



swim mode

(only available if the swim option is activated in the spa configuration)



The Duration of all training drills and the Intensity of all pre-set training drills are set in this page. The number of available intensities depends on the swim spa configuration and on the selected training drill, whose name is displayed at the top of the screen. The intensity of personalized drills is set during the drill creation and can be edited from the Training Drills selection page.

From this page, you can also access the following:

- training drills selection
- swim settings

To select an item, slide the right wheel until the desired icon is highlighted in the middle.

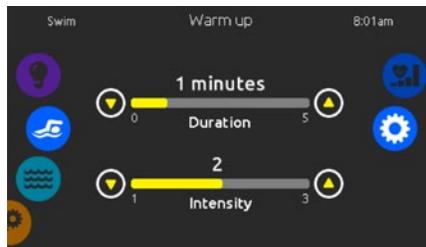
When ready, press Start to begin the workout session. Resume and Stop buttons are also available when a swim session was previously paused.

swim settings



In the Swim settings page, you can access the following parameters:

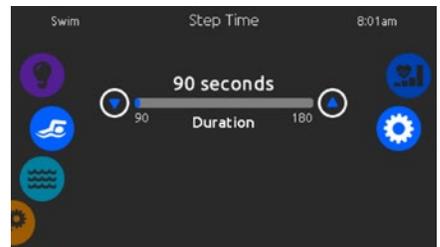
- Warm up
- Cooldown
- Step Time
- Preparation Time
- Light (requires an in.mix installed)



warm up & cooldown

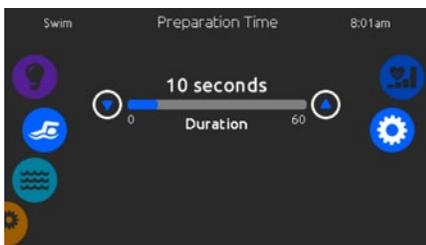
These pages allow you to adjust the duration and intensity of the warm up and cooldown portion of your training drill. If no Warm up or Cooldown sessions are desired, set their respective duration to 0 minute.

Note that Warm up and Cooldown settings apply to all training drills.



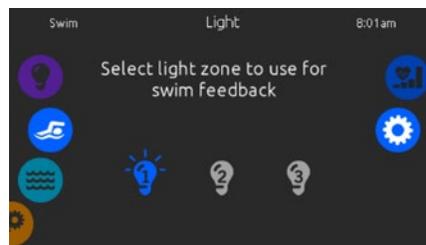
step time

This page allows you to adjust the workout session step time. Step time applies to all training drills except Endurance, Power and Personalized.



preparation time

This page allows you to adjust the Preparation time. The preparation allows the swimmer to take place between the time when he presses on the "Start" button of the Swim page and the time when the swimming workout starts. If no Preparation Time is desired, set Duration to 0 second.



light (requires an in.mix installed)

This page allows you to select which in.mix zone to use for swim feedback.

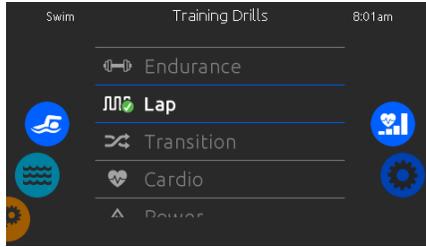
If at least one zone is selected for feedback, it will blink and change color depending on the progression during the swim workout:

- 1- Blinks in blue during the preparation countdown
- 2- Changes to yellow during the warm up session
- 3- After the warm up, color tones range from light blue to bright red depending on swim intensity
- 4- Blinks twice when the intensity changes during the workout
- 5- Changes to a light blue color during the cooldown session



training drills

The Training Drills selection page allows you to choose the desired workout drill. The currently selected drill is highlighted and has a green checkmark. To select another drill, simply scroll through the list and click on its name.



Endurance

In this training drill, the swimming workout will be executed at a constant intensity for the entire duration.



Lap

This training drill will perform high and low intensity intervals of equal step time.



Transition

This training drill will perform a series of equal steps at random intensities.



Cardio

This training drill will perform two successive steps at high intensity for one step at low intensity.



Power

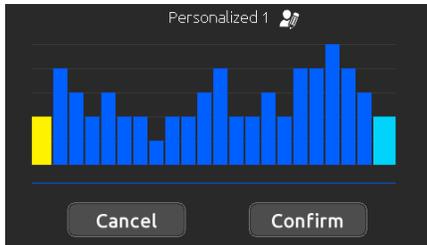
This training drill will perform a "pyramid" program where the intensity will progressively increase until the maximum is reached. It will then decrease progressively to end at low intensity.



Personalized

Three personalized training drills are available and can be edited to create a custom workout pattern. To edit a personalized training drill, touch the pencil icon at the right end of the desired personalized drill to open the training drill edit window.

personalized workout edits



This page allows you to create a personalized training drill. Simply draw the desired workout pattern on the screen and/or adjust each individual step to the desired intensity. The duration of the 20 available steps will be adjusted to fit the duration selected on the main screen.



When the personalized pattern is completed, press Confirm to save your changes and return to the swim window.

You can also press Cancel at any time to exit without saving your modifications.

Personalized training drills can also be renamed by clicking the pencil icon located to the right of the workout name.

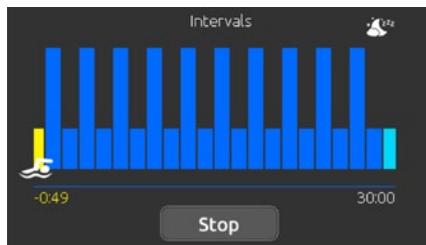
swim workout



When you press the Start button, the preparation counter appears and starts to decrement, allowing the swimmer to get in position before the swimming session starts. From there, you can press Pause to suspend or Stop to interrupt the swim session and return to the main swim page.

The keypad can also be put in sleep mode by pressing the sleep icon located at the top right of the screen in order to prevent water from splashing on the keypad and inadvertently stopping the swim session.

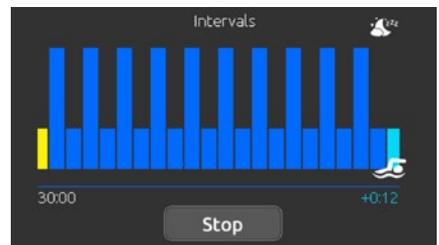
During the workout session, a summary of the session is shown.



A swimmer icon is also displayed on the screen and will move toward the right as the swim session progresses.

A yellow countdown decreases during the warm up portion of the swim session while the set workout time is displayed on the right.

Once the warm up timer reaches zero, the workout session begins and will follow the selected training drill, shown on screen. The workout timer on the right will start to decrease as the elapsed workout time, displayed to the left of the screen, increases.



When the workout program is completed, the swimmer enters the cooldown portion of the session, displayed in light blue.

The elapsed workout time remains on the left and a light blue timer starts incrementing on the right, indicating the time spent in cooldown.