## **Using Your MAAX Force Jet Propulsion System**

Congratulations on your purchase of a swim spa equipped with the proprietary MAAX Force Jet Propulsion system! This system's unique 'Anti-Turbulence' technology creates a smooth, powerful jet stream with just a few quick button presses.

Before you begin training using your MAAX Force Jet Propulsion system, please:

- A. Ensure that the water is at a safe temperature for strenuous exercise:
  - 83° to 86° Fahrenheit
  - 28.5° to 30.0° Celsius
  - Higher or lower than the ranges above <u>only under the supervision of a physician</u>.
- B. To maximize flow, turn off all non-swim jets by rotating their outer ring clockwise.
- C. Set the Cascade (fountain) jets to their lowest level using the large diverter valve located at the end of the swim vessel.
- D. Notify a responsible adult of your location and how long you intend to exercise.

## IMPORTANT: Swimming alone is not advised. A responsible adult should check on you as you exercise.

- 1. To begin your workout, press each Jets button until you reach your desired swim velocity.
- 2. Warm up using the lower speeds.
- 3. Raise the swim velocity with additional presses of the Jets buttons (Jets1, Jets2, Jets3).
- 4. To lower the swim velocity, press the Jets buttons, turning them off until you reach the desired speed / jet pump combination.
- 5. For your safety, the swim jets will automatically shut off after fifteen minutes of operation. To swim longer, repeat steps 3-4 above as desired.
- 6. When finished swimming, be sure to turn the non-swim jets back on by rotating their outer ring counterclockwise. Leaving the non-swim jets closed prevents optimal heating and filtration.



