally 20" from top of bench to top of backrest) and fasten it to the wall through the predrilled holes using 2" screws. Wood plugs are provided to cover the exposed screw head.

62 Refer to "All Glass Door Handle Addendum" for installation steps.

