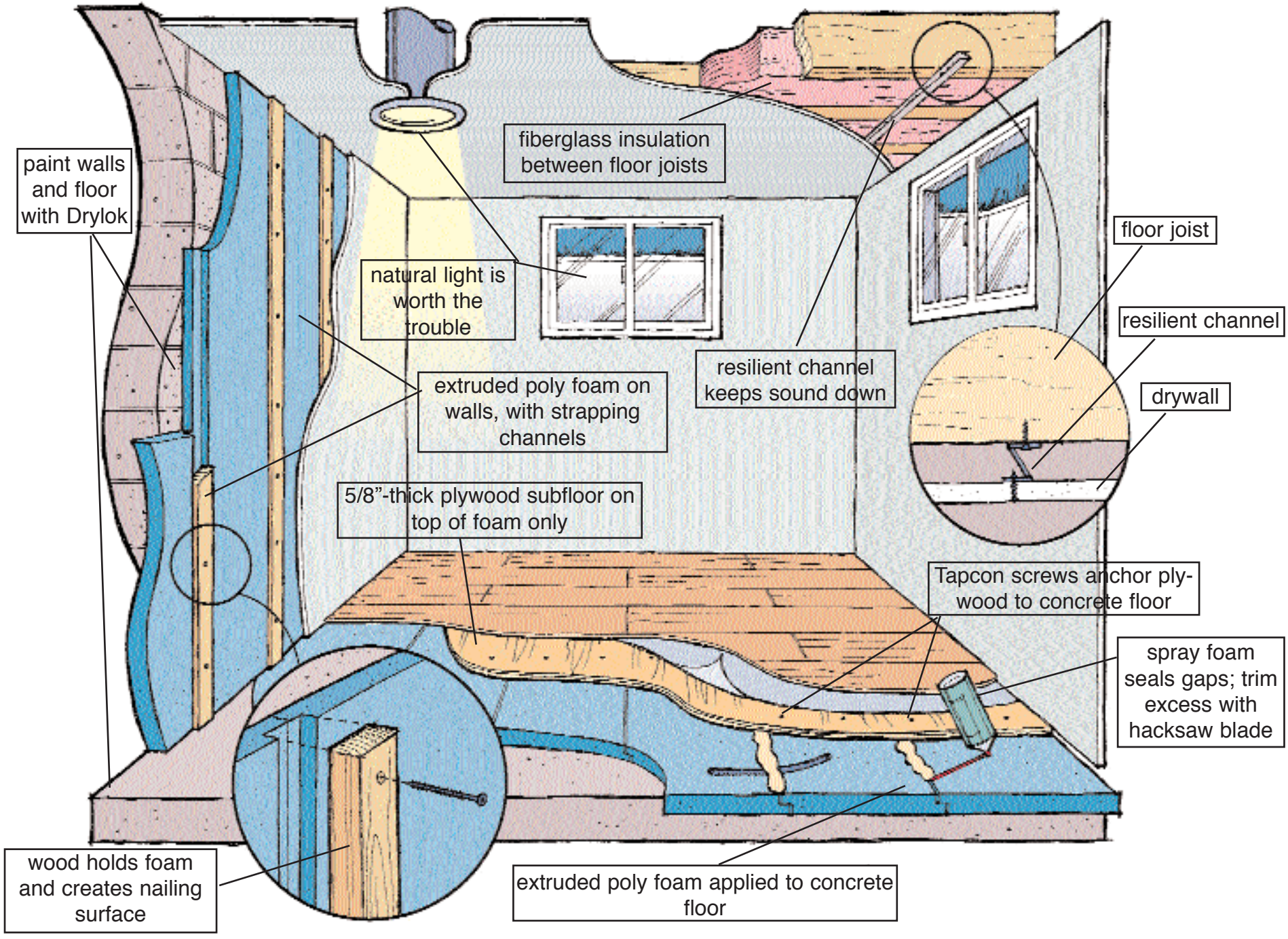
fiberglass insulation between floor joists
paint walls and floor with Drylok
natural light is worth the trouble
floor joist
resilient channel
resilient channel keeps sound down
drywall
extruded poly foam on walls, with strapping channels
5/8”-thick plywood subfloor on top of foam only
Tapcon screws anchor ply-wood to concrete floor
spray foam seals gaps; trim excess with hacksaw blade
wood holds foam and creates nailing surface
extruded poly foam applied to concrete floor