




# Step-by-Step Swim Spa



 01  
Swim Settings


 02  
Endurance

 03  
Lap

 04  
Transition

 05  
Cardio

 06  
Power

 07  
Personalized





## Swim Settings

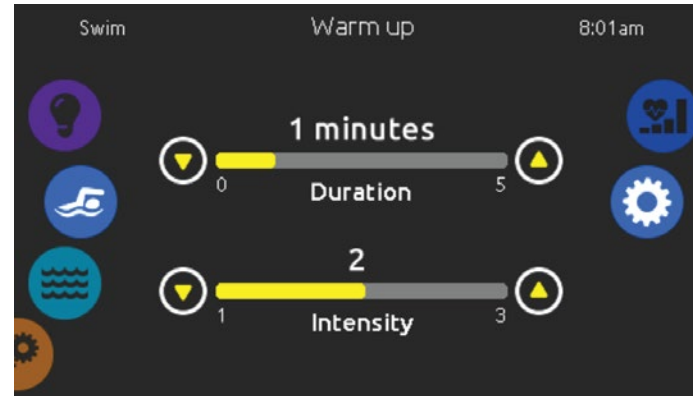


1

To access your swim spa training drills, touch the swimmer icon on the left.

Before choosing one, we recommend to adjust the parameters. Touch the settings icon on the right icon wheel.

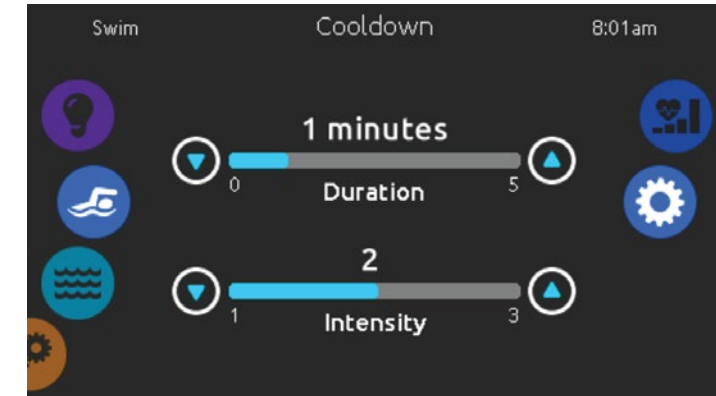
From there, you can access 5 different parameters.



2

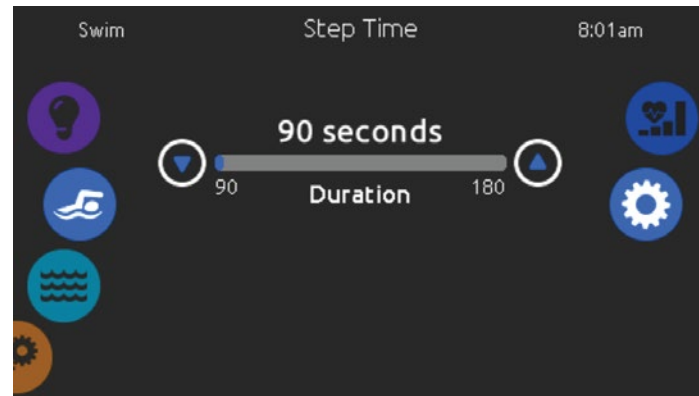
The first one is **Warm up**. There, you can adjust the duration and intensity of your training warm-up by touching the up and down arrows.

Once done, touch the settings icon to go back to the main settings menu.



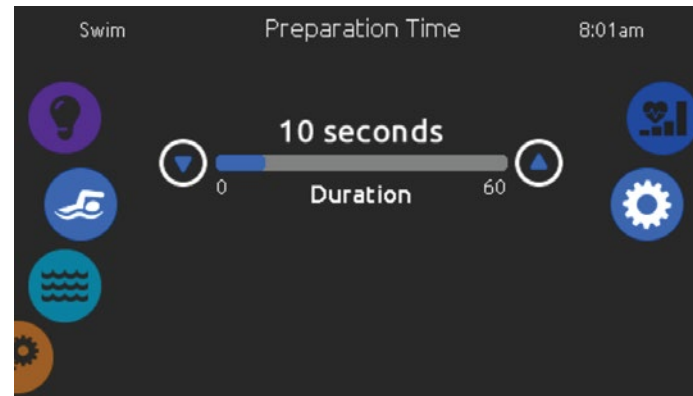
3

The second one is **Cooldown**. There, you can adjust the duration and intensity of your training cooldown by touching the up and down arrows.



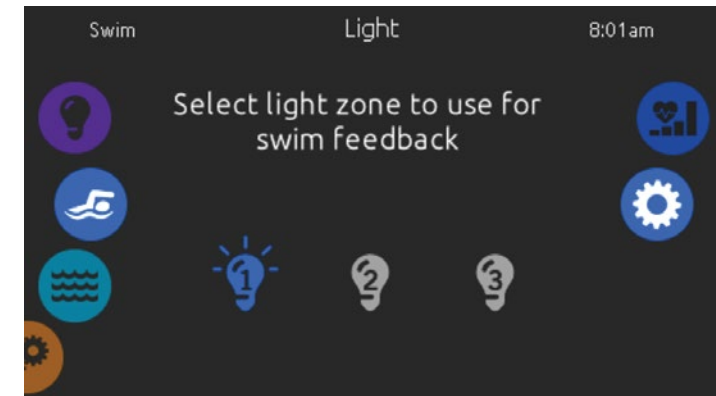
4

Adjust the training drill **Step Time** duration by touching the up and down arrows.



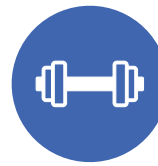
5

**Preparation Time** gives you some time to get into swimming position after touching the start button and before the pumps actually start. You can set the duration of your preparation time by touching the up and down arrows.

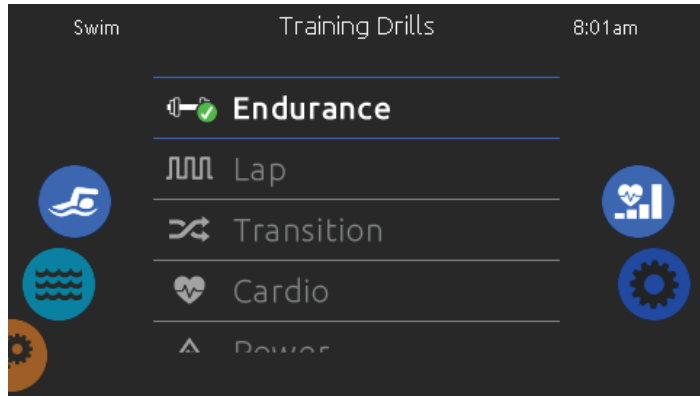


6

Finally, the **light** option gives you the possibility to select which in.mix zones you want to use for your swim feedback (requires an installed in.mix).



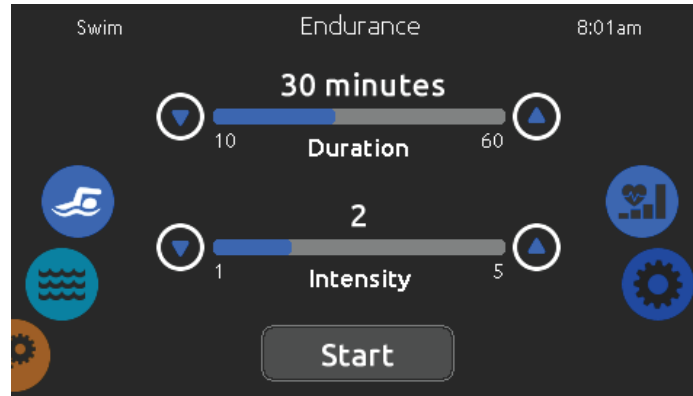
## Training Drills - Endurance



1

To select a training drill, touch the training drill icon on the top of the right wheel icon.

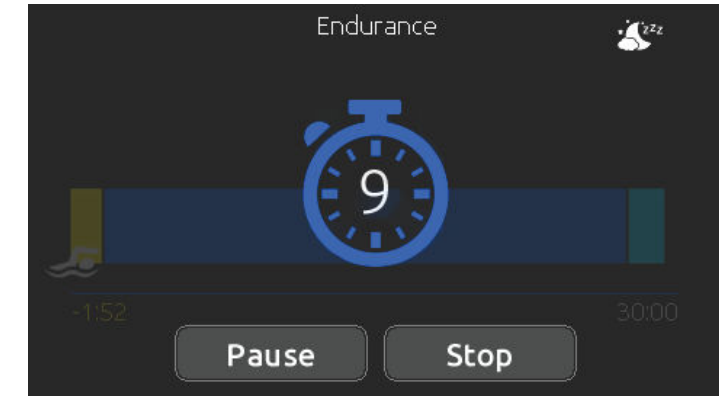
If you choose Endurance the swimming workout will be executed at a constant intensity for the entire set duration.



2

You can adjust the duration and intensity of your Endurance training drill by touching the up and down arrows.

Touch Start when ready.

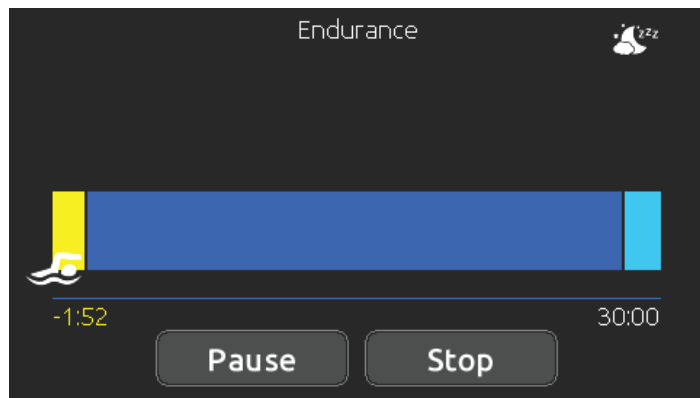


3

The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).

The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.

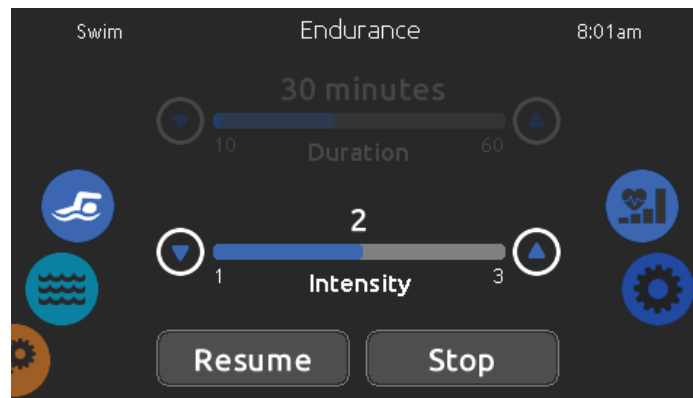
You can touch Pause or Stop whenever you need.



4

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.

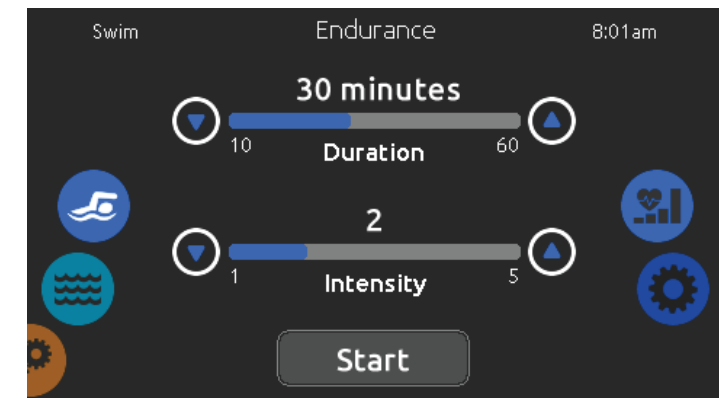
You can touch Pause or Stop whenever you need.



5

Touch Pause to suspend your swim session. You will be able to change the intensity level of your drill or go in other menus to start the music, for example.

Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.



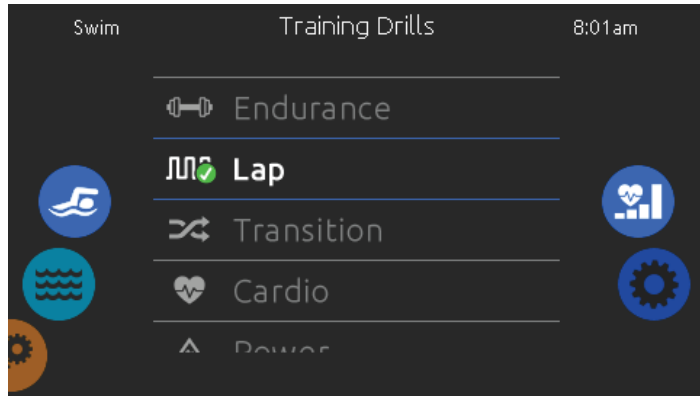
6

If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.

Touch Start to start your workout from the beginning. The preparation countdown will start.

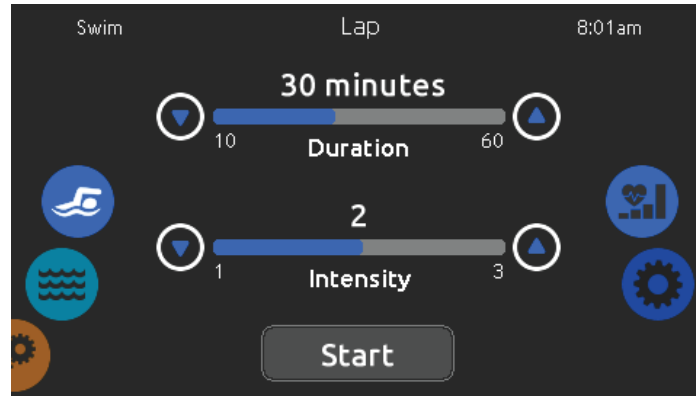


## Training Drills - Lap



1

To select a training drill, touch the training drill icon on the top of the right wheel icon.  
If you choose Lap, this training drill will perform high and low intensity intervals of equal step time.



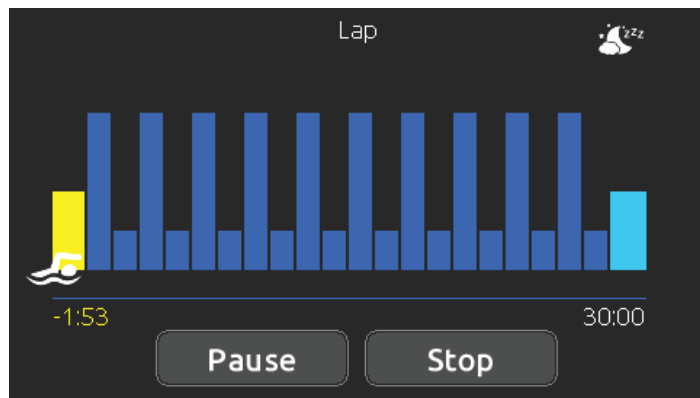
2

You can adjust the duration and intensity of your Lap training drill by touching the up and down arrows.  
Touch Start when ready.



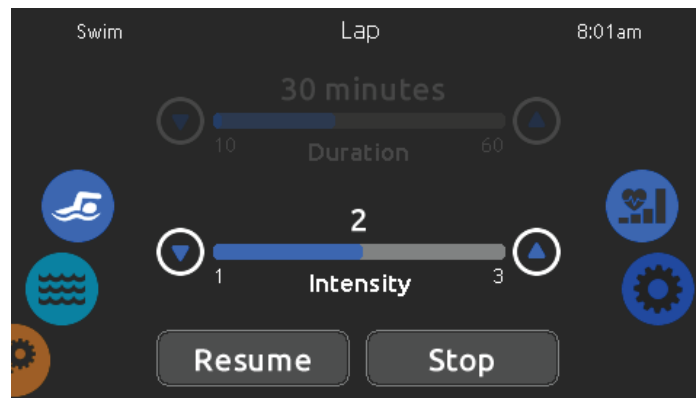
3

The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).  
The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.  
You can touch Pause or Stop whenever you need.



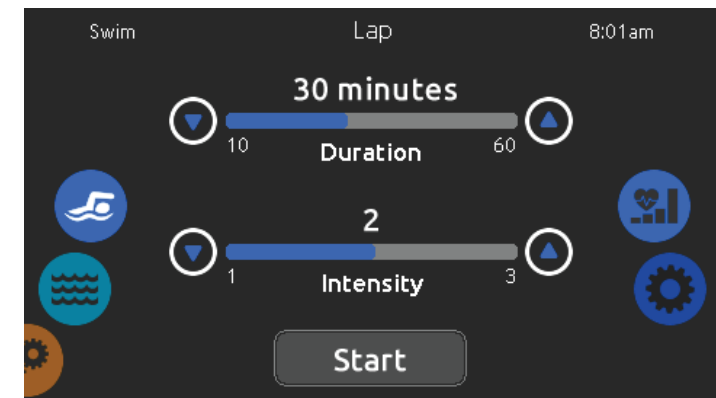
4

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.  
Your in.mix controlled lights will change colors before each interval to inform you of the change of intensity (requires an installed in.mix).  
You can touch Pause or Stop whenever you need.



5

Touch Pause to suspend your swim session. You will be able to change the intensity level of your drill or go in other menus to start the music, for example.  
Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.

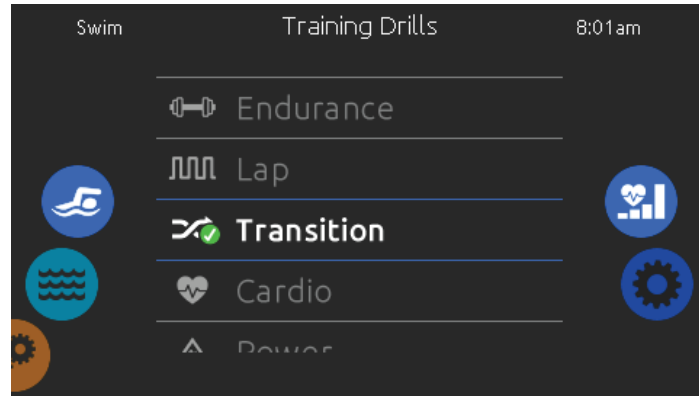


6

If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.  
Touch Start to start your workout from the beginning. The preparation countdown will start..

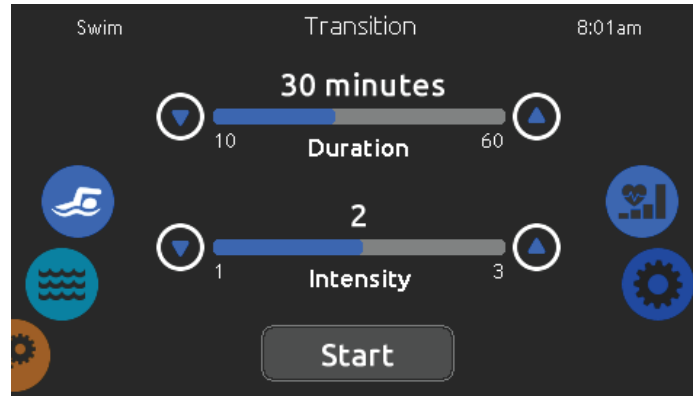


## Training Drills - Transition



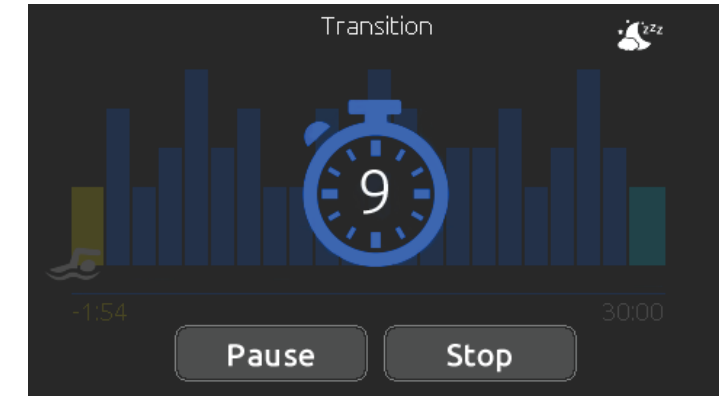
1

To select a training drill, touch the training drill icon on the top of the right wheel icon.  
If you choose Transition, this training drill will perform a series of equal steps at random intensities.



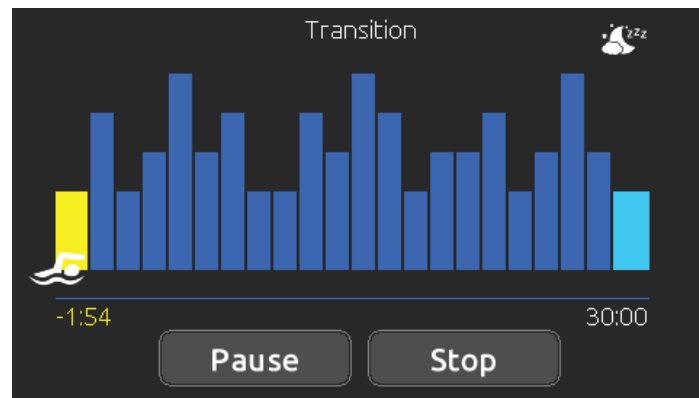
2

You can adjust the duration and intensity of your Transition training drill by touching the up and down arrows.  
Touch Start when ready.



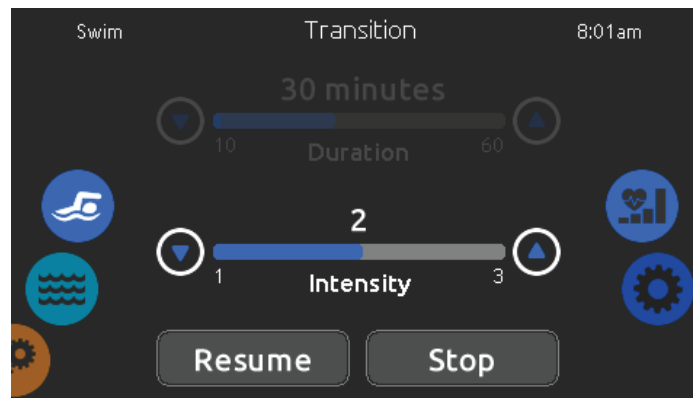
3

The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).  
The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.  
You can touch Pause or Stop whenever you need.



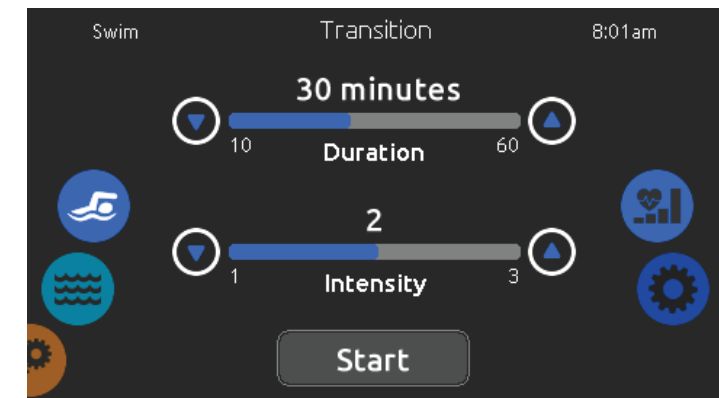
4

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.  
Your in.mix controlled lights will change colors before each interval to inform you of the change of intensity (requires an installed in.mix).  
You can touch Pause or Stop whenever you need.



5

Touch Pause to suspend your swim session. You will be able to change the intensity level of your drill or go in other menus to start the music, for example.  
Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.

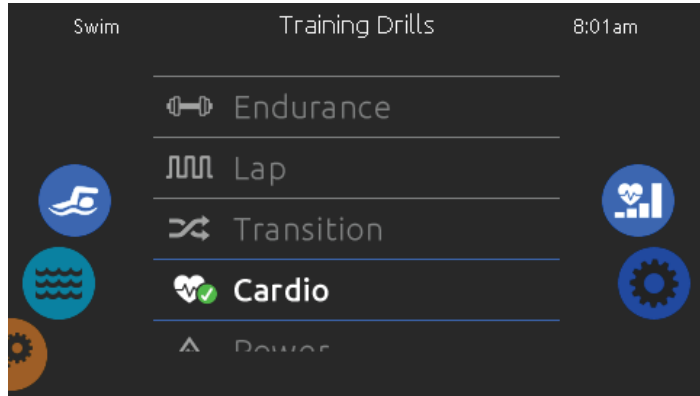


6

If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.  
Touch Start to start your workout from the beginning. The preparation countdown will start.



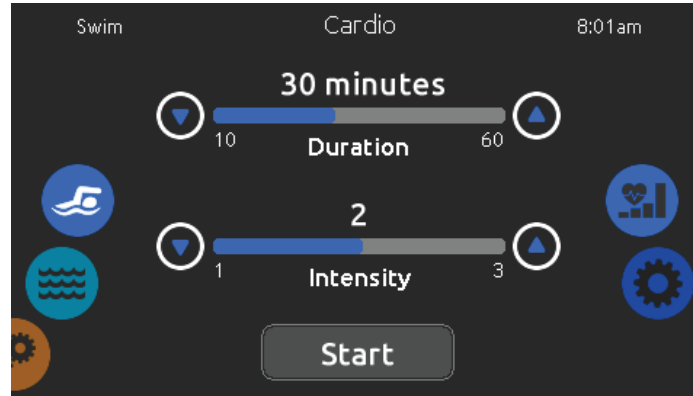
## Training Drills - Cardio



1

To select a training drill, touch the training drill icon on the top of the right wheel icon.

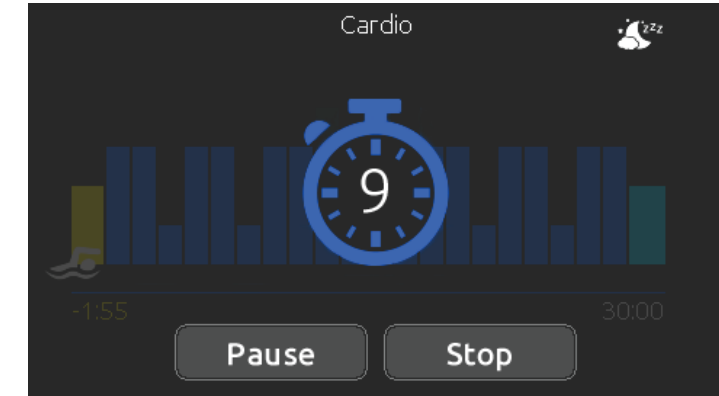
If you choose Cardio, this training drill will perform two successive steps at high intensity for one step at low intensity.



2

You can adjust the duration and intensity of your Cardio training drill by touching the up and down arrows.

Touch Start when ready.

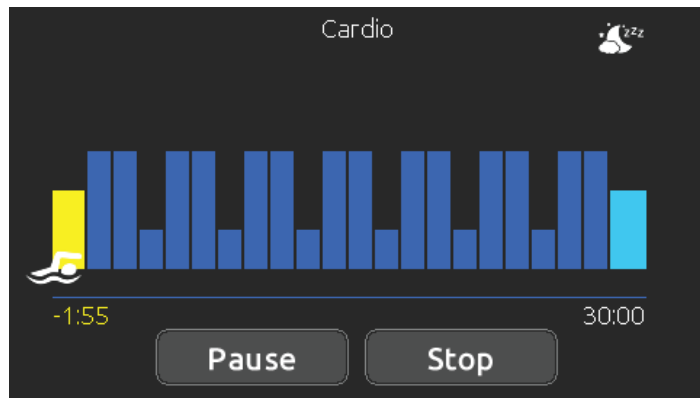


3

The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).

The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.

You can touch Pause or Stop whenever you need.

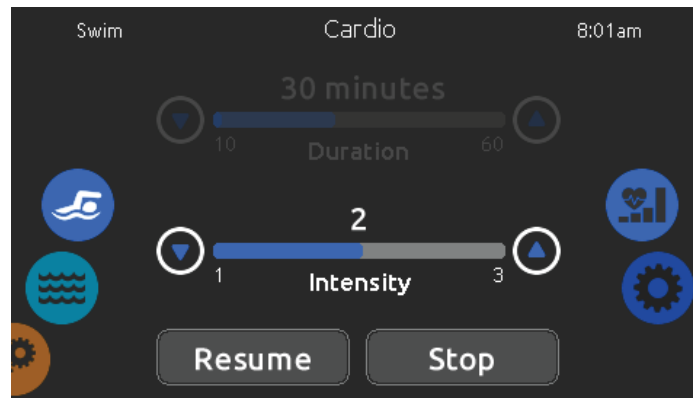


4

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.

Your in.mix controlled lights will change colors before each interval to inform you of the change of intensity (requires an installed in.mix).

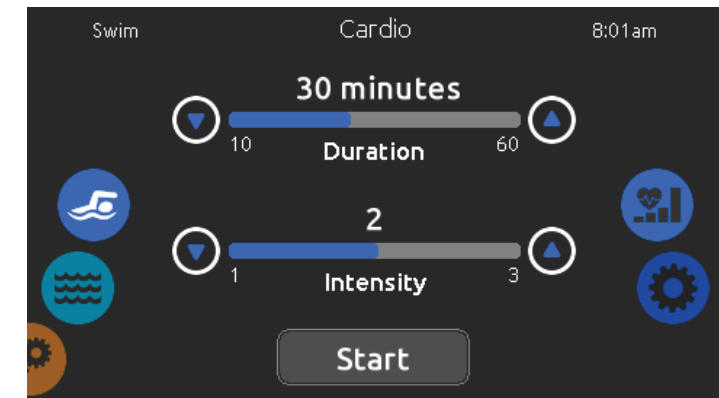
You can touch Pause or Stop whenever you need.



5

Touch Pause to suspend your swim session. You will be able to change the intensity level of your drill or go in other menus to start the music, for example.

Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.



6

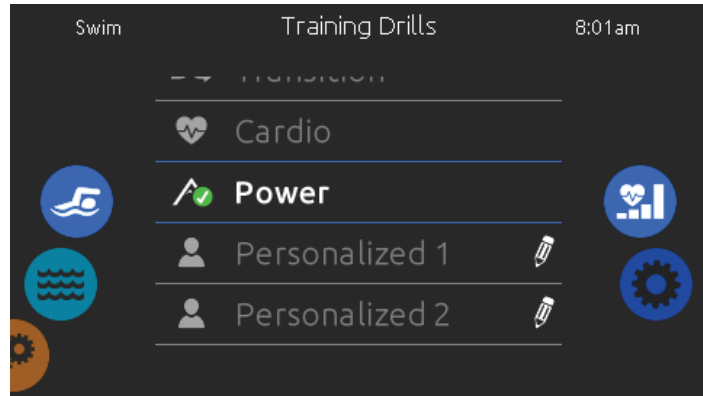
If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.

Touch Start to start your workout from the beginning. The preparation countdown will start.





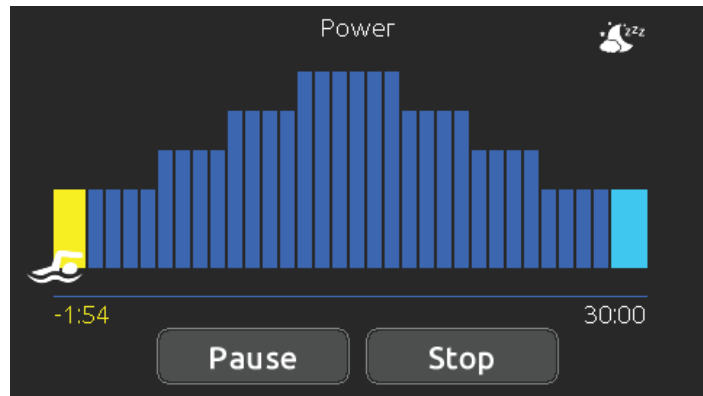
## Training Drills - Power



1

To select a training drill, touch the training drill icon on the top of the right wheel icon.

If you choose Power, this training drill will perform a pyramid program where the intensity will progressively increase until a maximum intensity level is reached. It will then decrease progressively to end at low intensity.

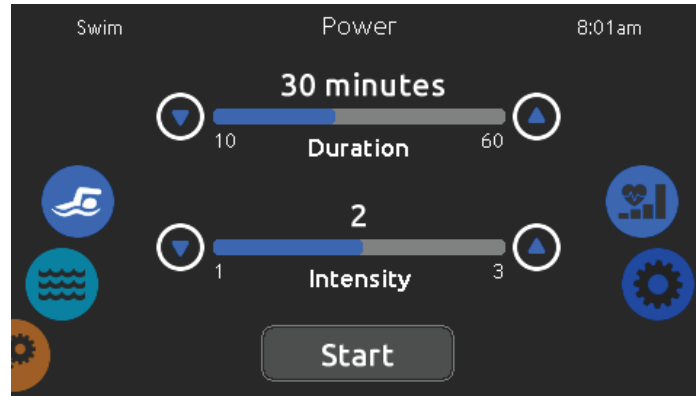


4

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.

Your in.mix controlled lights will change colors before each interval to inform you of the change of intensity (requires an installed in.mix).

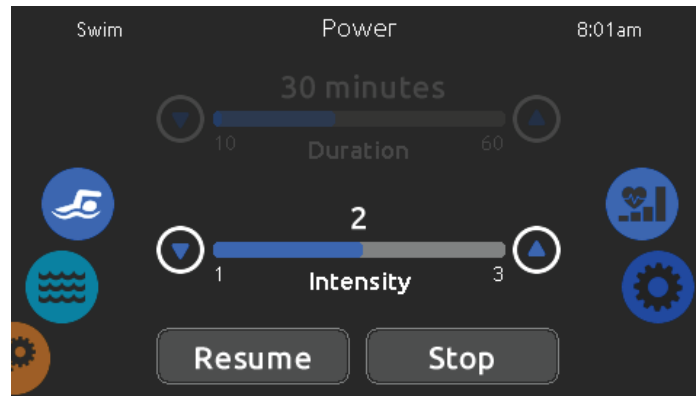
You can touch Pause or Stop whenever you need.



2

You can adjust the duration and intensity of your Power training drill by touching the up and down arrows.

Touch Start when ready.

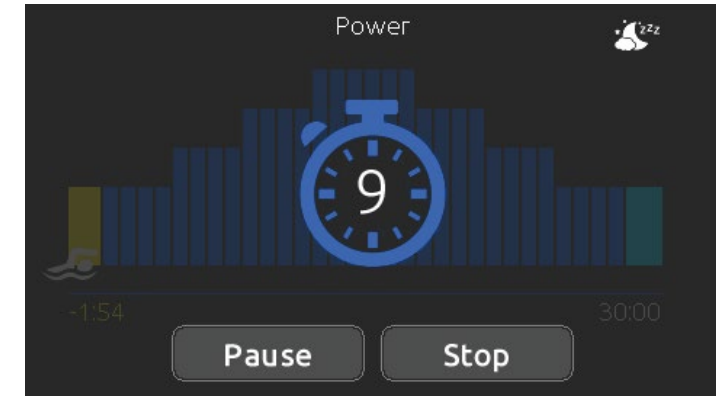


5

Touch Pause to suspend your swim session. You will be able to change the intensity level of your drill or go in other menus to start the music, for example.

Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.

3

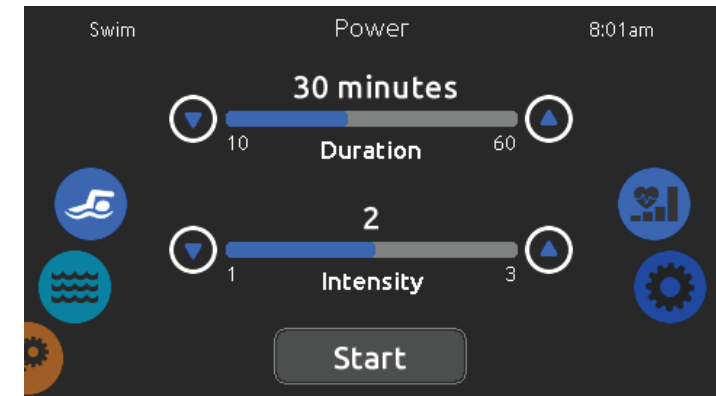


The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).

The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.

You can touch Pause or Stop whenever you need.

6

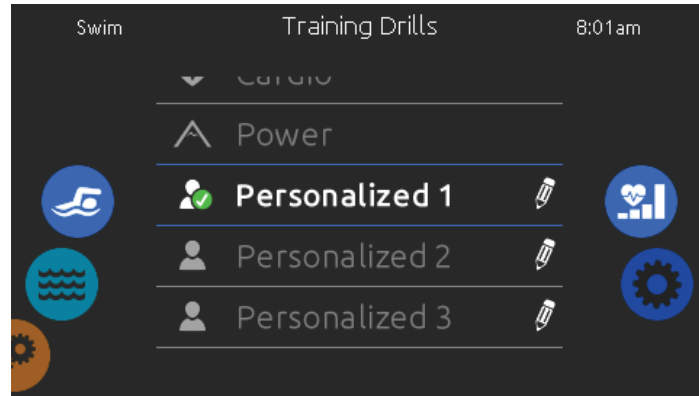


If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.

Touch Start to start your workout from the beginning. The preparation countdown will start.



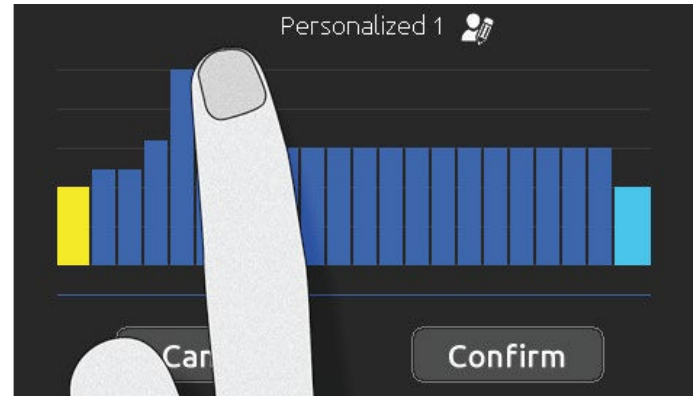
## Training Drills - Personalized



Three personalized training drills are available and can be edited to create custom workouts.

1

Touch the pencil icon at the right end of the desired personalized drill to open the training drill edit window.



2

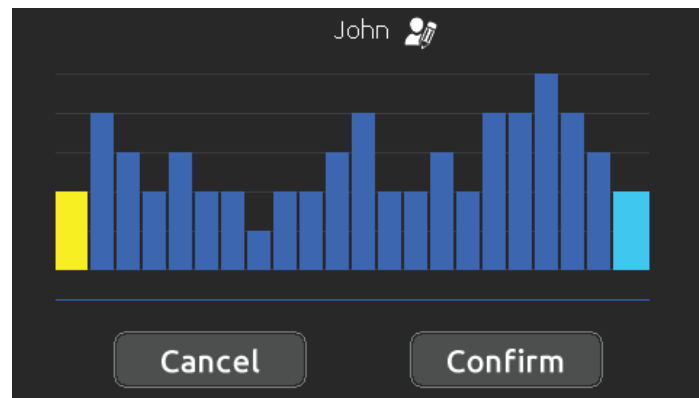
Draw with your finger the desired workout pattern on the screen.

Name your personalized training by touching the pencil icon located at the right of the workout name.



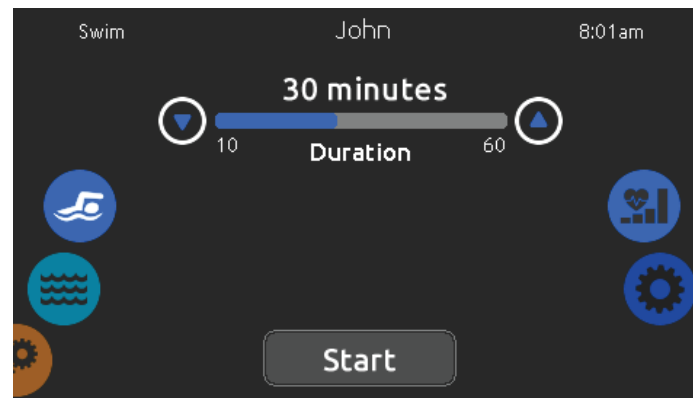
3

Type your workout name. Once done, touch the return key to get back to the training drill screen.



4

Touch Confirm to save your personalized workout. If you cancel, the modifications will not be saved.



5

This page allows you to adjust the duration of your personalized training drill by touching the up and down arrows.

Touch Start when ready.



6

The preparation countdown is displayed, allowing you to get in position before your swimming session starts. Your in.mix controlled lights will blink during the countdown (requires an installed in.mix).

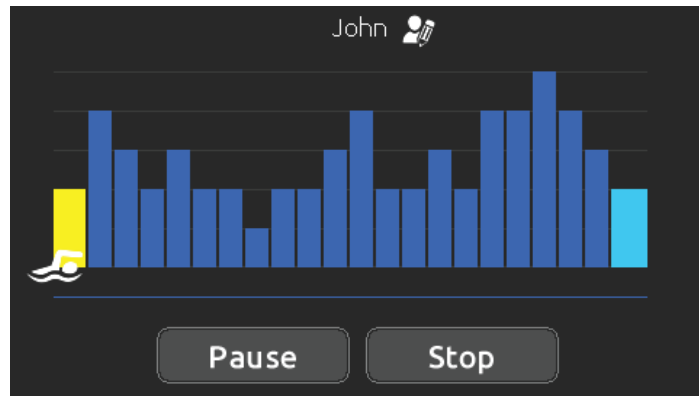
The keypad can be put in sleep mode by touching the sleep icon located at the top right of the screen. It will prevent interruptions of your swim session from water splashing on the keypad display.

You can touch Pause or Stop whenever you need.





## Training Drills - Personalized

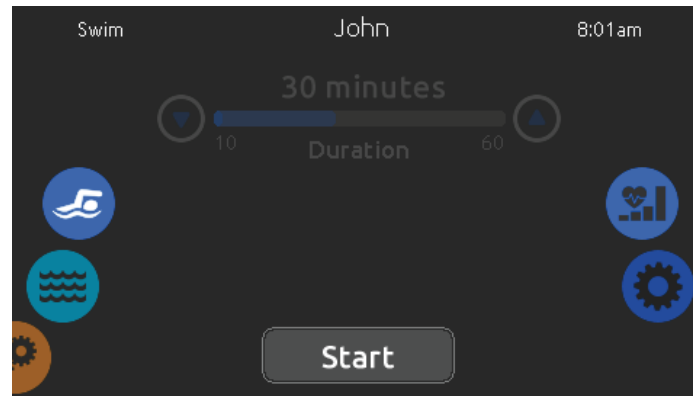


7

During the workout session, you can follow your progression with the swimmer icon moving toward right over the training duration bar.

Your in.mix controlled lights will change colors before each interval to inform you of the change of intensity (requires an installed in.mix).

You can touch Pause or Stop whenever you need.

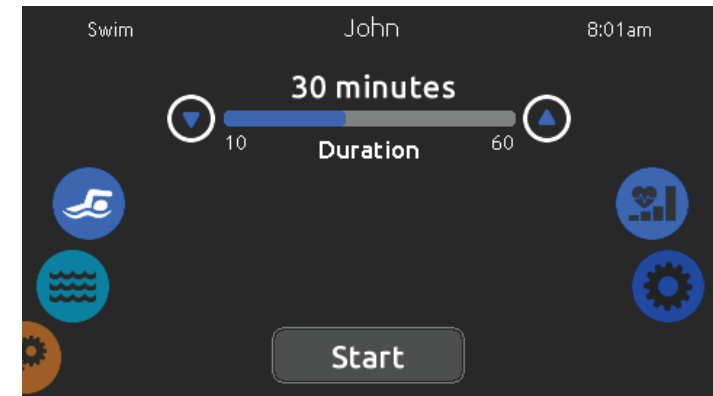


8

Touch Pause to suspend your swim session.

Touch Resume when ready to swim again. The workout session will resume but the preparation countdown stopwatch won't reappear.

9



If you touch Stop to interrupt your swim session, you will be able to change the duration and/or the intensity of your session, select another training drill or modify any other parameters.

Touch Start to start your workout from the beginning. The preparation countdown will start.



Gecko Alliance

450 des Canetons, Québec (Qc), G2E 5W6 Canada, 1.800.78.GECKO  
[www.geckoalliance.com](http://www.geckoalliance.com)

© Groupe Gecko Alliance inc., 2019  
All trademarks or registered trademarks  
are the property of their respective owners.

Printed in Canada