

2009



TidalFit
THE EXERCISE POOL



The TidalFit exercise pool is built to the same world-class quality standards for which May Manufacturing is recognized in the spa industry. Designed with an ideal combination of innovative engineering and artistry, the TidalFit is as unflinching in quality as it is in efficiency and design. This exercise pool is purchased by some of the most discriminating buyers 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 includes cardiovascular and upper and lower body strength training, as well as 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 under-water 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 it can be enjoyed by people of all ages and all levels of fitness. It is considered to be the perfect exercise because it creates no stress on bones and joints. Also, the exercise of swimming causes a person to utilize all major muscle groups, which results in improved muscle strength and endurance, enhanced cardiovascular conditioning, and improvement in overall flexibility.

As an optional feature, 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 users of all levels of fitness to swim at their own desired level of intensity. Dual adjustable swim jets are available for advanced swimmers or for those who wish to have a greater challenge.



STRETCHING

The three main goals that a person should be working to achieve when exercising are muscle strengthening, cardiovascular conditioning, and overall flexibility. Stretching the muscles before and after a workout is key to alleviating the possibility of 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, the exercise of rowing spreads the intensity of exercise evenly over the body's three major muscle groups: the torso, legs, and arms. This even distribution of exercise provides for a toning effect for all of the muscles, as opposed to working for only an isolated group.

STRENGTH TRAINING

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

AQUA TREADMILL

The belt attachment by SUPERSWIM adds an additional dimension to the TidalFit exercise options. The buoyancy of water provides a virtually weightless environment, allowing the user to walk with minimal stress on joints and bones. Walking against the resistance of water also increases the rate at which calories are burned and muscles are strengthened.



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.



SUPERSWIM PRO

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, not to mention relieving stress. In addition, regular exercise improves blood circulation, keeps joints flexible, and decreases insulin requirements for people with diabetes. These bring up only a few of the greatest benefits. But 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 provides you what you need after exercise, and that is 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 subwoofer, an LCD panel, and a remote control.



TidalFit Exercise Pool

EP-14



	US	INTERNATIONAL
Hertz	60	50
Size	168 x 91 x 52 in	427 x 231 x 138 cm
Volume	1,200 gal	4,542 lt
Weight (Dry)	2,000 lbs	907 kg
Weight (Filled)	12,000 lbs	5,443 kg
Heater	5.5/11 KW	3/8.5 kw
Topside	Digital LCD	Digital LCD
Circulation System	Hi-Flow	Hi-Flow



Options & Standard Features

Shell Colors



Marble Silver Granite Caribbean

Cover Colors



Rust Bourbon Oxen Beige Walnut

Permwod Cabinet Colors



Red Country Taupe Java

Water Treadmill Package

Two Badu Stream - two adjustable swim jets instead of one

230 V Pump - supplies powerful water flow to each jet



Water Treadmill

Direct Flow Hydrotherapy

Convert Relaxation & Rowing seats to Hydrotherapy

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



Hydrotherapy

LED Lighting

DynaBrite™ Max

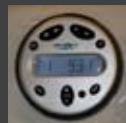
- 5" Light
- 12 Baby Lights



DynaBrite™ Max

Sound System

Marine Grade Stereo - CD/MP3, Subwoofer and 4 speakers with options for LCD controls, remote for stereo, and/or a programmable remote for use of all spa and stereo functions that can also be programmed to work with home entertainment systems.



Patio Speakers - Mounted to spa's cabinets, user can listen to sound system even when cover is on the spa.

Easy Pool Maintenance

Nature2

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 Ozonator produces an electrical charge to introduce ozone into the pool. Ozone ProPure Mixing Chamber provides additional water treatment.

Standard Features

Adjustable circulation system

2 Disposable micron filters

Two 36" grab bars

20" Cascade waterfall

Floor sweeper jet



20" Cascading waterfall

Cascading waterfall gives relaxing sound and beautiful look



Micron Filters

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

Equipment Included

SUPERSWIM PRO

- Aquatic training system

Exercise Kit

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



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