FitMAX

THE IPOOL
INSTRUCTION MANUAL

Please carefully read this instruction manual before installing and using the iPool

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Introduction

After years of development, Fitmax Inc is proud to introduce the iPool®, the latest innovation in resistance swimming. Now available in the United States, the iPool® (stands for "infinity pool") provides a user with hours of swimming at 1/20th of the price of a traditional pool. The iPool® can fit into your garage, basement, backyard, or greenhouse. The compact SUV size gives you all the benefits of swimming with fewer chemicals and less space required.

The iPool® is the flagship product of Fitmax, a California-based company that is committed to providing consumers with access to quality fitness benefits typically found only in the finest fitness centers in the world.

Known as the best form of exercise to train or strengthen the cardiovascular system, swimming minimizes the stress and impact on joints that typically lead to the most common muscular and spinal injuries. According to organizations such as the Centers for Disease Control and Prevention, over 117 million adults suffer from various chronic diseases such as arthritis and high blood pressure. Many of these adults would benefit tremendously from the unique exercises that swimming and water immersion provide.

Unfortunately, many people do not have access. Traditional swimming pools cost can cost over $40,000.00 to install, require large backyards, and are difficult to maintain. For parents who have children, traditional swimming pools can be dangerous areas requiring constant supervision. Pools at health clubs are loaded with harsh chemicals because of the volume of people that use the pool (and the bacteria that results). Similarly, community swimming pools are crowded, are not always accessible at the times convenient to your schedule, and may be hard to get to due to traffic or distance.

Fitmax introduces the iPool® as a low-cost alternative for people seeking the low-impact, high-energy exercise that swimming provides. The iPool® costs thousands less than traditional swimming pools and propulsion system swimming machines but allows the user to swim without the hassle of turning around or jet-streams blowing in his/her face. In fact, the iPool® costs about as much as a treadmill but gives you the unique benefits of water buoyancy and hydrostatic pressure.

More importantly, the iPool® takes up a total footprint of only 8.5ft x 11.5ft x 8ft of space, less than a minivan or even some sedans. In most places, the iPool® uses about $3 of water to fill up, and can be assembled in less than an hour. Because it is so easy to assemble and uses minimum parts, it is portable and can also be taken anywhere that you wish to go.

iPool® is a revolutionary new aquatic fitness system that offers unparalleled versatility and affordability within the realm of above ground pools. For those looking for a lap pool, the iPool® has a resistance harness that allows you to swim constantly, without ever having to change direction or turn around. For those looking to rehab an injury, our therapy pool offers fitness capabilities, while being easy on your joints and muscles. For those looking for a total body workout, our available aquatic fitness accessories can transform your iPool® into a total body fitness center. With these, as well as our many other options, the iPool® is truly the perfect choice for anyone looking for a new therapy, exercise, or lap pool!

Installation Notes

• To avoid any scratches and damage, One should install the swimming pool on a level, smooth, surface without any objects in the way. It is recommended to clean the site before installation.

• After selecting site location, determine if the installation location can withstand 25 gallons of water per square foot or about one ton of weight in order to avoid collapse.

• The installation location should be away from fire, pets with sharp claws, and sharp objects that may cause damage to the pool.

• The installation location should be close to water, to facilitate adding water to the pool. The pool will require approximately 1500 to 2000 gallons.

• Ensure that the installation location does not cause flooding, which can result in damage or loss.

• Read the manual first to fully understand the installation process before installation.

• Do not drag the swimming pool, in order to avoid unexpected wear and tear.

• Before moving swimming pool to a new location, first discharge all the water to avoid lifting up the bottom of swimming pool while full, thereby causing rupturing and damage.

• To avoid bending and deformation of the steel frame, do not lean on the pipes with excessive force.

Swimming Precautions

• Carefully check the swimming pool parts.

• Check the pool for damage and fracture.

• Check the water quality before filling.

• Check if the pool bottom is clean.

• Ensure that the ground is level and smooth.

• Do not bring into the pool sharp objects or other objects that can damage the pool. Do not shake the pool, to avoid accidents.

• Do not sleep in the pool, to avoid drowning.

• When the swimming pool is not in use, please use the swimming pool cover to prevent water quality deterioration.

• Swimmers should be accompanied by an adult regardless of age, or swimming skill.

• Do not use swimming pool alone.

• If you find a problem with swimming pool or experience uncomfortable physical symptoms, immediately stop using the swimming pool.

Pool Maintenance

What Chemicals Will I Need For The Pool?

Answer:

It is recommended that the pool pH be monitored weekly. Testing strips can be purchased online or at your local pool supply store. Ideal water pH range is best determined by consulting your local pool supply store because of regional differences, but generally will fall within a pH of 7.0 to 7.6.

To maintain ideal pH balance both a pH increaser (alkaline) and a pH reducer (acid) will need to be purchased. These can be purchased online or from your local supply store.

A small amount of chlorine will also be needed unless a salt water system is being run. Generally speaking because of the small size of the pool, it will often be a few ounces. Both tablets and powders can work. Please refer to the recommended proportion given by the chemical manufacturer or check with your local pool supply store.

Finally, a few drops of a pool clarifier per week is recommended. These can be purchased online or at your local pool supply store and assist in keeping the pool clean by clumping smaller particles together to be more easily caught by the filter cartridge.

How Long Should I Run The Filter Pump?

Answer:

It is recommended to run the filter pump three to six hours in order to keep the water well oxygenated and prevent algae from growing in the pool. Please ensure the filter cartridge is clean and change the filter cartridge once a month. A timer can be used in conjunction with the filter pump to control how long it is running. It is not recommended to swim in the pool while the filter pump is running.

More Information

For more information please visit:
http://fitmaxipool.com/frequently-asked-questions/

Our installation video can be found at:
http://fitmaxipool.com/instructions/
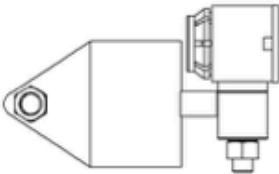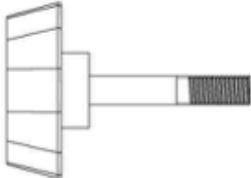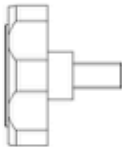
No.	Name		QUANTITY
1	Framework short elbow tube		2
2	Framework long elbow tube		2
3	Framework short connection tube		4
4	Framework long connection tube		2
5	Leg support U shaped tube		10
6	Leg support straight tube		20
7	T-Shaped Top Frame		3
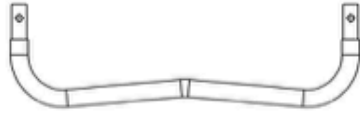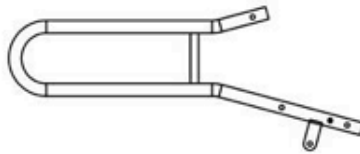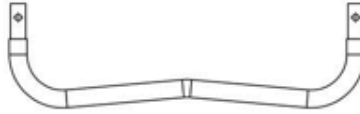
iPool Parts

8	Harness frame right tube		1
9	Harness frame back arc beam		1
10	Harness frame left tube		1
11	Sling frame		1
12	Harness connectors		2
13	Big adjustment knob		1
14	Small adjustment knob		2

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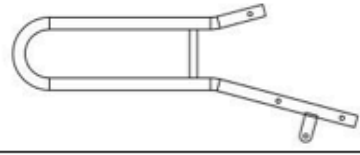before installing and using the iPool

iPool Parts

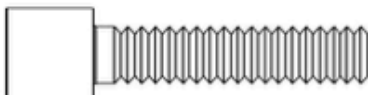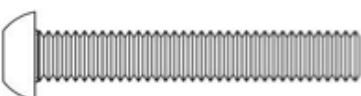| 15	Inside ground planes (SUS304)		1
16	Inside ladder(SUS304)		1
17	Left handle		1
18	Right handle		1
19	Outside ladder		1
20	Support tube		2
21	Outside ground planes		1
22	Ladder step		6

iPool Parts
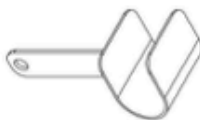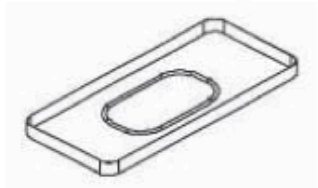
23	Plastic support tube		2
24	Hexagon socket head cap screws(M8*55)		2
25	Hexagon socket button head screws(M8*40)		8
26	Flat washers(ø8)		26
27	He cap (M8)		14
28	Harness		1
29	Hexagon socket button head screws(M8*45)		2
30	Hexagon socket button head screws(M8*45)		2
31	Rotatable Head		1

iPool Parts

32	Pipe plug(ø25)		2
33	Fastener		2
34	Belt		1
35	Liner		1
36	Mattress Pad		1
37	Pool Cover		1

Ladder Assembly

Illustrations of iPool Ladder Assembly
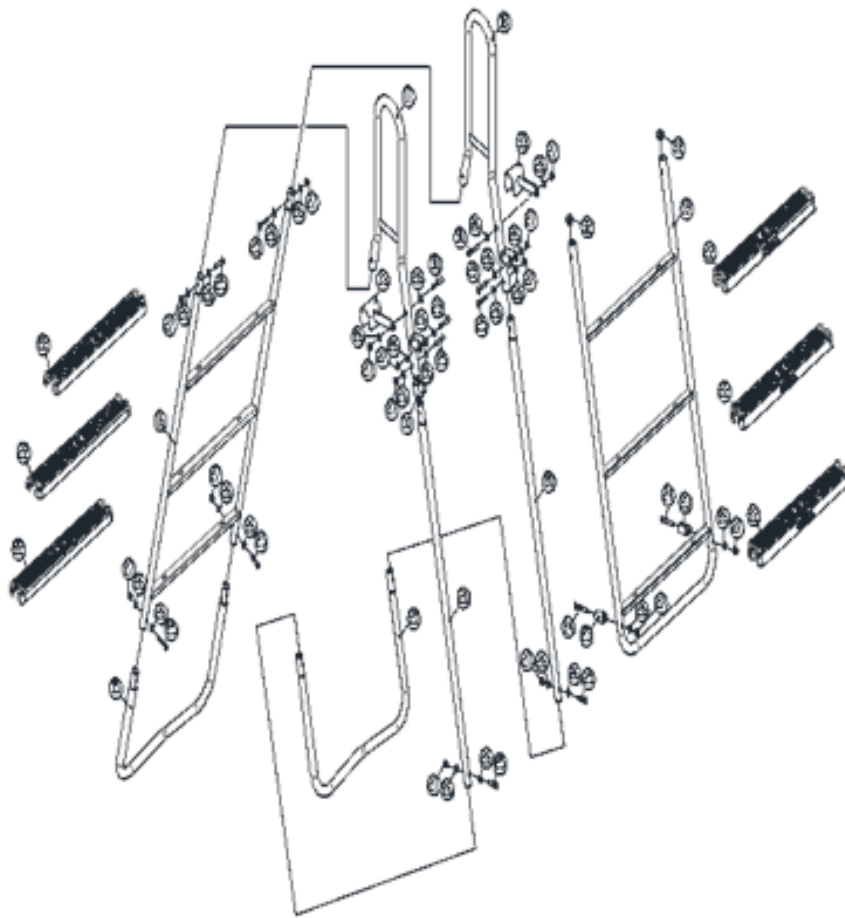
Frame Assembly

Illustrations of iPool Frame Assembly
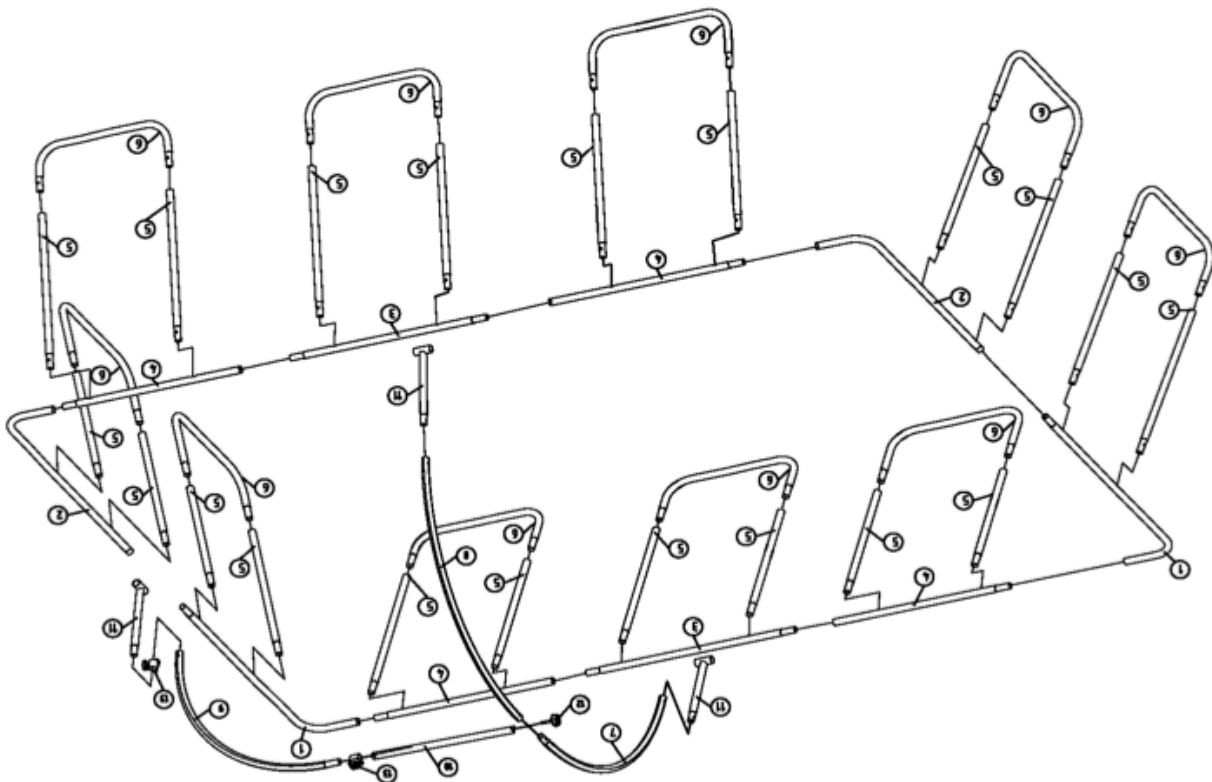
Pool Set-Up

Note: Please refer to our installation video for step by step instructions as well

Step 1: Laying the bottom of swimming pool

Find an approximate 8.5ft x 11.5ft space on the ground, remember to give yourself enough room to walk around the perimeter comfortably. Place and stretch out mattress pad. For iPool and heater owners, it is recommended to get some foam or rubber padding to place below the pool to provide insulation and prevent heat from seeping out from bottom of the pool.

Step 2: Liner placement

Place the liner on the just placed ground tarp and stretch out outside
Note: It is recommended to place it the open liner under direct sunlight to dry for about 2 hours, it will be easier to install.

Liner Placement
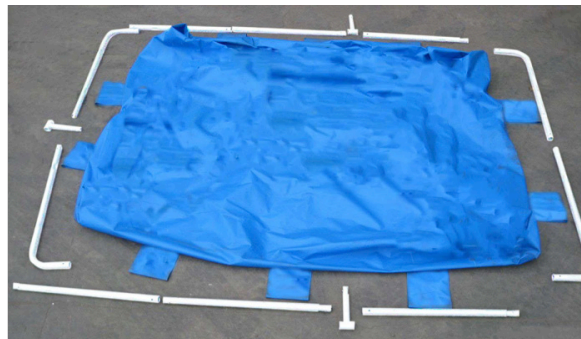
Support Tube Placement

Step 3: Place the main support tube in the right position

The liner should be inserted on the upper part of the main frame tube's corresponding position (Note: the long and short elbow tube should be placed in the width direction of the mattress side). Carefully place the steel pipe at both ends to avoid scratching the liner.

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Pool Set-Up

Step 4: Connecting the Main Frame

a Insert the main frame tube into the liner, making sure the the pipe legs are connected correctly, then connect the tube as shown. Ensure that the pipe leg connection inserts firmly into the hole.

b Insert the framework long elbow tube into the liner.
Attach the T-Shaped Top Frame into the long elbow tube

c Connect the long elbow tube with the framework short elbow tube. Attach the long elbow tube to the short framework connector tube

d After connecting insert into the liner.

Pool Set-Up

Step 4: Connecting the Main Frame, continued

e Attach the T-Shaped Top Frame

f Insert the other short framework elbow tube into the liner and attach it to the long connector tube.

g Attach the long framework elbow tube to the short connector tube

Completed Frame

13

Pool Set-Up

Step 5: Install the leg and connect with the harness

a Connect the leg support U-shaped tube into the liner's lower stretchable flap. Attach the legs towards the outer end of the tube Both tubes should be facing outwards (See Figure),

b Attach the tube connections to the U-shaped tube firmly. Each of the standing legs should be assembled in the same fashion.

c Connect legs to main frame as shown in Figure. Connect the remaining legs as shown in Figure.

Step 6: Attaching legs to main frame

a Then pull the bottom section of the leg, stretching bottom flaps to maximum.

b On a separate location, assemble the harness frame, and securely fasten the components, and then attach the whole frame onto the T-Shaped Top Frames that are sticking out, result should be as shown in the figure below.

Pool Set-Up

Step 7: Install the harness
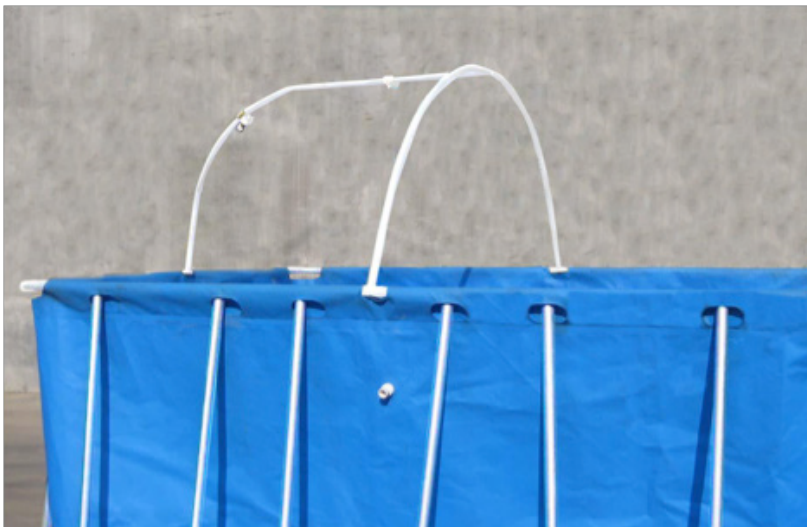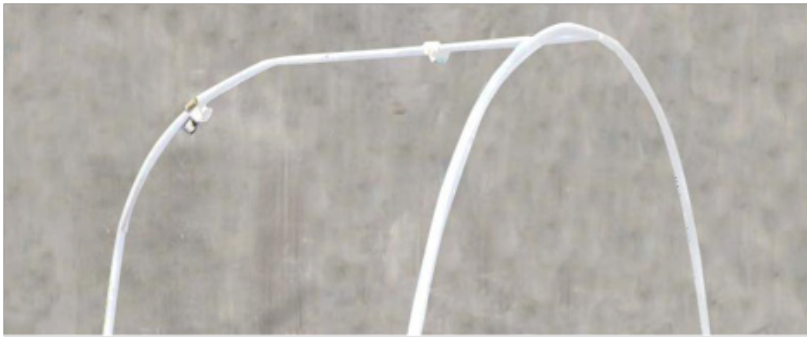
Pool Set-Up

Step 8: Install the harness belt onto the harness frame

Insert the belt loop into the harness frame, then attach the end of the harness frame casing the corresponding position, as shown

Step 9: Install the Ladder
Please refer to the ladder installation instructions

Step 10: Install the Ladder Connector
Please refer to the ladder installation instructions

Step 11: Install the Filter
Find the end of the flexible hose and match it up with the pipe opening on the filter, and plug the hose into the filter as shown in figures 1 and 2.

Next connect the other end of the hose to the pool as shown in figures 3 and 4.

The completed installation is shown in figure 5.

Pool Set-Up

Important Note:
Please make sure to plug the hoses completely into the inlet outlet pipe opening as shown in bottom figure:

Step 12: Filling the swimming pool with water
After installation is complete, before filling with water make sure that all connections are correctly fastened and that there are no cracks or holes. After passing inspection, add water until the water level reaches the safe use engraved line on the liner.
Note: Do not fill pass the engraved line

Completed installation shown in Figure.

Ladder Set-Up

Step 1: Follow illustrations 1 & 2 to lay out your inside ladder frame and screw in the correct screw and washer. #25

Follow illustrations 3 & 4 to lay out your outside ladder frame and screw in the correct screw and washer. #25
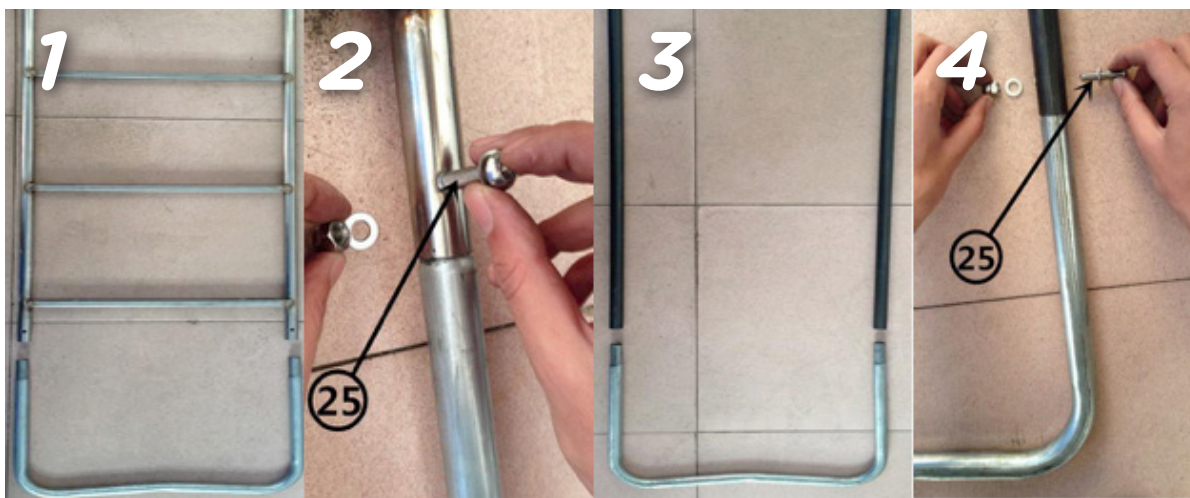
Step 2: Following illustrations 5 & 6 take the left and right handles and insert onto the inside ladder frame. Follow illustration 7 and use the correct screw and washer to fix in place. Part #25
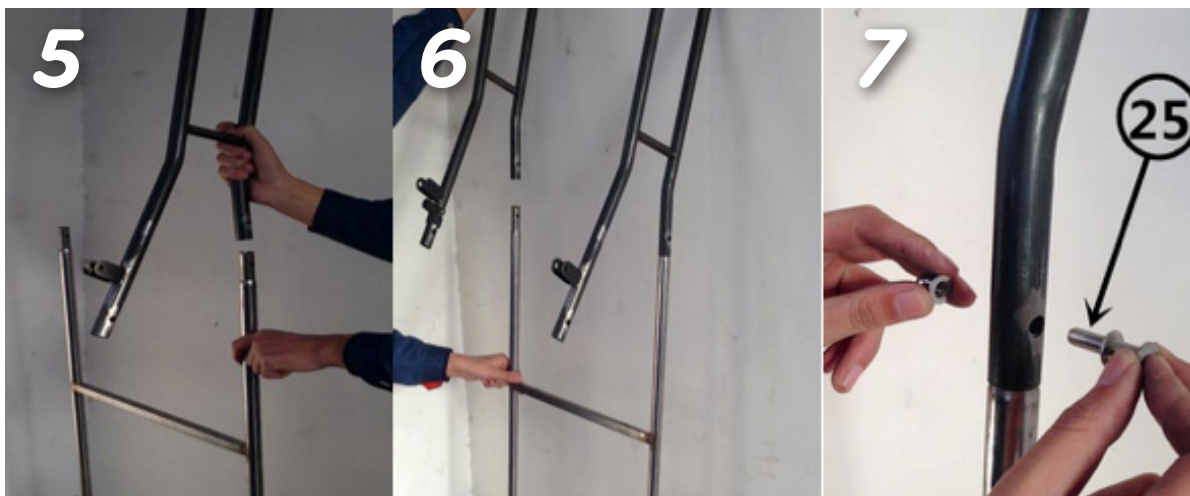
Ladder Set-Up

Step 3: Following illustration 8 take your partially finished inside ladder and attach to the outside ladder frame by inserting below the ladder handles. Insert the correct screw and washer to hold in place.

Step 4: To finish attaching the outer ladder follow illustrations 10,11, & 12 while making sure the correct screws are used according to diagrams

Ladder Set-Up

Step 5: *Place the steps on the ladder stair frame, it is recommended to use a rubber mallet to tap the pedals until the pedal is firmly secure in the keyhole slots. The finished product should match illustration 15.*

Step 6: *Follow illustration 16 & 17 to attach the fasteners to the ladder. Follow illustrations 18 & 19 to fix the ladder onto the frame of the pool. Please make sure to use the correct screws shown in the previous illustration to prevent wrong assembly The stairs can be lifted up to prevent children from entering the pool.*

Ladder Set-Up

Step 6: Continued

Safety Rules

• Locate ladder on a solid base.

• One person on the ladder at a time.

• No Jumping or Diving from ladder.

• Face ladder when entering and leaving pool.

• To prevent entrapment or drowning-DO NOT swim through, behind or around ladder.

• Ladder to be used as a swimming pool ladder only.

• Weight limit – 300 lbs maximum

• If any parts are missing please call Fitmax at 805-383-6266

Fitmax shall not be held liable for any injury or damage resulting from nonconformity to the content of this instruction manual.

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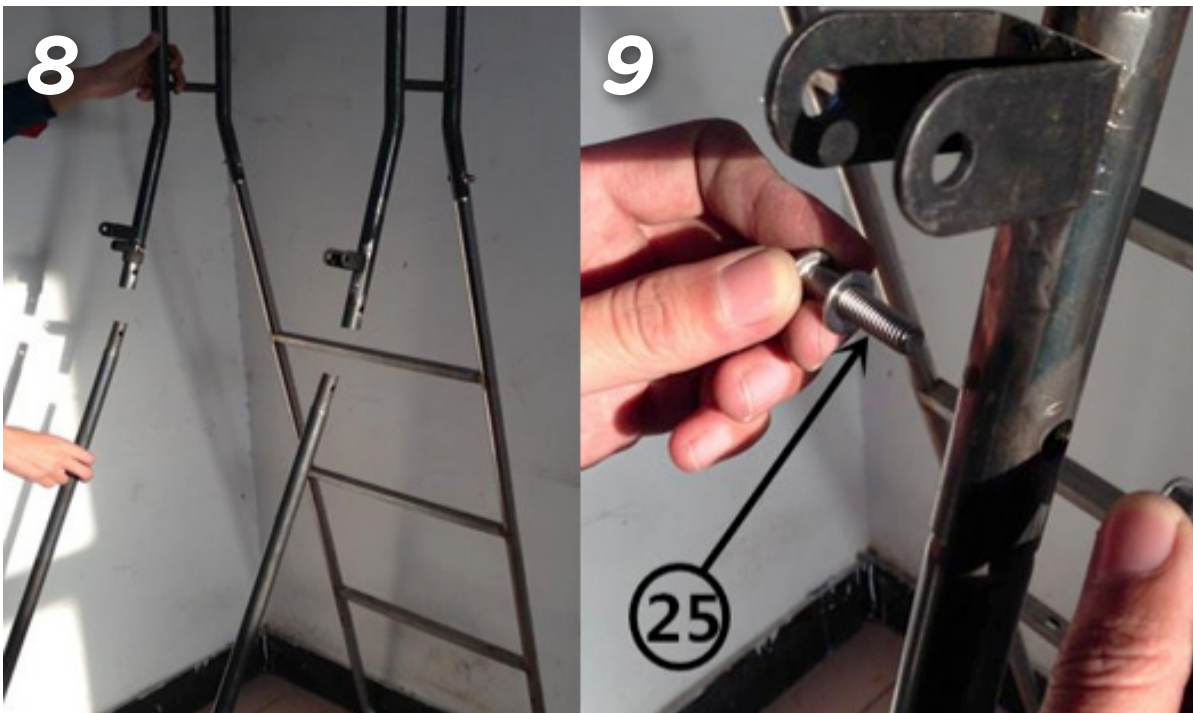
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Using the iPool

1. It is recommended that you warm up your body to prevent any muscle strains or injuries

2. Hold the ladder with both hands when entering the pool

3. Enter the water in a slow, easy manner – Do not jump in

4. Once you are in the pool, hook the waist belt first

5. Adjust the pad under the insertion hook so that it fits your waist

6. Do not adjust the waist belt too tight

7. Stand in the middle of the pool and squat down until the water reaches neck level

8. Slowly reach out with your arms relax your body and raise your waist, allow your body to float in a relaxed manner

9. It is recommended for first time users and new swimmers to start with the backstroke to get a feel on how the harness works

Using the iPool

	A. Steps	B. Precautions
Backstroke	1 .Get to know the water. When you enter the water. squat down and stand up in the water 5-10times.	1.Relax,breath, move and slowly squat down and stand up in the water.
	2. Adjust the Elastic Band to the proper position.	2. For a beginner, the vertical end of the Elastic Band should be at the 150cm position.
	3. Hang up the ring hook.	3. Make sure that the ring hook is properly fastened.
	4. Adjust the Waistband to the proper position and tightness.	4. It is recommended to maintain a distance of 5-l0cm from the water surface.
	5. Slowly float on your back from the squatting position.	5. Avoid wobbling your body. It is recommended to have someone to assist you.
	6. Float on your back for a while concentrating on breathing and becoming relaxed.	6. Concentrate on breathing and relaxing.
	7. Pat the water with both hands and gradually speed up.	7. Gradually move your body and get a sense of balance before continuing.
	8. Kick with your legs and feet speeding up gradually. Stay at a slow pace.	8. Pay attention to the motion of your legs and feet as well as the balance of your body.
	9. Gradually add your arms and hands while staying at a slow pace.	9.Pay attention to the motion of your arms and legs. Give yourself time to adapt to the pull of the Elastic Band.
	10. Start out slow. Go as long as you can but don't over do it.It takes time and practice.	10. The more you practice the better Relax and enjoy yourself.
	11.Practice the backstroke until you are comfortable with it.	11.Master the backstroke before moving onto other swimming styles.
	12. Be aware of your surroundings	12. It is recommended to have someone with you to safeguard you from hitting the side of the pool.
Breaststroke	For the breaststroke follow Steps1-12.	The only difference between the backstroke and breaststroke is you are face down in the water.
Free Style (Crawl)	For free style Follow steps1-12.	Be aware of your breathing and what you are comfortable with.