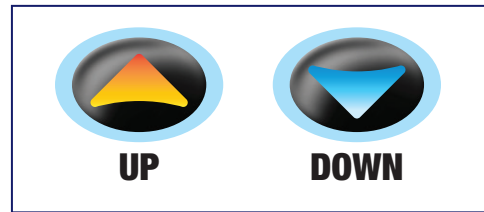


## SWIM SPA & SWIM WORKOUT INSTRUCTIONS



1. Press the **SWIM** button to turn the pump **ON** – the blue **SWIM** icon on the LCD screen turns **ON**.

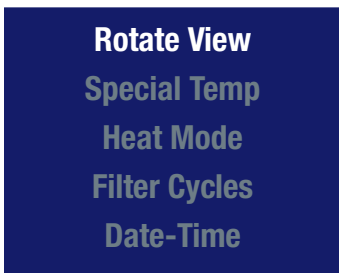


2. Then press **UP** or **DOWN** button to select your desired **SPEED #**.

3. Press the **SWIM** button again to turn **OFF** the pump – the blue **SWIM** icon on the LCD screen turns **OFF**.

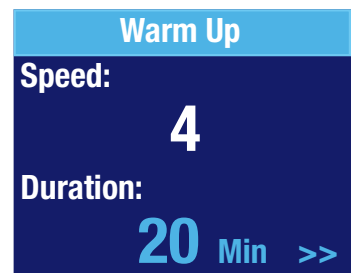
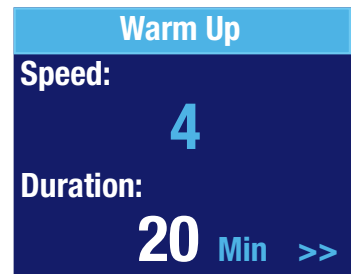
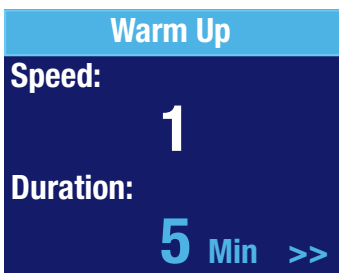
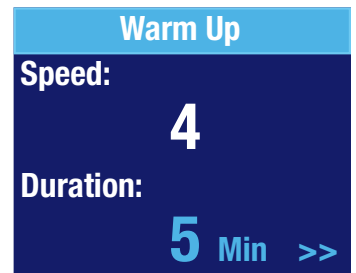
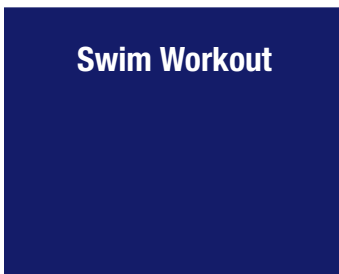


## SWIM WORKOUT PROGRAMMING

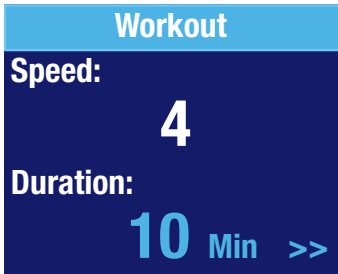


1. To program the **SWIM WORKOUT**; press the **MENU** button; then **UP** button and select **SWIM WORKOUT** by pressing the **MENU** button to get to the **WARM UP** setting.

2. Press the **UP** or **DOWN** button to select the **SPEED #** for **WARM UP**; then press the **MENU** button to select **DURATION** in minutes; then press the **MENU** button twice to get to **WORKOUT**.



# SWIM WORKOUT PROGRAMMING (continued from front)



3. Press the **UP** or **DOWN** button to select the **SPEED #** for **WORKOUT**; then press the **MENU** button to select **DURATION** in minutes; then press the **MENU** button twice to get to **COOL DOWN**.



4. Press the **UP** or **DOWN** button to select the **SPEED #** for **COOL DOWN**; then press the **MENU** button to select **DURATION** in minutes; then press the **RETURN** button twice to get out of **SWIM WORKOUT**.



5. Press the **SWIM WORKOUT** button to turn **ON** the pump – the red **SWIM** icon on the LCD screen turns **ON**. The **WORKOUT** feature will activate to cycle each of the **SPEED** setting and specific **DURATION** setting for **WORKOUT**. If you need to increase or decrease the pump speed manually; then press the **UP** or **DOWN** button to your desired **SPEED #** in each cycle.



6. Press the **SWIM WORKOUT** button again to turn **OFF** the pump – the red **SWIM** icon on the LCD screen turns **OFF**.



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