THE IPOOL
INSTRUCTION MANUAL

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

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 (standing for "infinity pool") provides a user with hours of swimming at 1/20th the price of a traditional pool. The iPool can fit into your garage, basement, backyard, or greenhouse, and 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 to their own pools. Traditional swimming pools 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 their 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 you wish to exercise.

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 rehabilitate an injury, our therapy pool offers fitness capabilities while being easy on your joints and muscles. For those looking for a full body workout, our available aquatic fitness accessories can transform your iPool into a total body fitness center. With all of 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 for their home!

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Installation Notes

- Read the manual first to fully understand the installation process before beginning installation.

- To avoid any scratches and damage, 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 filling up the pool. The pool will require approximately 1,500 to 2,000 gallons of water.

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

- 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, which can cause 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 bottom of the pool 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. To avoid accidents, do not shake the pool.

- To avoid drowning, do not sleep in the pool.

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

- Do not use the swimming pool alone. Swimmers should be accompanied by an adult regardless of age or swimming skill.

- If you find a problem with the swimming pool or experience uncomfortable physical symptoms while exercising, immediately stop using the 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 used. Generally speaking, because of the small size of the pool, it will often be only a few ounces that are needed. 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 will 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 for two to four 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.

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

Our installation video can be found at:
http://fitmaxipool.com/instructions/
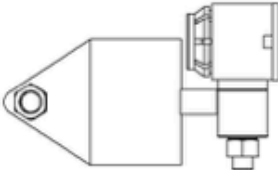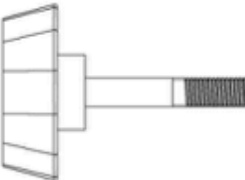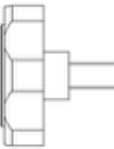
iPool Parts

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
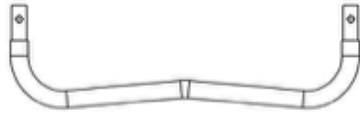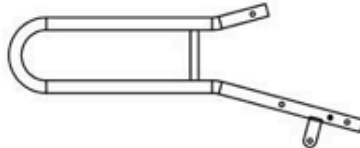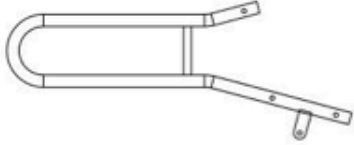
iPool Parts

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

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

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iPool Parts

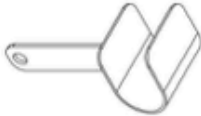| 32	Pipe plug(ø25)		2
33	Fastener		2
34	Belt		1
35	Liner		1
36	Mattress Pad		1
37	Pool Cover		1

Ladder Assembly

Illustrations of iPool Ladder Assembly
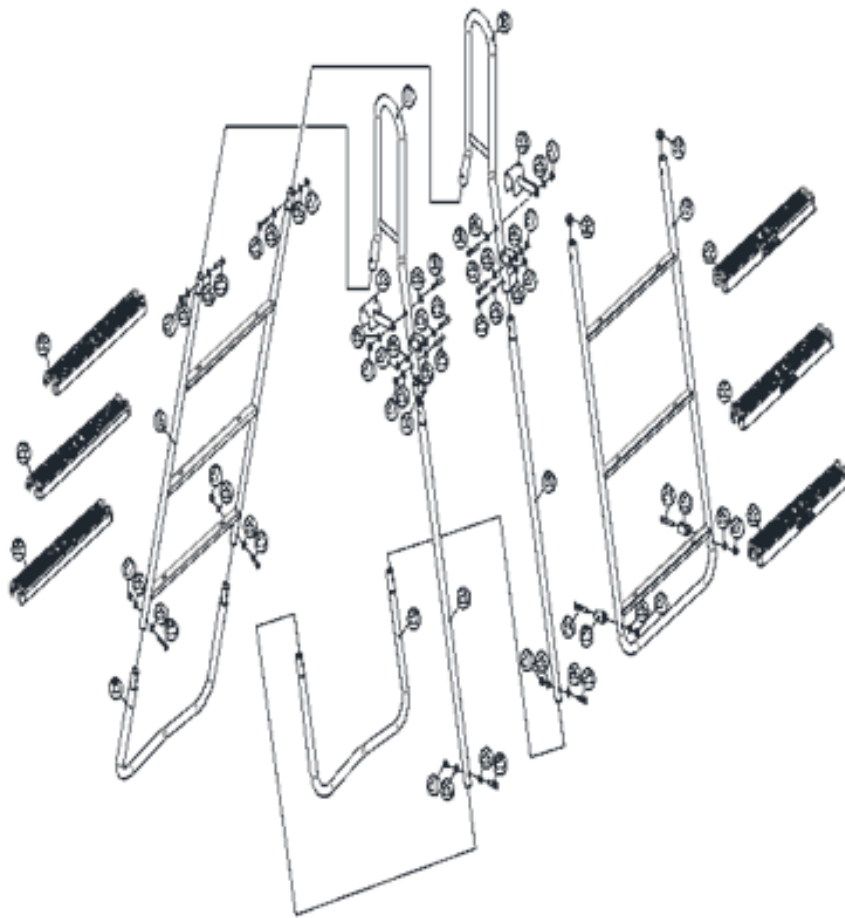
Frame Assembly

Illustrations of iPool Frame Assembly
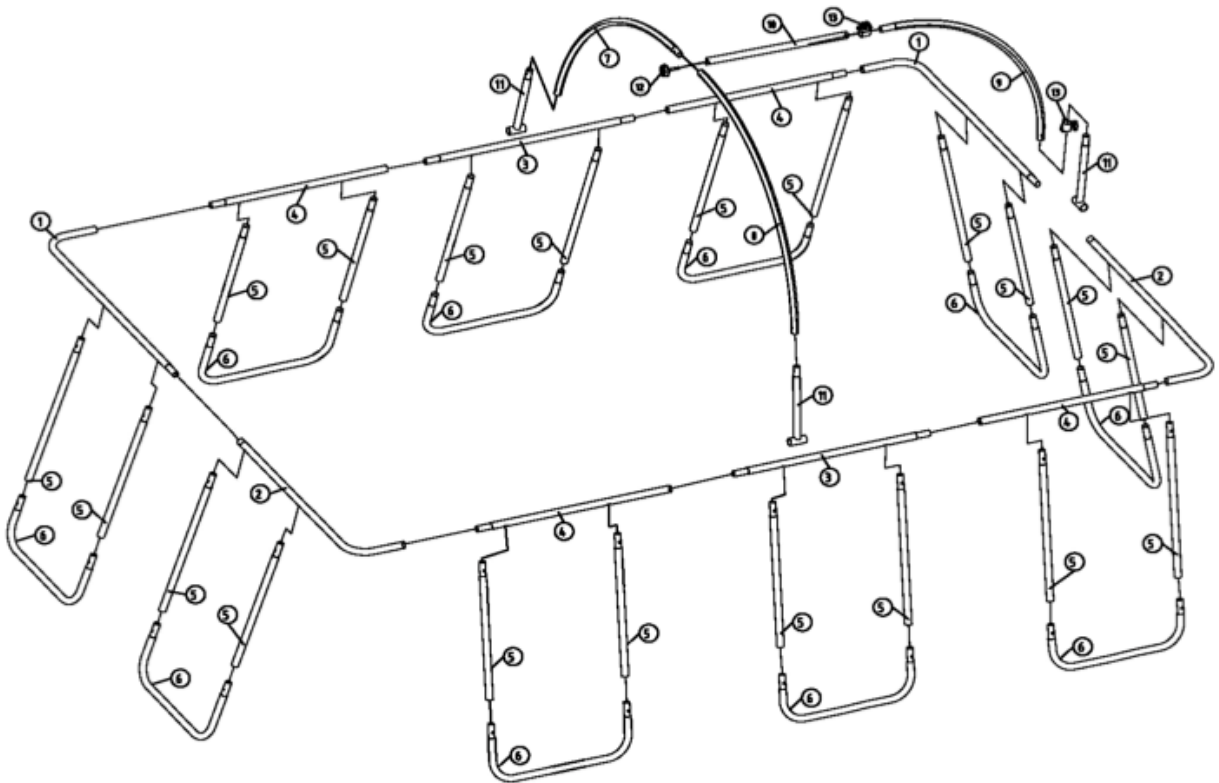
Pool Set-Up

Note: You may refer to our installation videos 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 the mattress pad on the ground. For iPool 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.
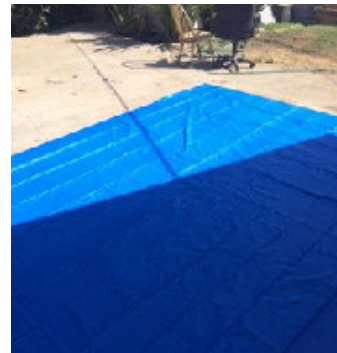
Step 2: Liner placement

Place the liner on the just-placed ground tarp and stretch out outside. Remember to fully extend the liner sleeves to ensure you have sufficient room for the leg supports.

Note: To make it easier to install, it is recommended to place the open liner under direct sunlight to dry for about 2 hours.

Pool Set-Up

Step 3: Attach baskets to the inlet outlet tube

The plastic baskets which are included in the liner box should be attached to the inlet outlet ports from inside the pool. This will help prevent anything from closing over the ports. It is recommended to soak the baskets in warm water first for easy installation.

Step 4: Insert framework long elbow tube into the upper-right and lower-right corners of liner

The long and short elbow tubes should be placed in the width direction of the mattress side. Carefully place the steel pipe to avoid scratching the liner, ensuring that the ends of the framework long elbow and short elbow tube line up.

Pool Set-Up

Step 5: Insert framework short elbow tube

Insert framework short elbow tube into the upper-left and lower-left corners of liner.

Step 6: Insert framework long straight tube

Insert framework long straight tube followed by two short straight tubes so that the tapered ends line up with the elbow tubes as the picture below shows. Remember to also insert the T-shaped top frame pieces where you want the harness frame to attach to the pool.

Your frame set up should match the picture

Pool Set-Up

Step 7: Insert the framework long straight tube into the liner, making sure the holes for the pipe legs will line up with the openings in the liner

Make sure the frame is not upside down during insertion. The push pins are for holding the tubing together during install, but the holes of the straight tubes must be facing outward towards where the legs will insert.
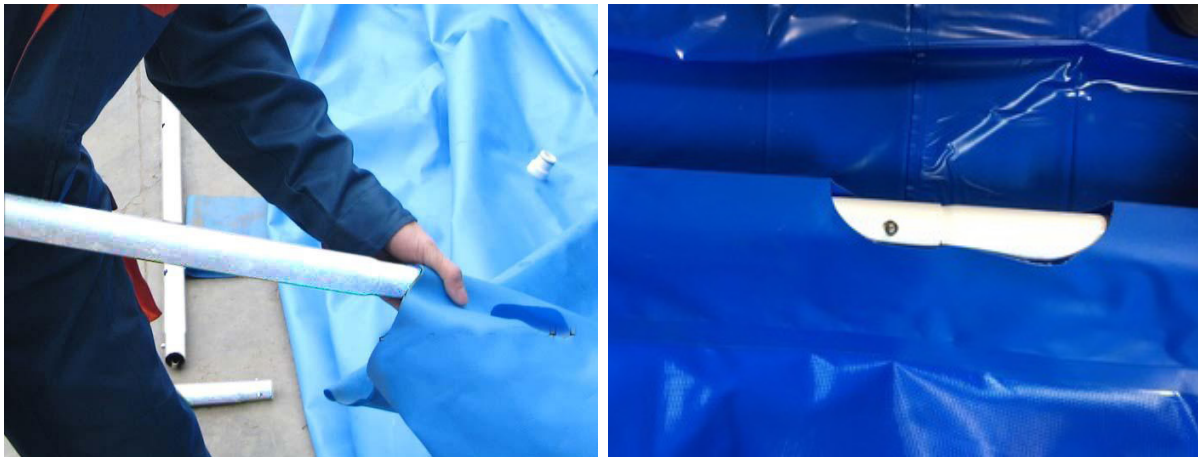
Figure 1: Upside tubing example

Step 8: Insert the framework long elbow tube into the liner

Attach a T-shaped top frame into the long elbow tube on which end you want the harness frame to be attached.

Pool Set-Up

Step 9: Connect the long elbow tube with the framework short elbow tube on the width side of the pool into the liner

It is recommended to have assistance for this portion because the liner and frame pieces may be heavy when inserting them.

Step 10: Attach the elbow tubes to the short framework connector tube inside the liner
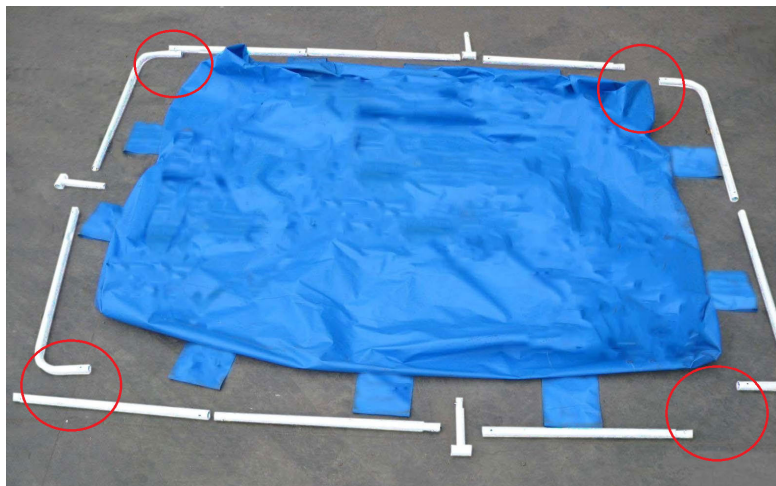
FitMAX
THE IPOOL INSTRUCTION MANUAL
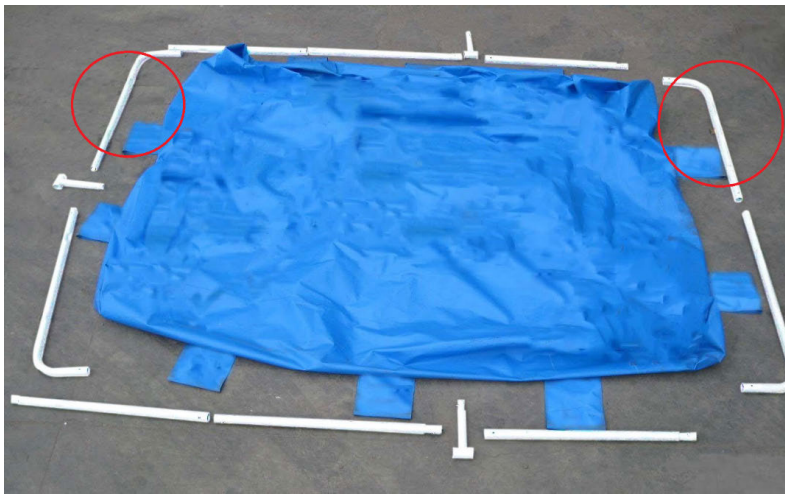Please carefully read this instruction manual
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Pool Set-Up

Step 11: Attach the T-shaped top frame
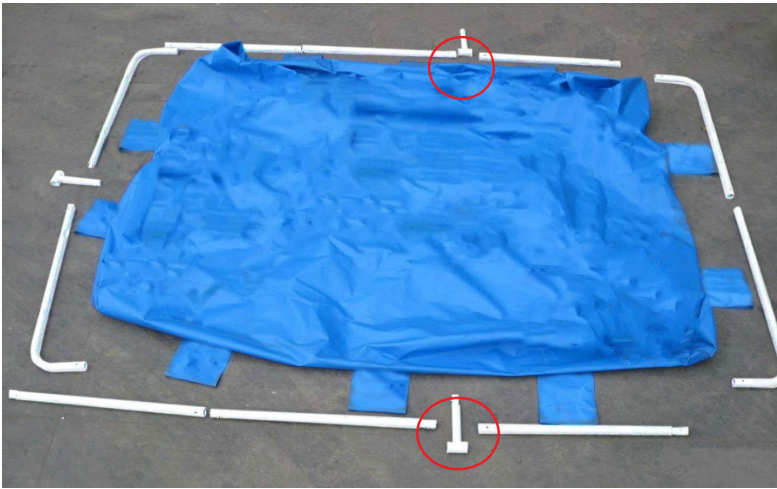
Step 12: Attach the short connector tube to the long connector tube

Step 13: Insert the other short framework elbow tube into the liner and attach it to the long connector tube.

Pool Set-Up

Step 14: Attach the long framework elbow tube to the short connector tube. You may need to lift the liner and have someone assist you to ensure that the tubing enters the liner correctly and attaches

Completed Frame Picture

Step 15: Attach the grey connectors to your inlet outlet ports from outside the pool if they are provided

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Pool Set-Up

Step 16: Install the leg and connect with the harness

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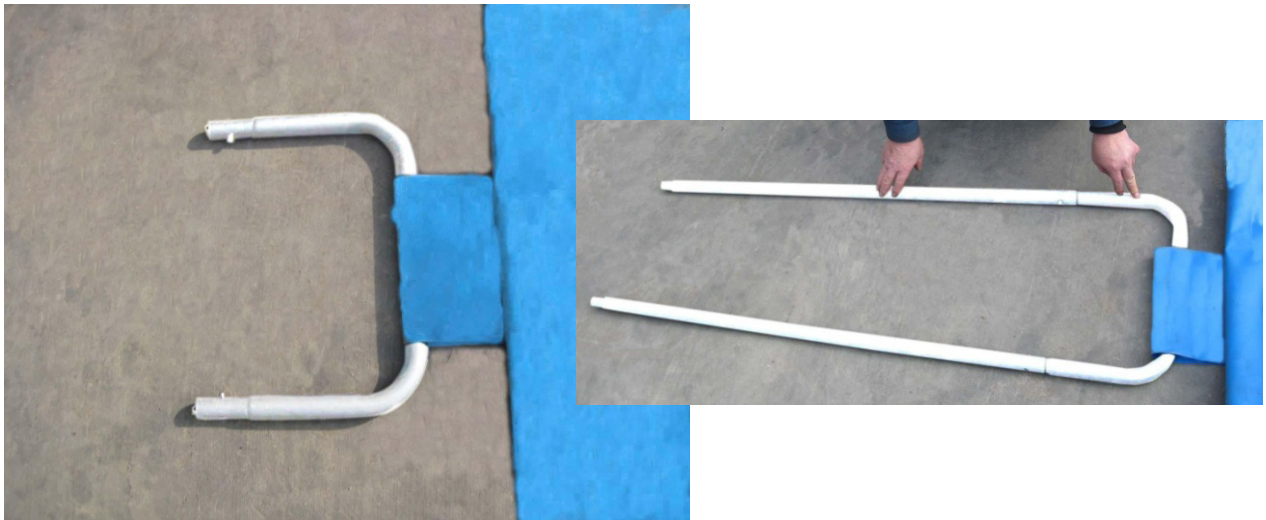
Attach the tube connections to the U-shaped tube firmly. Each of the standing legs should be assembled in the same fashion. Attach the tube connections to the U-shaped tube firmly. Each of the standing legs should be assembled in the same fashion.

Pool Set-Up

Step 16: Continued

It is recommended to have two people lift up the frame to mount onto the leg supports.
Pull the bottom section of the leg, stretching bottom flaps to maximum. If the leg supports are not able to fully extend, you can place a brick or wooden plank underneath as a base (seen in pictures below).

Pool Set-Up

Step 17: Assemble the harness

On a separate location, assemble the harness frame, which is composed of the harness right, back, and left tubes. Use the big adjustment knob to securely fasten the three components, and then attach the whole frame onto the T-shaped top frames that are sticking out. The result should be as shown in the figure below.

Pool Set-Up

Step 18: Assemble the harness belt.

Insert the belt loop into the harness frame, then attach the end of the harness frame with the harness connectors and small adjustment knob, as shown.

Step 19: Install the filter.

Take one of your filter pump hoses and attach it to the gray size converter (shown for filter pumps 1500 gph and above). Connect this filter pump hose with the gray converter to the pool inlet port as shown to the right. Attach the other end of your filter pump hose to the filter pump outlet port. For filter pumps 1500 and above, it is located below the filter cartridge. From the filter pump outlet, attach final filter pump hose to pool inlet. For 1000 gph filters, please connect the clear hoses first from the pool outlet to the filter pump inlet located at the top and then connect a clear hose from the filter pump outlet to the pool inlet and secure with clamps. Please see example below.

Filter Pump Connection   **Filter Pump Outlet**
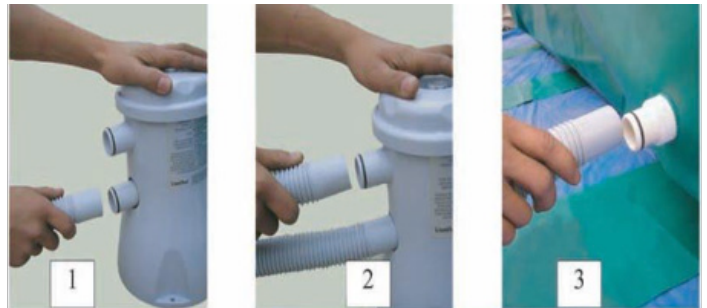
Filter Pump Connection
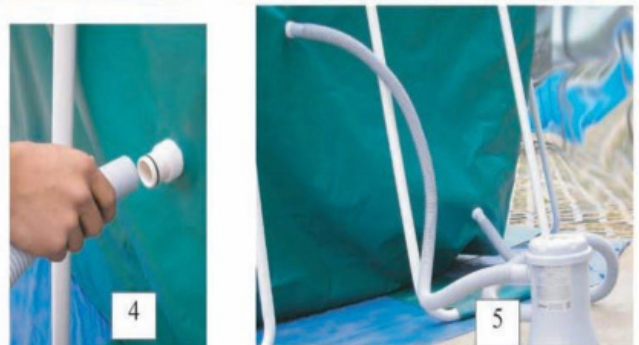
Pool Set-Up

Important Note:

For the 1000 gph filter pump, please make sure to plug the hoses completely into the inlet outlet pipe opening as shown in figure:

Step 20: Filling the swimming pool with water.

After installation is complete, and 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 engraved line on the liner.

Please note that water will naturally accumulate on the bottom during filling. If you see small puddles near the floor of the pool, it is a good chance it is not a leak or puncture because the liner is very strong. In the unlikely event of an actual puncture, the water level will drop down by about at least an inch a day.

Figure 2: Example of a non-leak due to filling

Completed installation shown in figure below:

Ladder Set-Up

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

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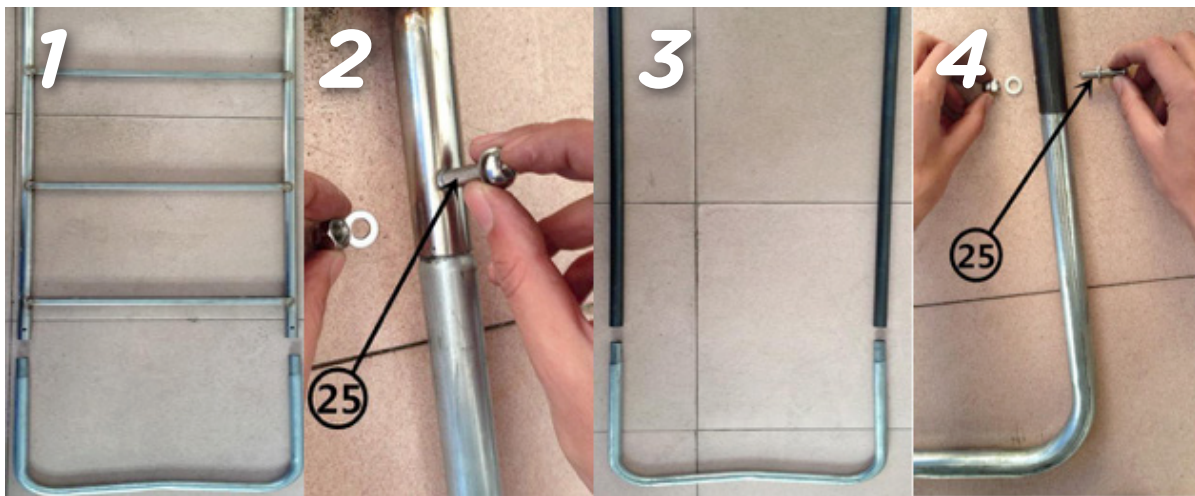
Step 2: Following illustrations 5 & 6, take the left and right handles and insert onto the inside ladder frame. Follow illustration 7 and use the correct screw and washer to fix in place. (Part #25)
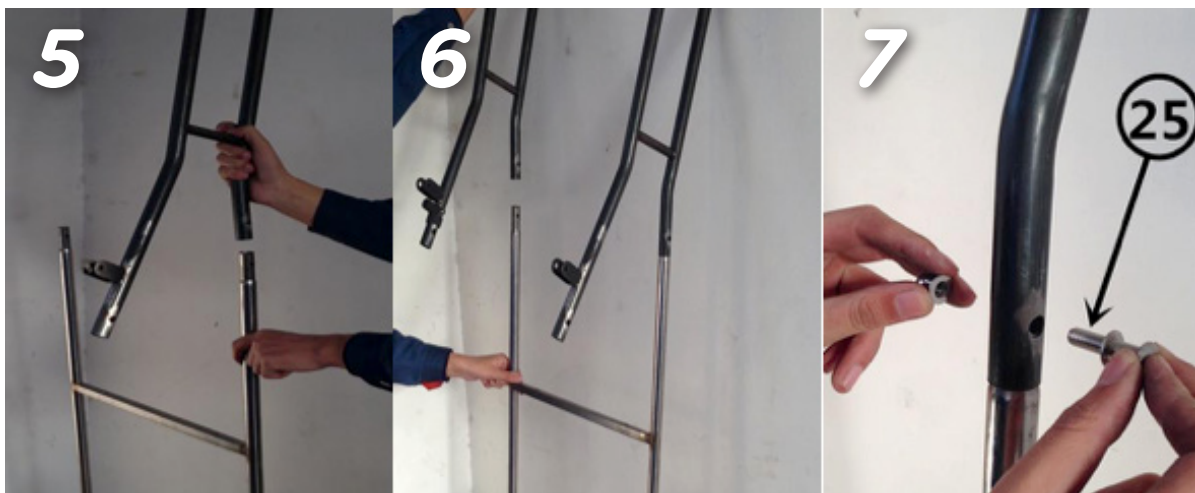
Ladder Set-Up

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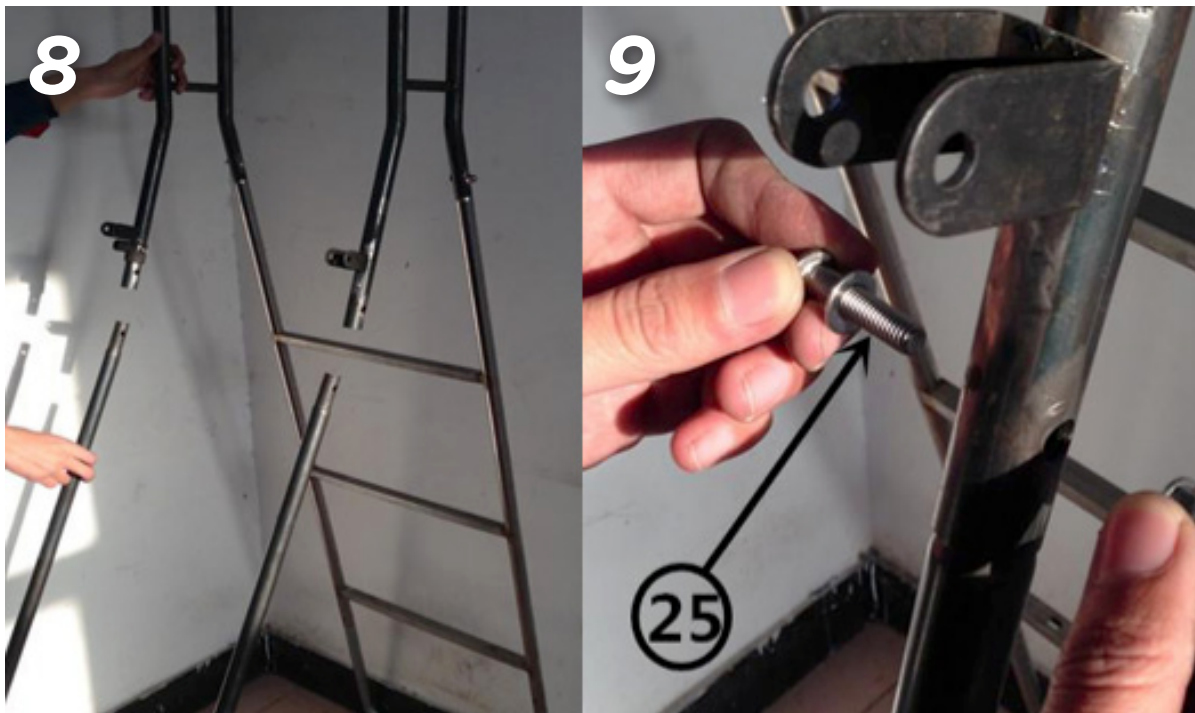
Step 4: To finish attaching the outer ladder follow illustrations 10,11, & 12 while making sure the correct screws are used according to diagrams

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 illustrations 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

• *Set ladder on a solid base.*

• *Allow only 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.

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 for how the harness works.

10. For new swimmers, it is recommended to have someone to assist the new swimmer by supporting them at the waist if the swimmer cannot reach the ground. Be sure that the new swimmer is relaxed before beginning to swim.

11. When a first time user or new swimmer begins to swim, start at a low speed and use minor swimming force. Increase speed and force gradually.

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Instructions On Using the Elastic Band

5. For new swimmers it is recommended to have someone to assist the new swimmer by supporting them at the waist if the new swimmer cannot reach the ground. Be sure that the new swimmer is relaxed before beginning to swim.

6. When a first time user or new swimmer begins to swim, start at a slow speed and use minor swimming force. Increase speed and force gradually.

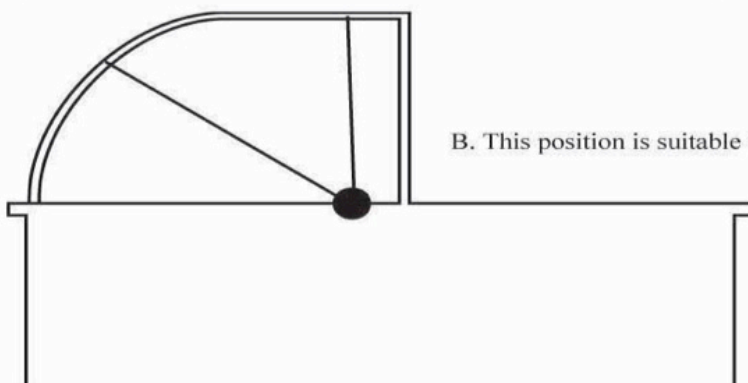### C. Instructions on using the Elastic Band

The location of the Elastic Band may be adjusted according to the user's needs and conditions.

1. Adjust the position:
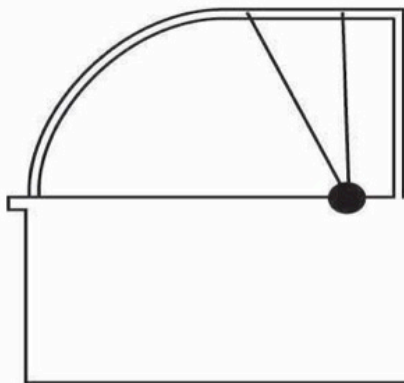
A. This position is suitable for a beginner. This is the best position to start in for new swimmers or someone who prefers effortless swimming.

B. This position is suitable for a capable swimmer.

Instructions On Using the Elastic Band
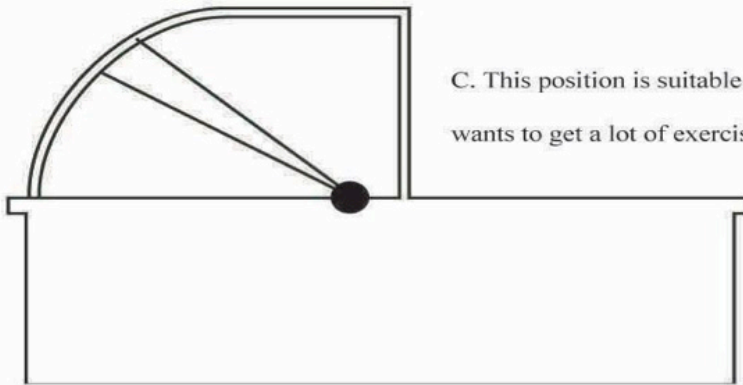
C. This position is suitable for a capable swimmer who wants to get a lot of exercise quickly.

2. Adjust the spacing:
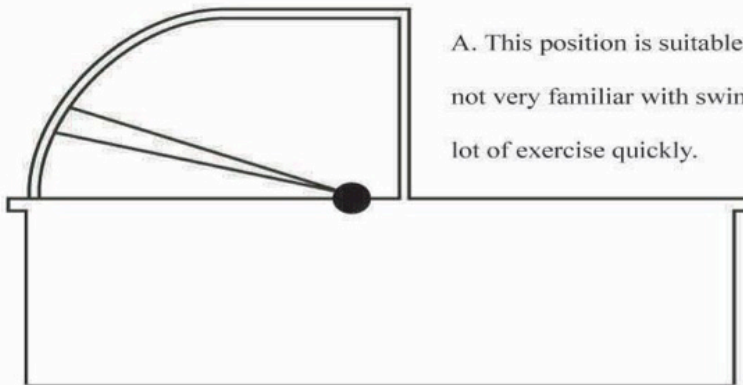
A. This position is suitable for swimmers who are not very familiar with swimming but wants to get a lot of exercise quickly.

D. iPool Instruction Method

An Easy to Learn Method for learning to swim or as an Exercise Machine

Principle: Beginner (quick learning) should start with the backstroke, then the breaststroke, and finally free style (the crawl).

Type of Stroke: Those with basic skills may start with free style

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 5–10 times.	1. Relax, breathe, 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.

Using the iPool

	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 you'll get. 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 Steps 1–12.	The only difference between the backstroke and breaststroke is that you are face down in the water for a breaststroke.
Freestyle (Crawl)	For freestyle, follow steps 1–12.	Be aware of your breathing and what you are comfortable with.