



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 1/10th 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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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 Tradeshows

On January 28, 29 and 30th, 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.

com

Technical Suggestions

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

One of the problems we are coming across with 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.

If your pump is leaking please contact us and we will send you another pump.

Sorry 

We did not have last months newsletter available because of tradeshow.