



**TidalFit**  
THE EXERCISE POOL



The TidalFit exercise pool is built to the same world-class quality standards for which May Manufacturing is recognized throughout the spa industry. Designed with an ideal combination of innovative engineering and artistry, the TidalFit is as constant in quality as it is in efficiency and design. Some of the most discriminating buyers acquire this exercise pool because it is intuitively user-friendly, in addition to being aesthetically appealing. Simply put, with its quality workmanship and exceptionally attractive features, the TidalFit is in a class of its own.



The TidalFit exercise pool provides a full-body workout that improves cardiovascular function, as well as furnishing upper and lower body strength training and endurance training. After a TidalFit workout, you can indulge yourself in the ultimate relaxation as you enjoy the soothing comfort of the hydrotherapy jets massaging tired muscles. Standard features such as a cascading waterfall and underwater lighting all add to the quality and ambience of this experience. As the industry leader in product design and craftsmanship, May Manufacturing has built the TidalFit exercise pool to deliver significant results in personal fitness, along with outstanding hydrotherapy benefits — all in one package.



# YOUR COMPLETE HOME FITNESS SYSTEM



Swimming is one of the most inclusive forms of exercise because people of all ages and at all levels of fitness can enjoy it. It is considered the perfect exercise because it doesn't put pressure on bones and joints. Also, swimming exercises all major muscle groups, which improves muscle strength and endurance, enhances cardiovascular conditioning, and improves overall flexibility.

TidalFit pools can be equipped with a commercially rated pumping system that produces a current of 400 gallons of water per minute. This pump system is equipped with adjustable swim jets and variable flow controls that allow swimmers of all fitness levels to determine their own desired level of intensity. Dual and quad adjustable swim jets are available for advanced swimmers or for those who seek a greater challenge.



## STRETCHING

The three main goals of exercising are muscle strengthening, cardiovascular conditioning, and overall flexibility. Stretching the muscles before and after a workout is key to preventing injuries and sore muscles from an extensive workout. The sidebars in the TidalFit pool make stretching easy and convenient.

## ROWING

Smooth, low-impact, and non-load bearing, rowing spreads the exercise intensity evenly over the body's three major muscle groups: the torso, legs, and arms. This even distribution of exercise helps tone all muscles, instead of just one group.

## STRENGTH TRAINING

Resistance cords are used in the TidalFit pool for curls, tricep extensions, chest presses, shoulder pulls, and back pulls. These upper body exercises are specifically designed to build strength and lumbar core stability. The cords vary in size to accommodate beginning and advanced conditioning.

## AQUA TREADMILL

The SUPERSWIM belt attachment supplies an additional dimension to the TidalFit's exercise options. The buoyancy of water provides a virtually weightless environment, letting you walk with minimal stress on joints and bones. Walking against the resistance of water also increases the rate at which you burn calories and strengthen muscles.



# EQUIPMENT INCLUDED



Resistance cords are offered in three lengths to accommodate different fitness levels. The shortest cord provides greatest resistance, while the longest cord offers least resistance. The lengths of the cords provide for the needs of the beginner as well as the expert strength trainer. Included with the cords are the rowing bars, handles, and leg strap attachments, for your full body workout.



## **SUPERSWIMPRO**

SUPERSWIM is a highly effective cardiovascular endurance trainer. Simply attach the belt, walk into the water, and begin to swim or walk naturally. As you exercise, the SUPERSWIM will pull back and create tension, allowing you to move with added resistance. This additional tension causes the body to burn more calories and build more muscles than when walking or swimming with only the jets providing the resistance.



# FITNESS & RELAXATION



The American Heart Association reports that regular physical activity reduces the risk of heart disease and stroke and strengthens the heart, as well as relieving stress. In addition, regular exercise improves blood circulation, keeps joints flexible, and decreases insulin requirements for people with diabetes. These are only a few of the greatest benefits. A regular exercise routine manifests so many more advantages, such as strengthening the immune system, improving cognitive functions, helping manage weight, and – above all else – enhancing a person's overall well-being.



After your workout, your exercise pool has what you need after your exertions — hydrotherapy relaxation. Standard features include a soothing cascade waterfall and underwater lighting.

Optional features that may suit your needs include: the Helix Hydrotherapy Jet System with variable flow control, the Badu Swim Jet System, the LED Lighting System, and an Aquatic Symphony Stereo System with four speakers, a sub woofer, an LCD panel, and a remote control.



# TidalFit Exercise Pool

## Dual Badu®Stream Jet System



### North America, 60 Hz

<b>Size</b>	168 x 91 x 52 in	<b>Volume</b>	1,715 gal
<b>Swim Jet Pump</b>	230V Speck, 4HP	<b>Weight (Dry)</b>	2,000 lbs
<b>Circulation</b>	0.25 HP	<b>Weight (Full)</b>	16,303 lbs
<b>Heater</b>	5.5/11 kW	<b>Filter</b>	(3) 50 sq. ft.

### Export, 50 Hz

<b>Size</b>	427 x 231 x 138 cm	<b>Volume</b>	6,491 lt
<b>Swim Jet Pump</b>	230V Speck, 4HP	<b>Weight (Dry)</b>	907 kg
<b>Circulation</b>	0.25 HP	<b>Weight (Full)</b>	7,395 kg
<b>Heater</b>	3.0/8.5 kW	<b>Filter</b>	(3) 50 sq. ft.

## Quad Swim Jet System



### North America, 60 Hz

<b>Size</b>	168 x 91 x 52 in	<b>Volume</b>	1,715 gal
<b>Swim Jet Pumps</b>	(2) 230V, 4.0 BHP	<b>Weight (Dry)</b>	2,000 lbs
<b>Circulation</b>	0.25 HP	<b>Weight (Full)</b>	16,303 lbs
<b>Heater</b>	5.5 kW	<b>Filter</b>	(3) 50 sq. ft.

### Export, 50 Hz

<b>Size</b>	168 x 91 x 52 in	<b>Volume</b>	6,491 lt
<b>Swim Jet Pumps</b>	(2) 230V, 2.5 HP	<b>Weight (Dry)</b>	907 kg
<b>Circulation</b>	0.25 HP	<b>Weight (Full)</b>	7,395 kg
<b>Heater</b>	3.0 kW	<b>Filter</b>	(3) 50 sq. ft.

# Options & Standard Features



## Swim Jet Upgrades

**Dual Badu Swim Jet System** - Two large, adjustable swim jets provide a strong current and can be adjusted to a softer current for beginning swimmers. This system consists of a pair of swim jets powered by one commercially rated pump. Very powerful, for maximum performance.



**Quad Swim Jet System** - The quad system provides four adjustable swim jets for a powerful swim current and can be adjusted to a softer current for beginning swimmers. The Quad jets are smaller and just as powerful as the Dual Badu, but they do not have the patented Badu water intake system. Instead, additional intake areas are needed at different points in the swim spa. These swim jets require two commercially rated swimming pool pumps. The variable flow controls allows you to adjust the water flow to any desired speed.



## Green Technology Upgrades



**Nature2** - Technology makes use of silver minerals to destroy bacteria and algae in your spa, which means that fewer harsh chemicals are needed to keep your spa water balanced.



**ProPure Ozone** - The spa ozonator provides crystal clear spa water with fewer harsh chemicals. The ProPure Mixing Chamber provides additional water treatment.

## Sound System Upgrades



**Marine Grade Stereo** - CD/MP3, sub woofer and a choice between four speakers or two 360-degree rotating, pop-up speakers. Other options include LCD controls, and stereo remote. An optional iPod dock lets you listen to your MP3s, charge your iPod and keep it safe in a water-resistant covering on the side of the spa's cabinet.

**Patio Speakers** - Mounted to TidalFit's cabinets, these speakers let you listen to the sound system even when covered.

## Standard Features

### Cascading Waterfall -

Waterfall gives relaxing sound and beautiful look.

**Micron Filters** - Lower density fibers on surface, higher density fibers nearer the center increases dirt-holding capacity.

**Grab Bars** - Dual, side grab bars.

### Adjustable Circulation System

Adjusting the circulation system to fit your individual needs saves on energy costs.

**Full Foam** - Icnene brand foam is not water permeable and increases the insulation value of the TidalFit.

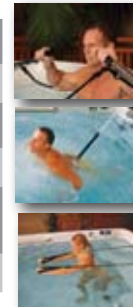
## Equipment Included

### SUPERSWIM PRO

- Aquatic training system

### Exercise Kit

- Rowing Bars
- Resistance Cords, Clips and Handles
- Ankle and Waist straps



## Hydrotherapy Upgrade

Convert relaxation and rowing seats to hydrotherapy

- 14 Helix jets
- 4.8 BHP Pump
- Hi-Flow Micron Filter



## LED Lighting Upgrade

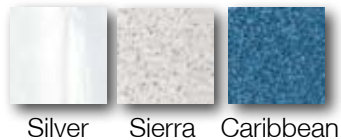
Optional LED light systems let you saturate your spa with your favorite color or slowly fade from color to color for a spectacular light show.



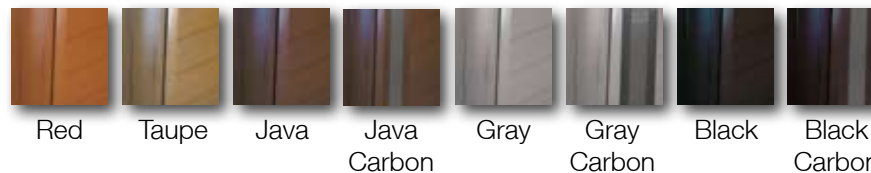
## Front Grab Bar Upgrade

Grab bar located above the swim jets adds stability to your swimming.

## Shell Colors



## Permwod Cabinet Colors





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