



# Newsletter

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*"You need it, we got it. If not, we make it."*

## The Benefits of Swimming for Your Health: Mind Body and Soul

Swimming works your whole entire body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart.

As you become fitter and are able to swim longer, your resting heart rate and respiratory rate will be reduced, making blood flow to the heart and lungs more efficient. On average, a swimmer can burn as many calories in an hour as a runner who runs six miles in one hour. Simply put, some call swimming the perfect form of exercise.

There are many other benefits of swimming such as whole body conditioning, low risk of injury, low-impact exercise, improve blood pressure, and stress reduction.

Swimming tones you upper and lower body because you are using almost all of your major muscle groups. Swimming causes no stress on your bones, joints or connective tissue due to buoyancy and the fact that you weight 1/10<sup>th</sup> less in water.

Also pregnant women prefer swimming because it helps strengthen the shoulder and abdominal muscles, which can be strained when carrying a baby. For the elderly, swimming helps relax stiff muscles and isn't weight bearing. Women who have had mastectomy and those recovering from an injury often turn to swimming or water aerobic exercises because it's low impact.

Swimming is extremely relaxing because it allows more oxygen to flow to your muscles and forces you to regulate your breathing.

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**Have any new questions or comments for us... Well drop us a line on our website and email address or give us a call.**



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**We're on the Web!**

**www.fitmaxipool.**

## **Frequently Asked Questions**

Q. What is the difference between the small pump and large pump?

A. Small pump is 10 GPM and the large pump is 16GPM.

Q. Hose connectors on the heater leak. How do I fix that problem?

A. Use the yellow colored Teflon tape on both the galvanized coupler and PVC hose connector.

Q. How much stress does the support bar and harness hold without breaking or collapsing?

A. The support bar was designed for the sole purpose of using a cord and belt, only with a swimmer. Any direct weight to the support bar can damage the material and warranty will be void.

Q. What is the maximum heat the iPool liner will stand?

A. The liner is rated at 140°. We suggest a temperature that is comfortable for the swimmer.

Q. What is the highest heat setting on the heater?

A. The spa heaters' highest setting is 140°.

Q. Where can I buy the pump filters?

A. We stock the filters for our iPool pumps.

Q. Do you have a large size belt?

A. Our belt fits 22" to 50". If you need a larger size than 50", we can order a larger one for you.

Q. What is your return policy?

A. Within 30 days, you can return any item, however the items have to be in their original boxes unopened. You can also call our service help lines from the following list:

1.800.947.2975 out of Ca

1.800.627.2975 in Ca

## **Upcoming Events and Tradeshow**

On January 28, 29 and 30<sup>th</sup>, Fitmax will be attending the Atlantic Pool and Spa Show in Atlantic City, New Jersey. Come and see our booth and enjoy our own swimmer display the iPool.

We are now selling filters!! Type A, D, and E filter cartridges will be \$4 each. If you have a heater, your filter pump will be a type A and all other filter pumps will be a D or an E filter cartridge.

## **We Are Now On Amazon.com!!!**

Take a look at our product on Amazon.com. We are also on Arthur Pools website.

com

## Fellow Customers Experiences

Dear Sirs,

Just a few words about my Fitmax pool. It works.!!! I had doubts about its advertised qualities and construction. to my suprise ; I am glad to report that it is everything you advertise it to be. I am 5' 8" tall and weigh, 250 pounds . It fits me well. I can even swim in circles under water using my facemask and snorkel. I find using the mask and snorkel while tied to the tether works best for me. I am more than glad that I purchased your product and would recomend it to anyone that wants or needs aquatic exercise. P.S. if its to be used in a cold air enviornment you need a heater.!!!

**Thomas Romero**

Really like the pool, really like the price and the service. The one thing you could offer is a little vaccum cleaning kit that would work with the filter pump, maybe an interchangeable leaf strainer/vaccum head. Just a thought as people will have to figure out how to do a little cleaning anyway...you all might as well pick up the few extras! Thanks for the product.

**Craig Orlander**

This is just a quick report on the iPool we bought last spring. It is presently set up in our basement and I am swimming about 5 days a week, minimum of 30 min each and that is constant "serious" swimming. The convenience is awesome. We had it in the garage before that but we have cold winters here in Ohio. I was afraid the humidity would be a problem but it doesn't seem to be because the pool cover appears to be doing a good job. Next summer we may have to use a dehumidifier. We also wrapped the pool in insulation as well as insulation under it to help with saving on heating costs. Another modification was stabilizing the ladder better. I'm pretty big and it feels safer. Since getting the pool I've lost about 40 pounds, lowered my blood pressure, decreased the pain of my fibromyalgia and osteoarthritis of my knee. I'm loving the pool.

**Bonnie Lindner**

## Send Us Pictures !!!

If you would like to take pictures of your pool please do so and send them to our website and or email.

## Technical Suggestions

For new installs, be sure your electrical connections are correctly installed and also refer to your manuals for your spa heater and filter pump hookups.

One problem we are hearing about with our new customers is that they are connecting the tubing to the wrong inlet/outlet ports. Be sure they are connected properly before starting your system. You will see a picture of the heater and pump/filter on our website that shows the correct hookup.

If your new pump/filter is leaking after you start your system, please contact us and we will send you another pump. We would also appreciate an e-mail with your full information so we can pass on these complaints to the manufacturer. We want to make sure you are getting the best equipment possible for your money.