Regupol ProBase on Woodframe
Nail down hardwood

- Resilient Caulk
- Nail down solid Hardwood
- 2 layers of 1/2" plywood
- ProBase
- 3/4 to 1 1/2" gypsum topping
- 3/4" plywood sub floor
- 5/8" Gypsum Board
- Resilient Channel
- Batt Insulation