

AQUAPRO AX AND EX OWNER'S MANUALS



HYDROPOOL
hot tubs • swim spas
THE WATER IS CALLING.





AQUAPRO AX OWNER'S MANUAL

TAKE CONTROL OF YOUR PERFECT
BACKYARD AQUATIC CENTER



HYDROPOOL
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THE WATER IS CALLING.

ALL HYDROPOOL AQUATIC SERIES AQUATRAINER SWIM SPAS ARE EQUIPPED WITH THE AQUAPRO AX CONTROL.

That provides two Users Programs and two Preset Programs; Hill Climb and Interval Program. The swim current ranges from 0 to 6 kph (0 - 3.73 mph) with ten speed levels. The control also tracks your Calories, Time, Distance, Speed and provides visual motivation for the swimmer. The control is adjustable to the level of any swimmer from the novice to the triathlete.

14AX Swim Spa Model



17AX Swim Spa Model



19DTAX Swim Spa Model




HYDROPOOL
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AQUAPRO AX OWNER'S MANUAL

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SECTION ONE: CONTROL / QUICK OVERVIEW

THE PERFECT WAY TO SWIM EVERY DAY.

The AquaPro AX Control gives provides two Users Programs and two Preset Programs; Hill Climb & Interval Program. The swim current ranges from Zero to 6 kph (0 - 3.73 mph) with ten speed levels. The control also tracks your Calories, Time, Distance, Speed and provides visual motivation for the swimmer. The control is adjustable to the level of any swimmer from the novice to the triathlete.

KEYPAD LEGEND:

- 1 PROGRAM BUTTON:** Set your User Profile and/or choose your program.
- 2 WARM UP BUTTON:** Activates Buoyancy Jet.
- 3 QUICK START BUTTON:** Activates both swim jets and lights.
- 4 DISPLAY BUTTON:** Displays Time, Speed Level and Distance.
- 5 PAUSE BUTTON:** Pauses all functions for 2 Minutes.
- 6 SPEED LEVEL DOWN BUTTON**
- 7 SPEED LEVEL UP BUTTON**





SECTION TWO: CONTROL / WARM - UP

- A** STRETCH ON OUTSIDE OF SWIM SPA to Avoid Injury.
- B** If you plan on **SWIMMING AGAINST WARM-UP CURRENT**, prepare you swim cap and goggles.
- C** **TURN DIVERTER VALVE TO ACTIVATE THE SWIM END** this will start the bouyancy jet.
- D** **ACTIVATE WARM-UP BUTTON 2** (by Pressing it)

KEY BENEFITS TO WARMING UP

- 1. INCREASED BODY TEMPERATURE:**
Improves muscle elasticity, which is a key factor in reducing the likelihood of muscle pulls & strains.
- 2. INCREASED MUSCLE TEMPERATURE:**
During a warm-up, the temperature of the muscles increases, which means that the muscle will relax and contract more effectively making for greater speed and strength. This also means, it is much less likely for the muscle to be pulled or over stretched. So the chance of injury is reduced.
- 3. DILATION OF BLOOD VESSELS:**
Dilated blood vessels will allow more blood to reach the muscles easier.
- 4. HIGHER BLOOD TEMPERATURE:**
As the blood travels through the muscles, its temperature rises. When blood is warmer, it can carry more oxygen, meaning by raising blood temperature more oxygen can be made available to the muscles.
- 5. GREATER RANGE OF MOTION:**
As joints and muscles warm-up, they become more flexible and the range of motion is improved.





SECTION THREE: CONTROL / QUICK START



- A** ACTIVATE QUICK START BUTTON
- B** ADJUST SPEED LEVEL BUTTON up or down to select speed.
- C** START Swimming.
- D** TIMER WILL COUNT DOWN from 30 Minutes.

LETS GET STARTED...

1. The **QUICK START BUTTON** activates both swim jets and lights at the same time.
2. **ALLOWS** swimmer to jump in a get swimming immediately.
3. **START SWIMMING** towards the light to keep you in the channel.

SECTION FOUR: CONTROL / USER PROFILES



PROGRAMMING THE USER PROFILE:

1. Press the **PROGRAM BUTTON 1** once to access the user profiles. then use the **PROGRAM BUTTON 1** to scroll through **User 1 (USR1)**, **User 2 (USR2)**, **Custom (CUSE)** profile settings.
2. Once you have chosen your User Profile.
3. Press and hold the **PROGRAM BUTTON 1** for 5 seconds to customize that User profile.
4. The first screen is **SELECT THE UNITS (USA or INT)** will appear, you can toggle between each using the **UP AND DOWN ARROW BUTTON 6/7**. Select the units by pressing the **PROGRAM BUTTON 1**.
5. The second screen you will see is to select your weight in kg or lbs depending on the units you selected (in Step 4). **SELECT YOUR WEIGHT** by using the **UP AND DOWN ARROWS 6/7**, then press the **PROGRAM BUTTON 1**.

6. The third screen you will see **SELECT THE TIME** (the Duration of your Swim or Run). Use the **UP AND DOWN ARROWS 6/7**, then press the **PROGRAM BUTTON 1** to confirm the time.
7. Once you have completed your Selections, **the APro (RPro) screen will appear.**
8. **You will see IntL (IntL) or HCLb (HCLb) if you have scrolled to far under the User Profiles. These are Preset Programs, that you will access once you have set-up your User Profile.**

IntL (IntL) is Interval Training Program
HCLb (HCLb) is the Hill Climb Program

Please refer to these Preset Programs on Pages 13 -14 on how to activate them.

CONTROL OF YOUR SWIM...

STEP ONE, USING THE WARM UP BUTTON 2

1. **DO STRETCHES** outside of swim spa first to avoid any injury.
2. **TURN DIVERTER VALVE C TO SWIM END** this will start buoyancy jet at the swim end.
3. Activate **WARM-UP BUTTON 2**. The warm-up countdown will begin.
4. **THEN RUN OR SWIM** against warm-up current.

STEP TWO, USING THE QUICK START BUTTON

1. Activate **QUICK START BUTTON 3**.
2. **LIGHTS AND SWIM JETS WILL TURN ON** immediately. Adjust **SPEED LEVEL BUTTON UP OR DOWN 6/7** to select speed.
3. **START SWIMMING.** Timer will count down from 30 Minutes.



STEP THREE, USING THE PAUSE BUTTON 5 AND PRESSING IT ONCE...

Shuts off the jets for 2 minutes. **PRESSING TWICE** If your 2 minutes are not up yet, it starts the jets back up again and retains all of the information accumulated. If the button is not pressed within the two minutes the system will reset all information.

STEP FOUR, BY USING THE DISPLAY BUTTON 4 PRESS IT ONCE...

This rotates the display between time, distance & speed level. **PRESSING TWICE** locks the display with what you would like to view.

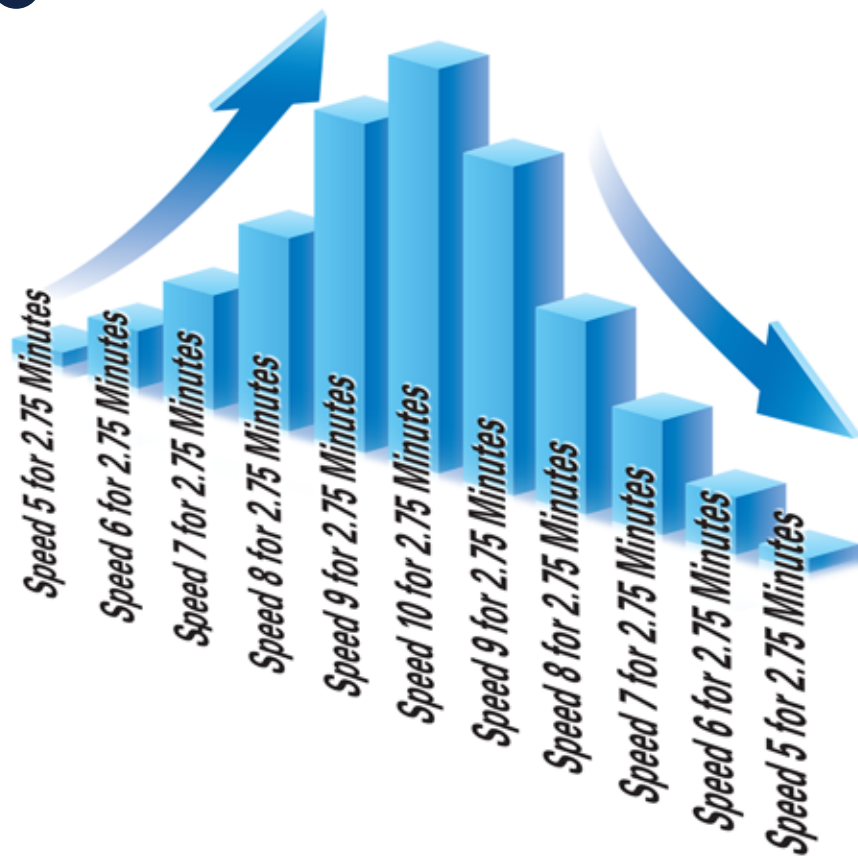
STEP FIVE, USING THE SPEED LEVEL BUTTON 6/7

Using the **UP AND DOWN ARROWS BUTTON 6/7** allows you to select a Speed Level from 1-10. Refer to Page 11 for Speed Levels Ratings.

SECTION FIVE: CONTROL / THE HILL CLIMB PROGRAM

LETS GET STARTED...

1. Press the **PROGRAM BUTTON** ①, to scroll through **User 1 (U_{Sr1})**, **User 2 (U_{Sr2})**, **Custom (C_{USt})** profile settings to get to the Hill Climb Program **HCLb (HCLb)**.
2. Once you have chosen the Hill Climb Program. Press the **QUICK START BUTTON** ③, to access the Program.
3. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ choose your User Profile **User 1 (U_{Sr1})**, **User 2 (U_{Sr2})**, **Custom (C_{USt})**.
4. Press the **QUICK START BUTTON** ③, to confirm your User Profile.
5. Now choose your **Low Speed Setting (L_D)** this ranges from levels 0 – 10. Refer to chart below. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ to select the low speed for the program.
6. Press the **QUICK START BUTTON** ③, to program the **High Speed Setting** from 10 - 1.
7. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ to select the high speed for the program.
8. Press the **QUICK START BUTTON** ③, to start the program which will begin with a 15 second count down timer before the program begins so that the swimmer can get in place and be ready to swim.



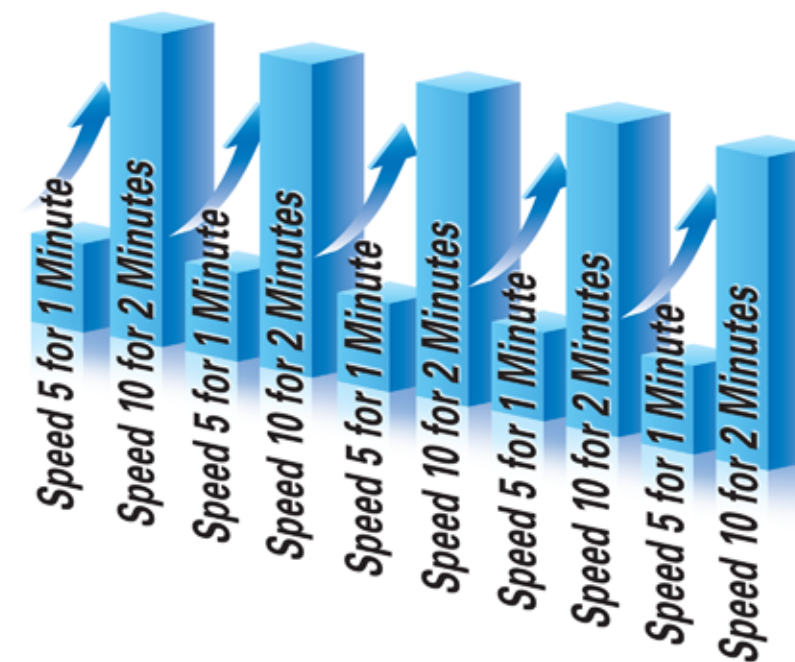
FOR EXAMPLE:
Minimum of 5 Levels
to a Maximum of 10
Levels...

SPEED 5 FOR 2.75 MINUTES
SPEED 6 FOR 2.75 MINUTES
SPEED 7 FOR 2.75 MINUTES
SPEED 8 FOR 2.753 MINUTES
SPEED 9 FOR 2.75 MINUTES
SPEED 10 FOR 2.75 MINUTES
SPEED 9 FOR 2.75 MINUTES
SPEED 8 FOR 2.75 MINUTES
SPEED 7 FOR 2.75 MINUTES
SPEED 6 FOR 2.75 MINUTES
SPEED 5 FOR 2.75 MINUTES
OFF

SECTION SIX: CONTROL / THE INTERVAL PROGRAM

LETS GET STARTED...

1. Press the **PROGRAM BUTTON** ①, to scroll through **User 1 (U_{Sr1})**, **User 2 (U_{Sr2})**, **Custom (C_{USt})** profile settings to get to the Interval Program **IntL (IntL)**.
2. Once you have chosen Interval Program. Press the **QUICK START BUTTON** ③, to access the Program.
3. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ choose your User Profile **User 1 (U_{Sr1})**, **User 2 (U_{Sr2})**, **Custom (C_{USt})**.
4. Press the **QUICK START BUTTON** ③, to confirm your User Profile.
5. Now choose your **Low Speed Setting (L_D)** this ranges from levels 0 – 10. Refer to chart below. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ to select the low speed for the program.
6. Press the **QUICK START BUTTON** ③, to program the **High speed Setting** from 10 - 1.
7. Press the **UP AND DOWN ARROW BUTTON** ⑥⑦ to select the high speed for the program.
8. Press the **QUICK START BUTTON** ③, to start the program which will begin with a 15 second count down timer before the program begins so that the swimmer can get in place and be ready to swim.



FOR EXAMPLE:
Minimum of 5 Levels
to a Maximum of 10
Levels...

1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
1 MINUTE AT SPEED 5
2 MINUTES AT SPEED 10
OFF

SECTION SEVEN: SPEED LEVELS



SPEED LEVEL BAR 8 graph in the display contains 10 mini bars and the number of bar displayed correspond to the swim speed level. It is always displayed except during speed level adjustment.

SPEED LEVELS IN SWIM SPA	IN THE SWIM AREA	PACE / 100 M
LEVEL ONE:	.6 KM/H OR .37 MPH*	10:00 MIN.
LEVEL TWO:	1.2 KM/H OR .74 MPH*	5:00 MIN
LEVEL THREE:	1.8 KM/H OR 1.1 MPH*	3:20 MIN
LEVEL FOUR:	2.4 KM/H OR 1.5 MPH*	2:30 MIN
LEVEL FIVE:	3.0 KM/H OR 1.9 MPH*	2:00 MIN
LEVEL SIX:	3.6 KM/H OR 2.2 MPH*	1:40 MIN
LEVEL SEVEN:	4.2 KM/H OR 2.6 MPH*	1:25 MIN
LEVEL EIGHT:	4.8 KM/H OR 2.9 MPH*	1:15 MIN
LEVEL NINE:	5.4 KM/H OR 3.5 MPH*	1:06 MIN
LEVEL TEN:	6 KM/H OR 3.73 MPH*	1:00 MIN

* Because the valve opening versus water current is not linear, each valve traveling time for each position is calculated from a percentage of total valve run time. Tab below shows the percentage of time (from close position) for each swim speed level the valves have to move to go to the correct position. Hence, calculation of km/h/mph is approximate.

SECTION EIGHT: Q&A's

Q: Is the Distance Accurate?

A: The speed is an approximation based on the calculation provided on Page 15.

Q: Is the Calculation of Calories Correct?

A: The Calculation of Calories is approximate based on the formula below:

Swimmer calories burned calculation depends of the swimmer weight, the working intensity (swim speed level) and swimming time performed:

Calorie = (weight * time) / intensity and intensity = 1900 – (60* SP)

Where: **Cal** = Calories burned

Weight = Swimmer weight entered in program mode (in lbs) *

Time = Swimming time performed (in second)

SP = Swim speed level (in km/h)

*Note: If swimmer weight is entered in kg, the value is converted in lbs before calculation.

Q: What are the Factory Pre-Sets for Time and Calories if I don't input them?

A: 30 Minutes and 150 lbs.

Q: What happens if the flow rate out of my Swim Jets is not balanced?

A: There is a Learn program to re-calibrate the jets. Call your local retailer for instructions.





AQUAPRO EX OWNER'S MANUAL

TAKE CONTROL OF YOUR
SWIM WITH THE VFX SWIM
CONTROL SYSTEM



HYDROPOOL
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THE WATER IS CALLING.

HARNESS THE POWER OF WATER WITH THE EXECUTIVE TRAINER SWIM SYSTEM.

HydroPool's Executive Trainer Swim Spas are equipped exclusively with a fully programmable VFX Control that has four user programs and four preset programs, giving the user the ability to dial in the perfect swim. The patented V-Twin jets delivers the smoothest and most predictable swim current in the industry.

16EX Swim Spa Model



19EX Swim Spa Model




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AQUAPRO EX OWNER'S MANUAL

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PAGE 30: SECTION ELEVEN: Q & A's



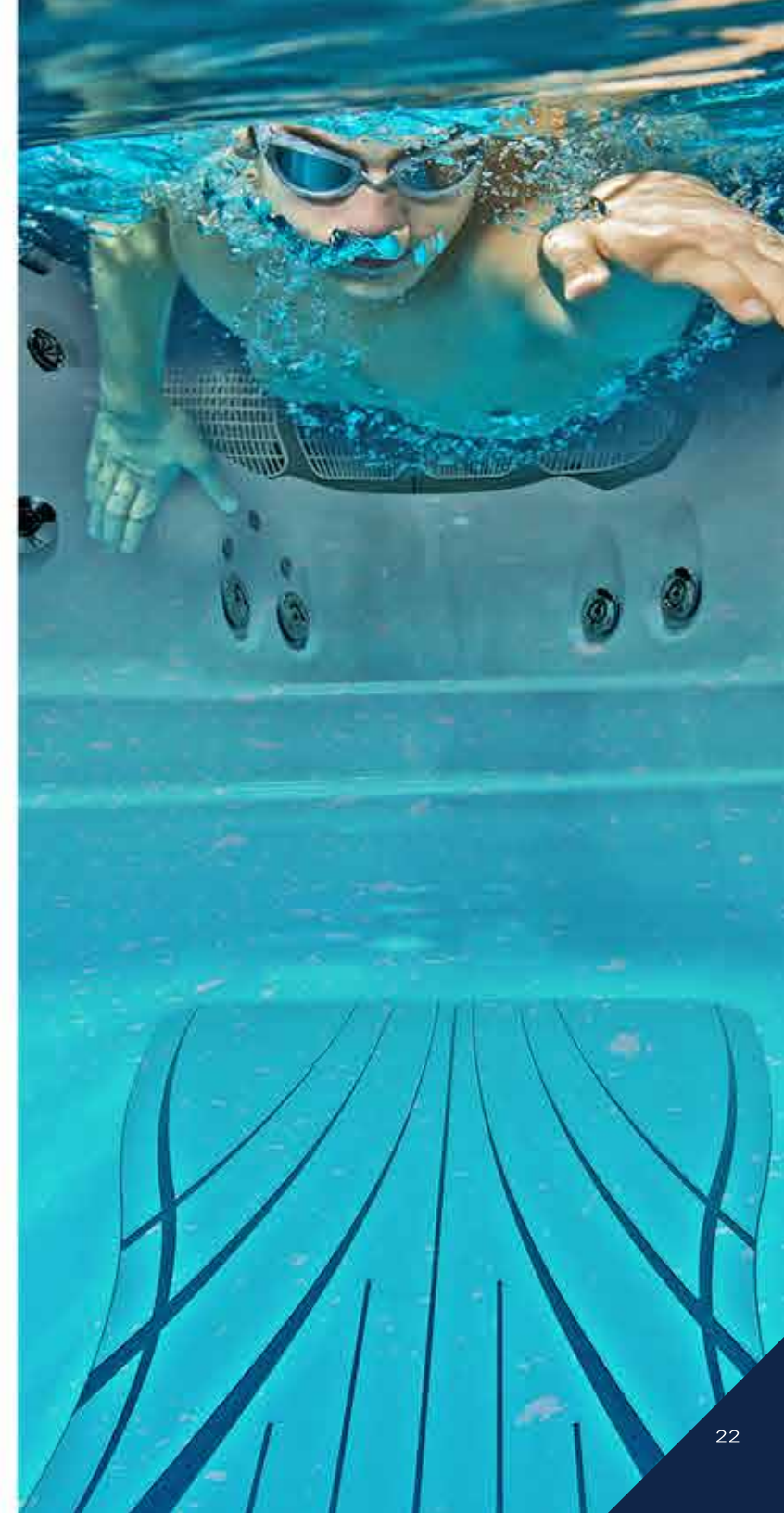
SECTION ONE: CONTROL / QUICK OVERVIEW

TAKE CONTROL OF YOUR SWIM WITH THE VFX SWIM CONTROL

The AquaPro EX Control gives you the ability to simultaneously adjust the speed of both V-Twin Jets from 0 to 6.56 kph (0 – 4.07 mph) and can be adjusted for anyone from a novice level to a triathlete. This is the first swim spa with built-in treadmill technology that can track your speed, distance, time training and calories burned.

KEYPAD LEGEND:

- 1** **START/STOP:** Activates Both Swim Jets and Lights and deactivates them.
- 2** **PAUSE/RESUME:** Pauses all functions for 2 Minutes.
- 3** **WARM-UP BUTTON:** Activates Buoyancy Jet.
- 4** **PROGRAM BUTTON:** Program your swim.
- 5** **SPEED DOWN**
- 6** **SPEED UP**





SECTION TWO: CONTROL / WARM-UP

HERE IS HOW TO BEGIN YOUR WARM-UP...

1. BEFORE YOU BEGIN YOUR WARM-UP, DO STRETCHES

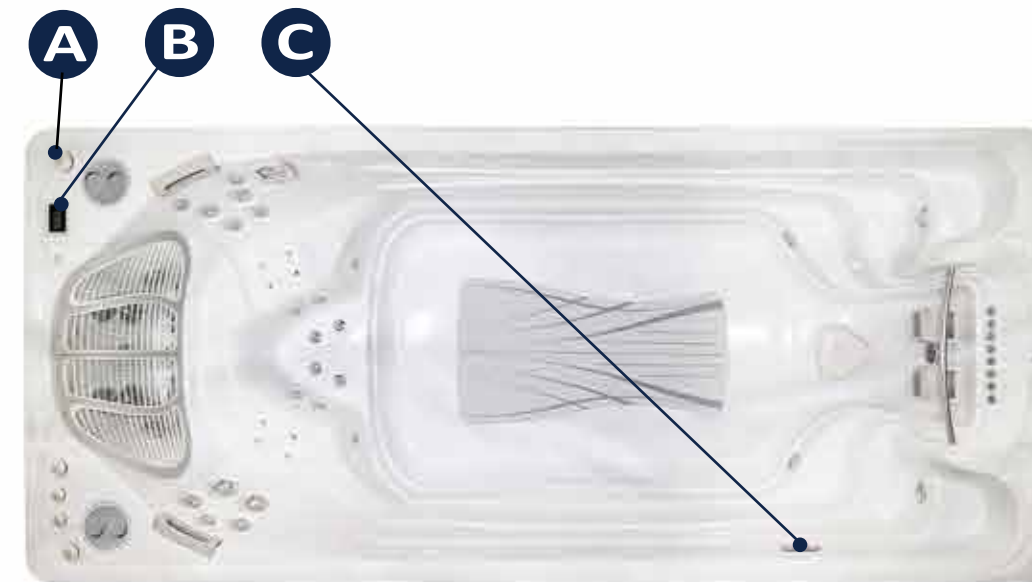
OUTSIDE OF SWIM SPA to Avoid Injury and enter swim spa.

2. As you are entering **TURN DIVERTER VALVE A TO SWIM END** this will start the bouyancy jet this will ensure that the flow of water is no longer to the seats when you activate.

3. **ACTIVATE (Press) Warm-Up Button 3**.

4. **RUN OR SWIM** against the warm-up current to increase your heart rate.

WARM-UP COUNTDOWN: When configured by using the K-1000 Topside **B** Control **C**. During the **WARM-UP** portion of the workout, the digits show **0:00** where the first number is the remaining minutes of the countdown and last two numbers are the remaining seconds of the countdown.



KEY BENEFITS TO WARMING-UP

INCREASED BODY TEMPERATURE:

Improves muscle elasticity, which is a key factor in reducing the likelihood of muscle pulls & strains.

INCREASED MUSCLE TEMPERATURE:

During a warm-up, the temperature of the muscles increases, which means that the muscle will relax and contract more effectively making for greater speed and strength. This also means, it is much less likely for the muscle to be pulled or over stretched. So the chance of injury is reduced.

DILATION OF BLOOD VESSELS:

Dilated blood vessels will allow more blood to reach the muscles easier.

HIGHER BLOOD TEMPERATURE:

As the blood travels through the muscles, its temperature rises. When blood is warmer, it can carry more oxygen, meaning by raising blood temperature more oxygen can be made available to the muscles.

GREATER RANGE OF MOTION:

As joints and muscles warm-up, they become more flexible and the range of motion is improved.

SECTION THREE: CONTROL / PROGRAM SELECTION



ENDURANCE PROGRAM

If you choose Endurance the swimming workout will be executed at a constant intensity for the entire set duration.



CARDIO PROGRAM

If you choose Cardio, this training drill will perform two successive steps at high intensity for one step at low intensity.



LAP PROGRAM

If you choose Lap, this training drill will perform high and low intensity intervals of equal step time.



POWER PROGRAM

If you choose Power, this training drill will perform a pyramid program where the intensity will progressively increase until a maximum intensity level is reached. It will then decrease progressively to end at low intensity.



TRANSITION PROGRAM

If you choose Transition, this training drill will perform a series of equal steps at random intensities.

SECTION FOUR: CONTROL / SELECTING A PRE-SET PROGRAM

HOW TO SELECT AND ACTIVATE A PRE-SET PROGRAM:

Endurance Program: *Endu* (Endu),

Interval Program: *IntL* (IntL),

Cardio Program: *CArd* (CArd),

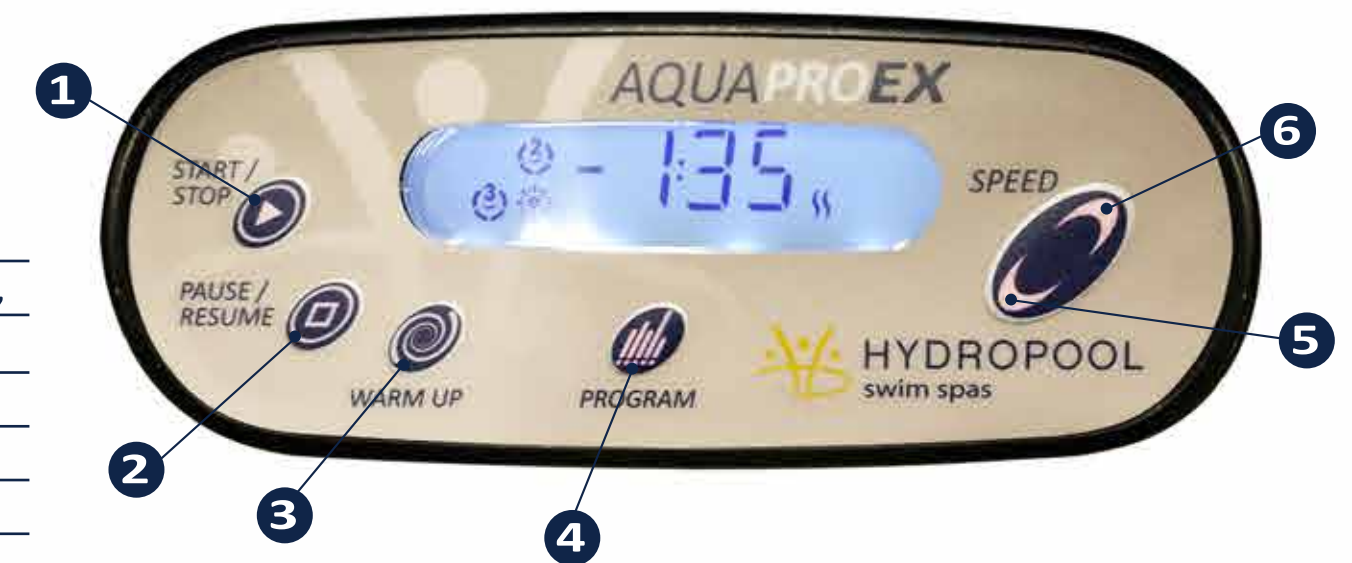
Lap Program: *LAP* (LAP),

Power Program: *POEr* (POEr),

Transistion Program: *trAn* (trAn)

HERE'S HOW:

1. Press the **PROGRAM BUTTON** 4 once. The screen will start flashing.
2. Use **UP AND DOWN BUTTON** 5 6 to scroll through selection of programs.
3. Press **PROGRAM BUTTON** 4 again to confirm selection.
4. The screen will show **du00** (du00) use the **UP AND DOWN BUTTON** 5 6 to choose the duration of the program. Press **PROGRAM BUTTON** 4 again to confirm.
5. The next screen will then show **SP.00** (SP.00) use the **UP AND DOWN BUTTON** 5 6 to choose the Speed/Intensity. Press **PROGRAM BUTTON** 4 to confirm.



Your Duration (Length of Time) Screen



Your Speed Screen



Your Unit of Measure Screen

In the **Endurance Program** Speeds are 1 - 10 and can be fine tuned in the swim to the swimmers level. In all other **Pre-Set Programs** speed refers to intensity and it is approx a 2 to 1 ratio; ie) The 5th Speed Level = Intensity of approx. 6.5 kph.

6. The next screen will then show the **Unit of Measure** (International/Metric) **INT** (u.int) or USA (Imperial/Miles) **USA** (u.USA) use the up and down arrows to choose the unit of measure. Press Program button to confirm.

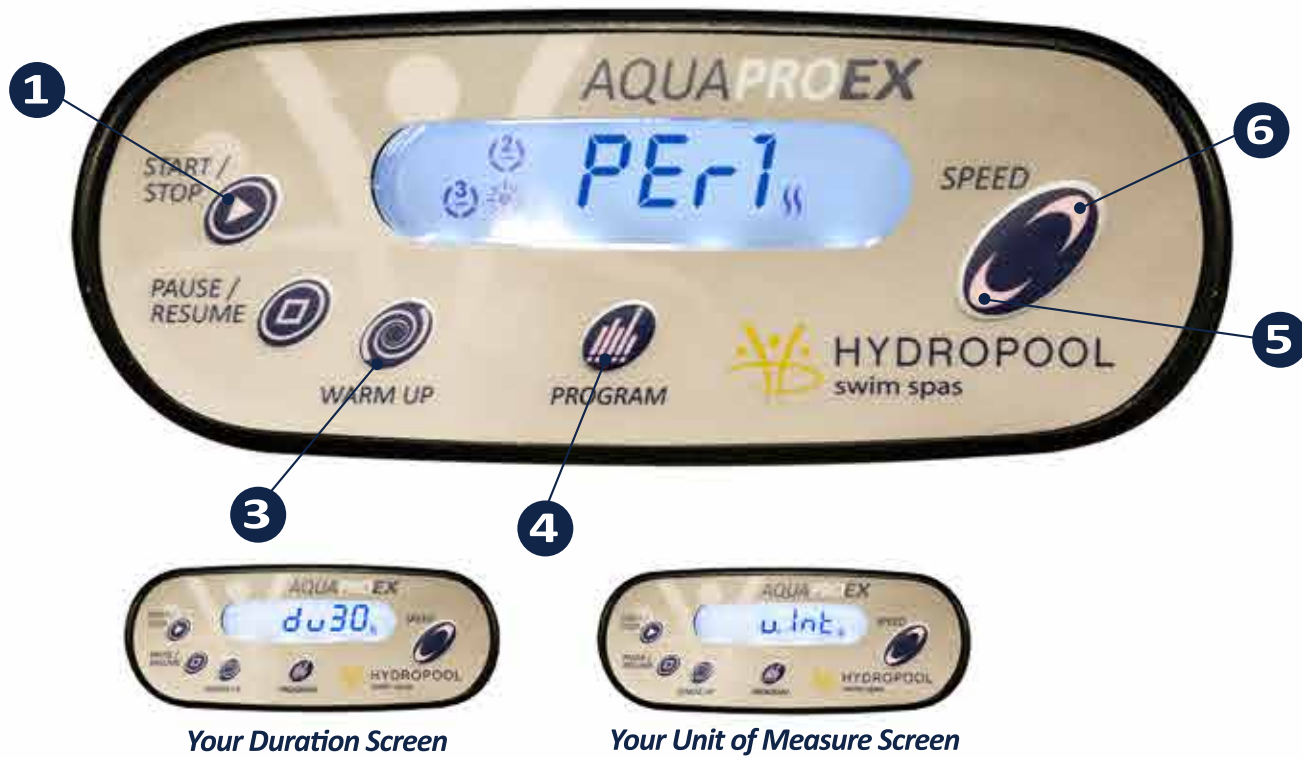
You are now ready to enjoy the program. JUST PRESS START!

IN PROGRAM NOTES

When you press start button the screen will show a Preparation time before any starts. This will allow the swimmer to put on their goggles before the program starts. This preparation time can be adjusted using the main control.

The screen will then show a **Pre-Set Warm-Up Time** before the program begins. This warm-up time can be adjusted using the main control.

SECTION FIVE: CONTROL / SELECTING A PERSONALIZED PROGRAM



STARTING THE PROGRAM:

1. Press the **PROGRAM BUTTON 4** once. The screen will start flashing. Use the **UP AND DOWN ARROWS BUTTON 5 6** to scroll through the selection of programs **PEr1** (*PEr 1*), **PEr2** (*PEr 2*) or **PEr3** (*PEr 3*). Press **PROGRAM BUTTON 4** again to confirm selection of one of the *PEr* or personalized programs.

2. The screen will show **du00** (*du00*) use the **UP AND DOWN BUTTON 5 6** to choose the duration of the program. Press **PROGRAM BUTTON 4** again to confirm.
3. The next screen will then show the **Unit of Measure** (International/Metric) **INT** (*u.int*) or USA (Imperial/Miles) **USA** (*u.USA*) use the up and down arrows to choose the unit of measure. Press Program button to confirm.

You are now ready to enjoy the program. JUST PRESS START!

NOTE: For SPD (Speed) Selection during one of these programs, please go to the main control touch pad enter into the personalized program and choose the speed of each segment of your workout. Once chosen the Aquapro will allow you to customize the duration of the workout and the unit of measure.

IN PROGRAM NOTES:

When you press start button the screen will show a Preparation time before any starts. This will allow the swimmer to put on their goggles before the program starts. This preparation time can be adjusted using the main control. The screen will then show a Pre-Set Warm-Up Time before the program begins. This warm-up time can be adjusted using the main control.





SPEED LEVELS IN EX SWIM SPA	IN THE SWIM AREA	PACE / 100 M
LEVEL ONE:	.8 km/h or .5 mph*	7:30
LEVEL TWO:	1.44 km/h or .894 mph*	4:10
LEVEL THREE:	2.08 km/h or 1.29 mph*	2:53
LEVEL FOUR:	2.72 km/h or 1.69 mph*	2:12
LEVEL FIVE:	3.36 km/h or 2.08 mph*	1:47
LEVEL SIX:	4 km/h or 2.48 mph*	1:30
LEVEL SEVEN:	4.64 km/h or 2.88 mph*	1:18
LEVEL EIGHT:	5.28 km/h or 3.28 mph*	1:08
LEVEL NINE:	5.92 km/h or 3.67 mph*	1:01
LEVEL TEN:	6.56 km/h or 4.07 mph*	0:55

SECTION SIX: SPEED LEVELS

CHANGING SPEED LEVEL WHILE PRE-SET PROGRAM IS RUNNING

It is possible to change the Speed level during all the different portions of your workout (except during the preparation portion) and only while the workout is running and not paused.

Simply press the **UP OR DOWN BUTTON 5 6** to directly access speed level adjustment mode for the currently running portion of your workout. For example, during the Warm-Up, you can press the **UP BUTTON 6** to increase the speed level; this will not affect the real workout portion and / or the Cool down portion.

The display will show **5P:00** where **00** is the selected speed level **A**.

REMEMBER YOU CAN:

- During the Warm-Up the Speed level can be set from **01** to **05**.
- During the User Programs (the workouts) the Speed can be set from **01** to **10** for Endurance only and from **01** to **05** for all other User Programs (workouts).
- During Cool down the Speed level can be set from **01** to **05**.

* Because the valve opening versus water current is not linear, each valve traveling time for each position is calculated from a percentage of total valve run time. The percentage of time (from close position) for each swim speed level includes the valves having to move to go to the correct position. Hence, calculation of km/h/mpH is approximate.

SECTION SEVEN: Q&A's

Q: Is the Distance Accurate?

A: The speed is an approximation based on the calculation provided on the opposite page.

Q: Is the Calculation of Calories Correct?

A: The Calculation of Calories is approximate based on the formula below:

Swimmer calories burned calculation depends of the swimmer weight, the working intensity (swim speed level) and swimming time performed:

$$\text{Calorie} = (\text{weight} * \text{time}) / \text{intensity and intensity} = 1900 - (60 * SP)$$

Where: Cal = Calories burned

Weight = Swimmer weight entered in program mode (in lbs) *

Time = Swimming time performed (in second)

SP = swim speed level (in km/h)

* **Note:** If swimmer weight is entered in kg, the value is converted in lbs before calculation.

Q: What are the Factory Pre-Sets for Time and Calories if I don't input them?

A: 30 Minutes and 150 lbs.

Q: What happens if the flow rate out of my Swim Jets is not balanced?

A: There is a Learn program to re-calibrate the jets. Call your local retailer for instructions.



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THE WATER IS CALLING.

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