



Wellness Without Limits.™



# Fitness is in our DNA

Endless Pools® Fitness Systems are designed with your wellbeing in mind.

The most recognised name in aquatic fitness, Endless Pools is the pioneer of swim-in-place technology. Tens of thousands of Endless Pools families worldwide, looking to improve their health and stay active, have trusted Endless Pools for the last 30 years.

Endless Pools® Fitness Systems combine the revolutionary Endless Pools Swim Current with optional underwater treadmill, rowing, strength-training exercises and relaxing hydrotherapy. Imagine having a beautifully designed, complete home wellness retreat conveniently located steps from your back door. We make it possible because at Endless Pools, fitness is our passion.

## Swim Spa or Fitness System?

You may have heard others call this a "swim spa," but we believe a fitness system is so much more.

Why limit yourself to the options of swimming or hot tubbing when aquatic fitness has so many beneficial, low-impact



options? It all begins with swimming against the signature Endless Pools smooth, laminar current. With ease, move from swimming to running, walking to resistance exercises, or relax in our sculpted spa seats. That is why this is more than a swim spa; it is an aquatic fitness

system with swim and low-impact exercise features designed to complement one another, so that your wellness goals are easily achievable. It is also a hydrotherapy retreat to help rejuvenate the body after a workout. Now, that is a fitness system!



## The Endless Pools Story

Growing up, Endless Pools founder James Murdock listened to his father's childhood stories of swimming against the currents of the Arizona irrigation canals. After years of working to recreate his father's swim-in-place experience, Murdock installed his first swimming machine on the pool deck at Columbia University in New York City. That milestone event in 1988 launched the brand that is synonymous with swim-in-place technology.

In 2015, Endless Pools was acquired by Watkins Wellness, the world's leading maker of hot tubs. Endless Pools Fitness Systems combines our signature swim-in-place technologies with the best in spa manufacturing for an all-in-one home wellness system, specifically designed with your wellbeing in mind.

# Achieve Wellness through Aquatic Fitness

Renew your commitment to health and fitness with Endless Pools® Fitness Systems. The superior technology of the Endless Pools Swim Machine and contemporary design create a versatile environment for exercise, hydrotherapy and entertainment with a compact footprint that fits beautifully into your garden. Bring home an Endless Pools Fitness System and bring home fitness, relaxation and fun, all in one!

## Why a Fitness System? ▶

An Endless Pools Fitness System lets you enjoy an aquatic workout in the privacy of your own home. No crowds, no traffic, no wasted time, and all the benefits of a balanced workout regimen just outside your door. Plus, our spa seats with hydromassage jets make it easy to enjoy relaxation and entertainment.



## ◀ Exercise Versatility

Endless Pools Fitness Systems featuring the Endless Pools Swim Machine is ideal for enjoying a variety of aquatic exercises including swimming, aerobics, rowing and walking.

The performance of our swim machine and underwater treadmill are revolutionary and all models easily adapt to our optional rowing and resistance gear. Handrails provide additional options for barre exercises and attaching resistance gear. Top it off with our spa seating and hydromassage jets, which make the transition seamless from low-impact water workouts to rejuvenating post-workout relaxation.

## Therapeutic Relief for Aches and Pain ▶

Low-impact aquatic activities can help relieve muscle and joint aches and pains. With a complete body workout in an aquatic environment, you can focus on toning and strengthening exercises, while water's buoyancy provides support for muscles and joints from the impact common with land-based exercises. The water's natural resistance and buoyancy help deliver great results, too!



## ◀ Quality Time Together

Perhaps best of all, the whole family can keep fit and stay connected with an Endless Pools Fitness System. No phone, no tablets, no television, just activity and enjoyment with those you care about most.



# Why Endless Pools?

For thirty years, Endless Pools® has been the top choice for casual swimmers up to professional athletes, all seeking an attractive alternative to in-ground pools or bulky home exercise equipment. Our success is attributed to the excellent quality of our swim machine and the positive impact it has on those who swim regularly. Even after 10 years of ownership, 86 percent of Endless Pools owners tell us that they still swim at least once a week!\* Now, we have taken fitness to the next level with the innovative and impeccably designed Endless Pools Fitness Systems and SwimCross™ Exercise Systems (see pg. 12), built to meet the highest standards and to deliver a unique ownership experience. It all comes down to our revolutionary swimming technology, coupled with exercise features for a perfect and versatile environment where fitness meets your life, simply. Whether you choose an Endless Pools Fitness System or a SwimCross Exercise System by Endless Pools for your home wellness system, its quality and beauty will last for years to come.

\*Based on results from 2015 Endless Pools owner survey.



# Endless Pools Fitness Systems

When you fit exercise into your day, the benefits abound. An invigorating aquatic workout produces an endorphin effect that is like a wellness gift for your body and mind.

With an Endless Pools® Fitness System you will enjoy all the cardiovascular benefits of exercise without the negative side-effects often felt with a land-based workout provided the exercise is correctly performed. The Endless Pools Swim Machine produces a low-impact resistance current that lets you accelerate your workouts in the soothing comfort of buoyant waters. With the underwater treadmill and fitness options, you will enjoy a variety of low-impact workouts in a convenient garden environment for years of enjoyment. And, with its integrated spa feature, you will have unlimited access to its restorative qualities.



There is nothing like running or walking on the Endless Pools underwater treadmill. The buoyancy of the water eases pressure on your joints while the water's natural resistance provides a great workout.

# The Magic is in the Machine™

Our technologically advanced swim machine is industry-leading. Our commitment to making the best even better is what makes the original Endless Pools® Swim Machine an unparalleled wellness experience today.

Pair the iconic Endless Pools Swim Machine with the revolutionary underwater treadmill. Add exceptionally versatile exercise features, and the Endless Pools Fitness Systems is truly superior to an ordinary “swim spa” in performance, function and style.

## The Endless Pools Swim Machine

For a superior swim-in-place experience, look no further than the Endless Pools® Swim Machine. Its custom-made, hydraulically powered propulsion system creates a laminar current of up to 19,000 litres per minute that is wider than your body and deeper than your stroke. Multiple conditioning grills smooth and redirect the water, resulting in a swim current that is free of turbulence. Even at full power, it feels like swimming in the smooth current of open water.

Use the water-resistant remote control to increase or decrease speed. The swim

machine flow speed ranges from 5:33 (gentle breaststroke) to 1:14 minutes per 100 metres and is easy to adjust for precise pace selection.

## Endless Pools Underwater Treadmill

Optional – yet essential – the Endless Pools hydraulically powered underwater treadmill offers low-impact run or walk options. You will enjoy building cardiovascular strength without experiencing the muscle and joint pressure associated with land-based workouts. Vary the treadmill speed for a gentle walk or an invigorating run. For a

more challenging workout turn on the swim current, and you will experience increased resistance against core, leg, and upper body muscle groups.

With the water resistant remote control, you can increase or decrease speed. The treadmill has a speed range of 0.2 km/h to 9 km/h.

For use with both the Swim Machine and underwater treadmill, the optional Pace Display (see page 19) is recommended for optimal workout personalisation.





The smoother the current, the more you will enjoy the simple pleasure of your swim! That is why the Endless Pools Swim Machine uses a custom-made propeller, multiple conditioning grills, and our distinctive honeycomb grate – so you can tune out the world and get lost in your stroke, even at its top speed of 19,000 litres per minute.



# Designed for Wellness. Designed for Life.

Smart design moves beyond the surface to marry form with function. Equal parts beauty, utility and versatility, an Endless Pool® Fitness System will enhance your life in a profound way.

The thoughtful and contemporary design of the acrylic shell and exquisite exterior cabinet, along with intuitive fitness features, provides you with a home wellness system that marries beauty and brawn.

## Shell Design

The Endless Pools Fitness Systems shell has a modern style with clean lines that flow gracefully from end to end. What makes this shell unique is how it is designed. There is ample space for your daily swim and workout, and water circulates with ease. It is also stunning. When you immerse for your daily workout, entertain with friends, or just relax with the family, you want to enjoy a beautiful environment. We have taken that into consideration, and the result is a design that the most discriminating style enthusiast would embrace.



## A Splash of Colour

Inside, the teal lines keep you centred in the swim lane. Outside, they elegantly accent the richer, organic tones.



## LED Illumination

Illuminate the night for a dramatic impact. The blue LED Perimeter Illumination beckons you to enjoy a relaxing dip after a long day while a 13 cm main interior light and multi-colour LED points of light provide ample brilliance and beauty. The water feature is also backlit for added elegance.



## Hydromassage Spa Seating

After you exercise, enjoy a workout cool-down in the comfort of spa seating where hydromassage jets soothe your muscles. Perfectly positioned in two captain's chairs with pillows, plus a third middle seat, four jet types are combined in three configurations to deliver an ideal post-workout relaxation experience.



### Mini Jet

A small and focused stream of water targeting specific areas of your upper back.



### Directional Jet

Also focused, but with a larger stream of water.



### Rotary Jet

With the same level of water pressure as the directional, this jet moves in a circular massage pattern to reach a larger area of the back.



### Cluster Jet

A unique pulsating massage targeting your lower back.



## Exquisite Exterior Cabinet

The Endless Pools Fitness Systems cabinet is designed for durability and beauty. The look is contemporary and a beautiful addition to any home. Whatever your personal style – from traditional to modern – the timeless style of the Endless Pools Fitness System will blend in perfectly, giving the feeling as though it was designed specifically for your space. The rich finish creates a feeling of depth, yet the panels are smooth for minimal maintenance all year long.



All features shown are available on E Series Fitness System models. Select options are available on Exercise Systems.

E500 shown with Grey Ice shell and Grey Oak cabinet.

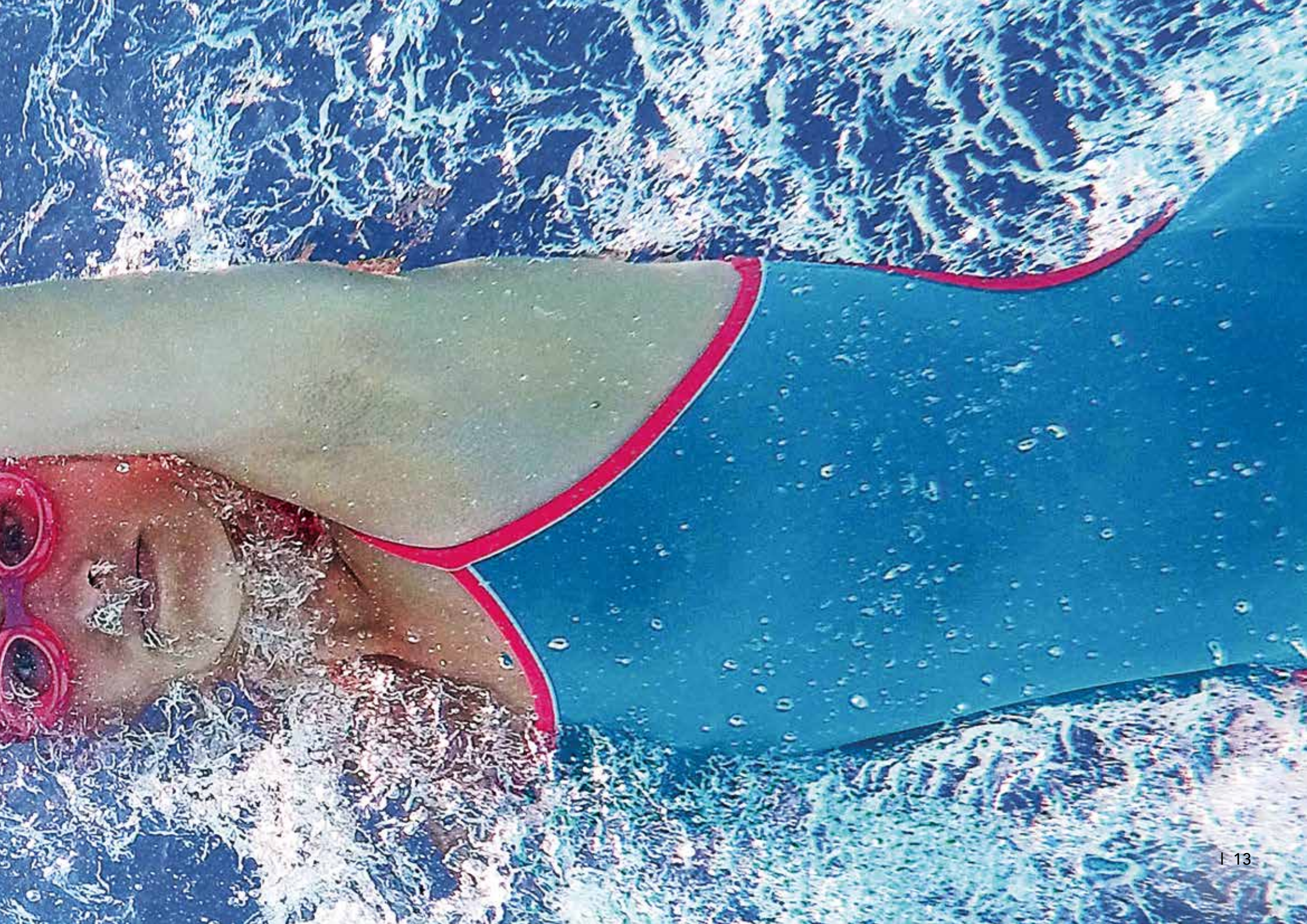
# SwimCross Exercise Systems by Endless Pools®

Envision your perfect morning fitness routine: Steps away from your back door awaits a secluded oasis where you can commit to your wellbeing with complete focus and infinite tranquility.

No crowds, no traffic, no wasted time. This is fitness you really can fit into your schedule.

Start each day with an efficient workout in your SwimCross™ Exercise System by Endless Pools®. Its unique swim jets are designed to create a smooth current, offering natural resistance for ultimate low-impact, total-body exercise.

Fitness features, hydromassage spa seating and beautiful styling complete the package where your fitness goals are easily achieved at home.





Aquatic resistance exercise (rowing shown) is great for building strength without impact.

# Wellness Without Limits™

SwimCross™ Exercise Systems provide a jetted swim option with exceptional value. From the makers of Endless Pools®, its five air-free swim jets produce a less turbulent current than the typical jetted swim spa. From novice to expert swimmers, all will enjoy the system's adjustable output levels. Rowing, resistance exercise and relaxing hydrotherapy options are also included.

## Swim Jets

The swim jets in SwimCross Exercise Systems are designed for both swim- and water-workout options suitable for all ages, body sizes and skill levels. A total of five swim jets, driven by two pumps, provide a powerful and steady water stream unlike the average jet.

The swim jets use a boost effect to draw in more water, multiplying the volume. This results in stronger resistance for swimming with less turbulence. Other swim spas introduce air to produce force, which also creates heavy turbulence. Swimmers will find it easier to stay centred and afloat with the unique jet configuration: top jets provide resistance while bottom

jets provide lift. Simply toggle the three top jets between two speeds and the two bottom jets on or off – a total combination of 5 output levels – for a personalised workout.

## Aquatic Exercise

Regular aquatic exercise is a great way to improve fitness, build strength, gain greater flexibility and maintain cardiovascular and mental health – all while relieving pressure on your hips, knees, ankles and back. This is due to the natural resistance and buoyancy of water! Water's buoyancy makes you feel up to 90 percent lighter – putting far less impact on your body. Water has a variable resistance

that is based on your movement and can be increased by speeding up or decreased by slowing down. The resistance can be felt in all directions.

With SwimCross Exercise Systems by Endless Pools, you will enjoy the benefits of swimming and water workout options. With convenient garden access, you can choose when and how to treat yourself to the feel-good benefits of increased aquatic activity.



The five air-free swim jets in SwimCross Exercise Systems provide an ideal environment for swimming and aquatic exercise. The top jets provide resistance while the bottom jets provide lift.



X200 shown with Alpine White shell and Dark Mocha cabinet

# Quality is in the Details

To let you focus on your swimming and fitness, we take pride in every detail. For safety, durability, ease of operation, and simple beauty, each Fitness and Exercise System has been intricately appointed with you in mind.

## Cabinet & Shell Colour Options ▶

Stunning inside and out, Endless Pools® Fitness Systems and SwimCross™ Exercise Systems have a clean design that fits your lifestyle. Its beauty, versatility and advanced performance features make it a home enhancement you will enjoy for years.

You get more than a functionally superb product; you get a showpiece that you will be proud to display in your garden.

All Fitness and Exercise Systems feature our maintenance-free cabinet and acrylic shell designed for durability and lasting beauty.

Choose the colours of your cabinet and shell to complement your home décor and style preference.

### Shell Colours



Ice Grey

Alpine White

### Cabinet Colours



Grey Oak

Dark Mocha

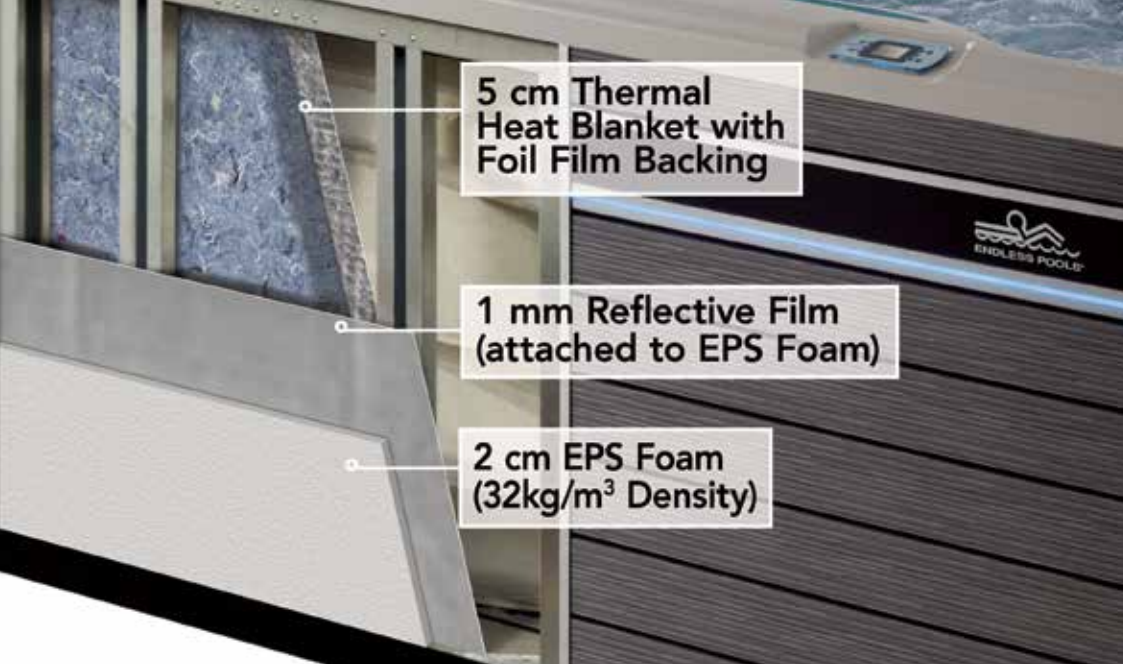


## ◀ Strength and Quality, By Design

All Endless Pools Fitness Systems and SwimCross Exercise Systems feature a durable, 2 mm galvanized steel frame and ABS base pan, which together provide superior support and protection from ground contact.

We are concerned with your experience for the life of your Fitness or Exercise System ownership. We look deeper, creating great design that you can see as well as great design that quietly adds significant value.





5 cm Thermal Heat Blanket with Foil Film Backing

1 mm Reflective Film (attached to EPS Foam)

2 cm EPS Foam (32kg/m<sup>3</sup> Density)

## ◀ Energy Efficiency

Keeping your energy bill low is important. The Tri-Thermic™ Barrier System, a standard feature on all Fitness and Exercise Systems, provides three layers of insulation to conserve heat, enhance the energy efficiency, and lower operating costs. The system's three layers include a 2 cm, 32kg/m<sup>3</sup> density EPS (Expanded Polystyrene) foam and reflective film attached to the inside of the cabinet, combined with a 5 cm thick heat blanket made of high-quality recycled textile fibers and foil film, attached on the inside of the steel frame. Together these materials provide maximum thermal performance.

The Tri-Thermic Barrier achieves certification to current California Energy Commission (CEC) and APSP 14 National Standards and already meets the upcoming 2018 CEC standards.



## ◀ Control and Aux Panels

The LCD control panel makes it easy to navigate all the functions you need. You can set the water temperature, manage water care, and control the interior lighting and hydromassage jets. For SwimCross Exercise Systems, the control panel also manages its five swim jets.

Some Endless Pools® Fitness Systems models also include an auxiliary control panel, located on the opposite side from the main panel for added convenience when controlling lighting and hydromassage jets.

Install the optional plug-and-play WiFi and Mobile App, and you will gain full control of the system's temperature, lights and jets from any WiFi-enabled tablet or mobile device.



## ◀ Water Care

Endless Pools Fitness Systems and SwimCross Exercise Systems feature a dual water-purification that combines Ultraviolet C (UVC) with eco-friendly CD Ozone\* for crystal clear water with fewer chemicals than standard swim spas. In Endless Pools Fitness Systems, the continuous water rotation from the circulation pump, coupled with 18 square metres of filtration, ensures ease of maintenance for water that is always clean and inviting for you and your family.

SwimCross Exercise Systems use the hydromassage pump on low speed with the same UVC Ozone system for regular water circulation and optimal water quality.

\*Varies by model

# Accessories

Endless Pools® Fitness Systems options enhance the ownership experience and provide advanced functionality for aquatic workout routines.

## Row Bar Kit with Resistance Gear ▶

Rowing is an exceptional cardiovascular exercise that keeps the heart rate elevated and strengthens core muscles. Attach resistance bands to the sturdy handrails for added workout options.

Step up the performance of any Fitness or Exercise System with the optional rowing and resistance gear. Attach the optional row bars to the built-in anchors and/or handrails to experience a low-impact, full body workout.



## ◀ Swim Tether

All models come equipped with an anchor for attaching our optional swim tether.

For beginning swimmers or for anyone looking to improve his or her swimming form, it provides added stability and assistance in maintaining your body position in the current.





## Underwater Mirror

See yourself swim in place and refine your form for improved performance with the optional 61 x 130 cm stainless steel mirror. Placed on the floor of any Fitness or Exercise System, its weight distribution ensures that the mirror stays securely in place.



## Pace Displays

The optional pace display is a necessity for any swim machine or treadmill user who wants to measure performance. It allows for easy reading of the swim current pace and/or treadmill speed, and can be toggled from meters to yards or viewed as a percentage of the top speed. For swimmers, the pace is displayed in minutes per 100 metres, while the treadmill pace is shown in kilometres per hour. With individual pace displays for swim machine and treadmill, Fitness System owners can use both simultaneously for a more effective workout.



## CoolZone Cooling System

Ideal for extreme climate areas and year-round use, CoolZone™ works with the Fitness System components to effectively cool or maintain the water temperature. It makes changing and retaining your ideal water temperature, no matter what month it is, conveniently and efficiently.

## Watkins Bi-Fold Cover & Lifter

A real money-saver, the Watkins bi-fold cover helps maintain heat and reduce evaporation. It can be used on its own or with the Watkins Lifter System. The Watkins Lifter System (UpRite™ / Pro Lift™ IV) lets you install the cover vertically, which is also a space saver.



## Watkins CoverCradle / Pro Lift III Lifter

This cover lifter's unique design uses a hydraulic hinge to simplify opening and closing the Fitness System's swim side cover, in an ultra-smooth gliding action. For those looking for an easy lift assist and have the extra space, the CoverCradle™ / Pro Lift™ III is an excellent option. The CoverCradle / Pro Lift III can be installed on the swim side only.



## VacuSeal Lifting System

The VacuSeal™ Lifting System's unique design ensures a tight seal between covers, which prevents heat loss and evaporation, and optimises efficiencies. It uses a patented "Reverse Pneumatic Technology" which applies downward pressure to seal the two covers together, eliminating the center gap, commonly found with traditional covers. Also, this technology lends itself to easier operation of the cover system especially by a single user.



## Endless Pools Fit@Home WiFi Kit and Mobile App

Put full workout functionality at your fingertips! With the Fit@Home™ App you can adjust the speed controls, monitor workout pace, duration and time, and set up workout programs specific to your goals from your smartphone or tablet.

## Gecko In.Touch WiFi Kit and Mobile App

The optional plug-and-play Gecko™ In.Touch WiFi and Mobile App provides full control of the Fitness System's temperature, lights and jets from any WiFi-enabled tablet or mobile device.



## ▲ Bluetooth®-Enabled Sound System

For exercise or garden enjoyment, nothing sets the mood like our optional, integrated 8-speaker system and subwoofer. It is easy to set up: simply pair any Bluetooth-enabled device to the system through the control panel to listen to your favourite music anytime.

# Ownership Experience

## Our Quality Assurance

From precise craftsmanship to rigorous quality control and testing, each Endless Pools® Fitness System and SwimCross™ Exercise System is scrutinised for form, function, fit and finish before it is ready for you. We are committed to the highest level of engineering and construction, and we back each Fitness and Exercise System with our exceptional warranty. We take great efforts to ensure your Fitness or Exercise System is reliable, so every day you can focus on your wellness, worry free.

## Our Service Promise

When you purchase an Endless Pools Fitness System or SwimCross Exercise System, you become an integral part of the Endless Pools family, and we do not take that commitment lightly. That is why our promise is backed by the full expertise and resources of Watkins Wellness® and our professional retailers, who are committed to ensuring your long-term satisfaction. From purchase to installation to service and more, count on your professional retailer to make Endless Pools Fitness System ownership easy and enjoyable.



## Watkins Wellness / MASCO CORPORATION

Endless Pools Fitness Systems and SwimCross Exercise Systems are made by Watkins Wellness, the world's leading manufacturer of hot tubs and aquatic fitness products. We are dedicated to promoting wellness to consumers who live active lifestyles and are health conscience. Watkins Wellness is part of Masco Corporation, a Fortune 500 company whose family of brands include Bristan® bathroom products, Hansgrohe® faucets and Hüppe® bath and shower enclosures.

## ITZU's Choice

Swimming 3.8 km, cycling 180 km, running 42.195 metres: triathlon is about stamina, character, and striking the perfect balance between body and mind. This sense of balance is something that resonates with both Itzu and Endless Pools. That is why Endless Pools partnered with the international Itzu Triathlon Team to further promote this vision.

*"The Endless Pools Fitness System is for everyone – whether you are a recreational swimmer or a professional triathlete. The combination of the water current with treadmill is perfect for a power endurance workout."* - Luc van Lierde, Itzu coach







[www.EndlessPools.co.uk](http://www.EndlessPools.co.uk)

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