



AquaPro3

OWNERS MANUAL
by **HYDROPOOL**

Get into the perfect swim.



HYDROPOOL
the self-cleaning swim spa



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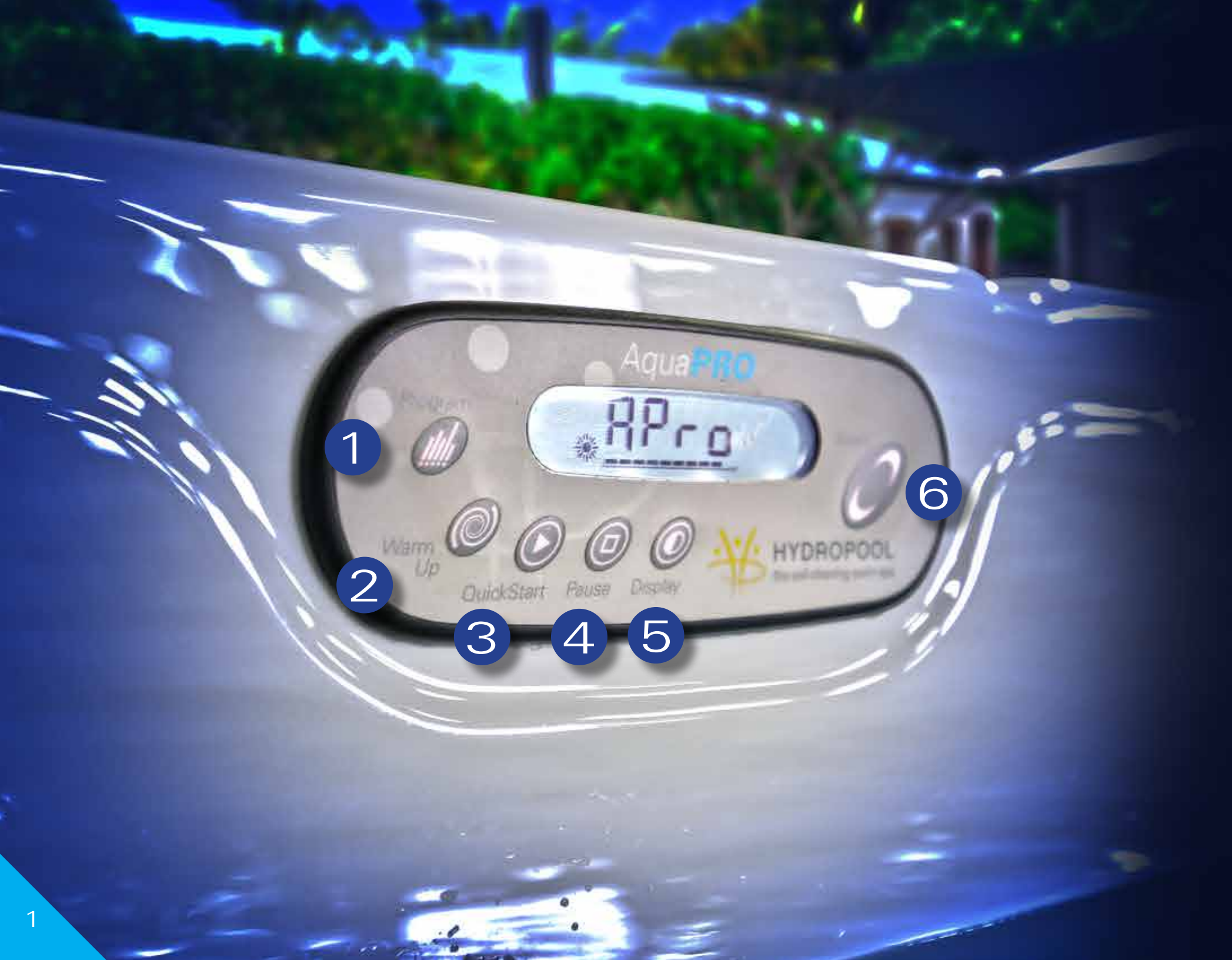
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SECTION ONE: CONTROL / QUICK OVERVIEW



- 1** PROGRAM BUTTON: Enter Weight & Time.
- 2** WARM UP BUTTON: Activates Buoyancy Jet.
- 3** QUICK START BUTTON: Activates Both Swim Jets and Lights.
- 4** PAUSE BUTTON: Pauses all functions for 2 Minutes.
- 5** DISPLAY BUTTON: Displays Time, Speed Level and Distance.
- 6** SPEED LEVEL BUTTON: Press Up / Down Arrow to choose a speed level between 1 - 10.



SECTION TWO: CONTROL / WARM - UP



- A** Activate Warm-Up Button **2**
- B** Turn diverter valve to swim end this will start the bouyancy jet.
- C** Stretch on outside of swim spa to Avoid Injury.
- D** Attach Tether – Running against elasticity of tether to Increase Heart Rate.
- E** Swim against warm-up current.

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: QUICK START / THE QUICK START BUTTON



- A** Activate Quick Start Button **3**
- B** Adjust Speed Level Button **6** up or down to select speed.
- C** Start Swimming.
- D** Timer will count down from 30 Minutes.

LET'S GET STARTED...

- > The Quick Start button **ACTIVATES** both swim jets and Lights at the same time.
- > **ALLOWS** swimmer to jump in a get swimming immediately.
- > **START SWIMMING** towards the light to keep you in the channel.



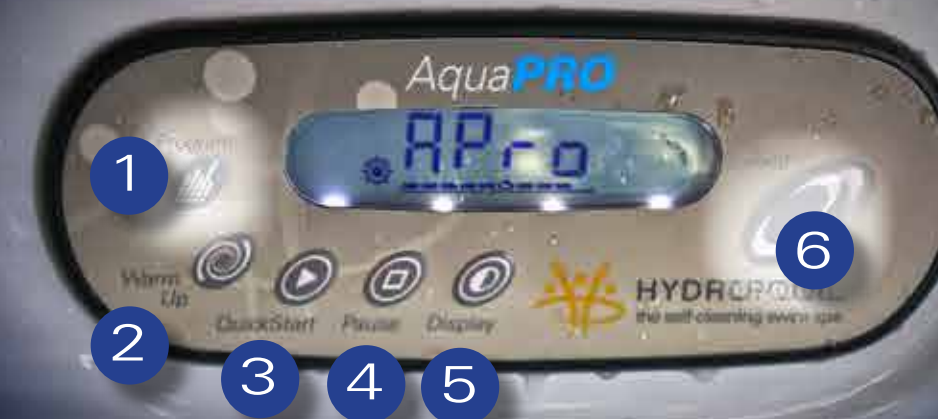
SECTION FOUR: CONTROL / THE CONTROL IN DEPTH

PROGRAMMING THE USER PROGRAMS:

- 1> Press the PROGRAM BUTTON **1** to scroll between APro, USr1, USr2 & CUSr.
- 2> The setting will flash until you do something.
- 3> Press and hold the PROGRAM BUTTON for 5 seconds to get into the programming screen.
- 4> First screen you will select the units (USA or INT) and can toggle between each using the up and down arrows. Select the units by pressing the PROGRAM BUTTON.
- 5> Second screen you will select the weight in kg or lbs depending on the units you selected. Select the weight by using the up and down arrows and then press the PROGRAM BUTTON.
- 6> Third screen you will select the time. Use the up and down arrows and press the PROGRAM BUTTON to enter the time.

STARTING THE PROGRAM:

- 1> Press the "PROGRAM" button to scroll between APro, USr1, USr2 & CUSr.
- 2> Stop on whichever user program you wish to start.
- 3> Press the Quick Start button to begin the swim cycle or Warm Up button if you wish to warm up first.



CONTROL OF YOUR SWIM...

- > Step One, using the WARM UP BUTTON **2**
 - 1> Activate Warm-Up Button
 - 2> Turn diverter valve to swim end this will start buoyancy jet at the swim end.
 - 3> Stretch on outside of swim spa to avoid injury.
 - 4> Attach tether cord and start running against elasticity of tether to increase heart rate.
 - 5> Then swim against warm-up current.
- > Step Two, using the QUICK START BUTTON **3**
 - 1> Activate Quick Start Button.
 - 2> Lights and swim jets will turn on immediately. Adjust Speed Level Button up or down to select speed.
 - 3> Start Swimming.
 - 4> Timer will count down from 30 Minutes.

- > Step Three, using the PAUSE BUTTON **4** & 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.

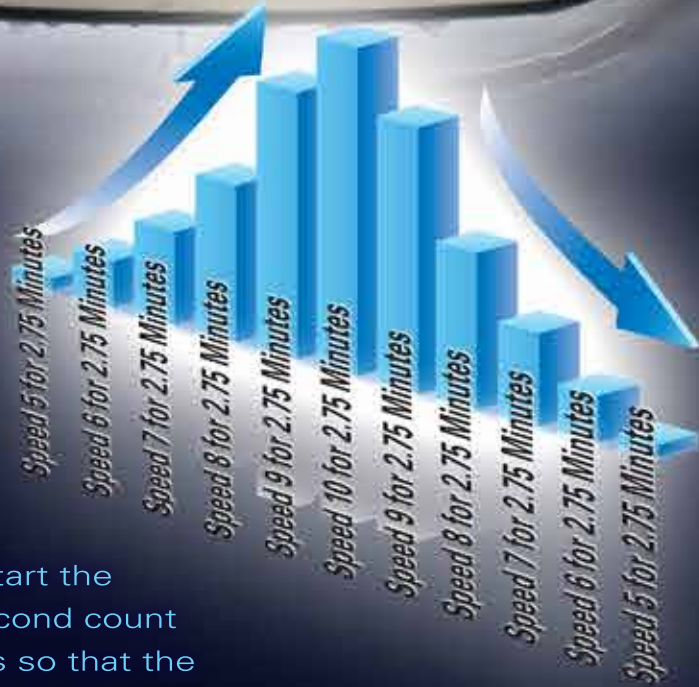
- > Step Four, by using the DISPLAY BUTTON **5** PRESS IT ONCE This rotates the display between time, distance & speed level. PRESSING TWICE Locks the display with what you would like to view.

- > Step Five, using the SPEED LEVEL BUTTON **6** Using Button the Up / Down Arrow Button allows you to select a Speed Level from 1-10.

SECTION FIVE: TRAINING / THE HILL CLIMB PROGRAM

LET'S GET STARTED...

- 1> Press the PROGRAM KEY **1**, to scroll through the options of User 1 (USR1), User 2 (USR2), Custom (CUST) profile setting.
- 2> Press the QUICK START KEY **3**, to enter into the submenu and locate the HILL CLIMB (HCLB) PROGRAM.
- 3> Press the UP / DOWN ARROW KEY **6** to select either User 1 (USR1), User 2 (USR2), Custom (CUST) profile setting.
- 4> Press the QUICK START KEY **3**, to program the Low Speed Setting (LO) this ranges from levels 0 – 10. Refer to chart below.
- 5> Press the UP / DOWN ARROW KEY **6** to select the low speed for the program.



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

- 6> Press the QUICK START KEY **3**, to program the High speed level setting from 10-1.
- 7> Press the UP / DOWN ARROW KEY **6** to select the high speed for the program.
- 8> Press the QUICK START KEY **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 ready to swim.

SECTION SIX: TRAINING / THE INTERVAL PROGRAM

LET'S GET STARTED...

- 1> Press the PROGRAM KEY **1**, to scroll through the options of User 1 (USR1), User 2 (USR2), Custom (CUST) profile setting.
- 2> Press the QUICK START KEY **3**, to enter into the submenu and locate the INTERVAL (INTL) PROGRAM.
- 3> Press the UP / DOWN ARROW KEY **6** to select either User 1 (USR1), User 2 (USR2), Custom (CUST) profile setting.
- 4> Press the QUICK START KEY **3**, to program the Low Speed Setting (LO) this ranges from levels 0 – 9. Refer to chart below.
- 5> Press the UP / DOWN ARROW KEY **6** to select the low speed for the program.



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
 OFF

- 6> Press the QUICK START KEY **3**, to program the High speed level setting from 10-1.
- 7> Press the UP / DOWN ARROW KEY **6** to select the high speed for the program.
- 8> Press the QUICK START KEY **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 ready to swim.

SECTION SEVEN: SPEED LEVELS

SPEED LEVEL bar 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

	At the Swim Jets	In the Swim Area
> LEVEL ONE:	1 km/h or .62 mph*	.6 km/h or .37 mph*
> LEVEL TWO:	2 km/h or 1.24 mph*	1.2 km/h or .74 mph*
> LEVEL THREE:	3 km/h or 2.86 mph*	1.8 km/h or 1.1 mph*
> LEVEL FOUR:	4 km/h or 2.5 mph*	2.4 km/h or 1.5 mph*
> LEVEL FIVE:	5 km/h or 3.1 mph*	3.0 km/h or 1.9 mph*
> LEVEL SIX:	6 km/h or 3.73 mph*	3.6 km/h or 2.2 mph*
> LEVEL SEVEN:	7 km/h or 4.35 mph*	4.2 km/h or 2.6 mph*
> LEVEL EIGHT:	8 km/h or 4.97 mph*	4.8 km/h or 2.9 mph*
> LEVEL NINE:	9 km/h or 5.6 mph*	5.4 km/h or 3.5 mph*
> LEVEL TEN:	10 km/h or 6.2 mph*	6 km/h or 3.73 mph*

* 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 8.

Q> Is the Calculation of Calories Correct?

A< The Calculation of Calories is approximate based on the formula below. Swimmer calories burned calculation depends on the swimmer weight, the working intensity (swim speed level) and swimming time performed:

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

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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