

User Manual

EVAstream Training Program with Advanced DMX controller



EVA



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Congratulations on your EVAstream purchase!

We're sure that you'll truly enjoy this fantastic swimming machine. Thanks to the pre-programmed workout programs, you can look forward to a great experience. In this manual you'll find information about the structure of the training programs and the operation of the advanced DMX controller.

We have put together a training program that will challenge swimmers of all ages and levels and provide a lot of fun. Follow the program at your own level and within weeks you'll improve not only your fitness, but also your muscle power and speed. In addition to the basic program there are a number of endurance workouts and sprint workouts available, to keep you challenged.

Swimming is a healthy sport for the whole body, and doing this regularly trains all the muscle groups and strengthens your entire body. Swimming is also good for your mental health. The silence in the water and repetitive swim movements, combined with the synchronized coloured EVA underwater lights, will help you to stay in the moment. Swimming in the EVAstream is almost meditative; relaxation through exertion!

Always use the included swim cap while swimming in the EVAstream! And don't forget to return the information card included in the product box. As soon as we receive your completed card, we'll send you the free(!) welcome package that includes an EVAstream swimming bag, a luxury towel, and Arena Python swimming goggles. Ready to go?



Team EVA

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1. Safety

ATTENTION! EVAstream is a powerful machine. The machine contains, among other things, a powerful motor with a rotating screw. As with any machine, always consider your safety and the safety of other users when using it. **Carefully follow the included instructions for safe operation of the EVAstream.** Failure to comply or inadequate compliance with these important instructions can



result in serious injury or property damage. We do not accept any claim under warranty and/or liability for material and/or immaterial damage as a result of failure to comply with these instructions regarding installation, assembly, and use.



Despite the hair safety measures applied, wearing a swim cap is mandatory for every EVAstream user. Wearing a swim cap not only enhances safety and the swimming experience, but also prevents early filter clogging.

2. How EVAstream workouts are structured

The advanced DMX controller has pre-programmed swim training programs:

- 90 second Swim Test program to determine your current speed level.
- A basic training program consisting of 10 workouts with alternating interval, sprint, and endurance exercises. The workouts increase in intensity and duration (15-45 minutes).
- A sprint program with 5 sprint workouts (10-15 minutes).
- An endurance program with 5 endurance workouts (30-60 minutes)
- When you select “ON 100%” in the menu, you can swim endlessly in the EVAstream. Adjust the intensity of the EVAstream to your speed level (see page 10 for instructions).

These workouts have been designed by experienced swimmers in collaboration with professional swimming trainers. The workouts are aimed at building fitness and muscle power and improving speed and endurance.

Start with the Swim Test

We recommend that you start with the basic training program. Before starting with the first workout, however, you first determine your current speed level using the Swim Test programs. During this test program, you swim for 90 seconds at a constant speed. The program that you can manage for 90 seconds, corresponds to the speed level that you should choose for the workouts.

For example: you are an experienced swimmer and you choose Swim Test 70%. You will then swim for 90 seconds at 70% of the EVAstream’s maximum speed. Are you able to maintain this speed, but you are out of breath after the test? Then this is your current speed level. Afterwards, when you select a workout, you set the “intensity” to 70%. The workout automatically adjusts to your speed level (further explanation about the selection of workouts, and setting the DMX controller follows later in this document).

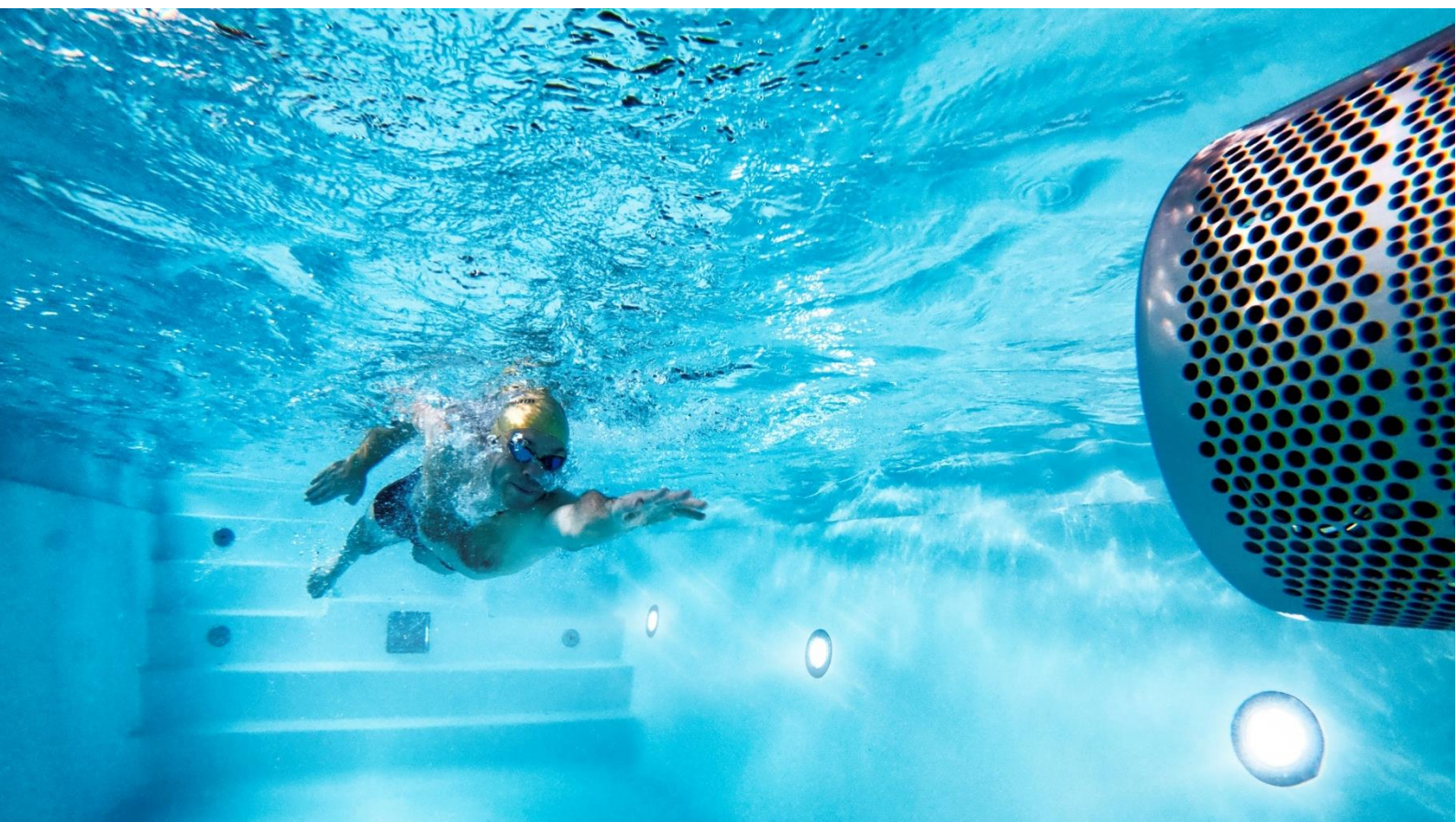
Follow the Basic Training Program

The basic training program consists of 10 workouts which run from 15 to 45 minutes. The workouts include interval, sprint, and endurance elements. By following this program, you'll improve your fitness responsibly.

We recommend swimming each workout 3 times before proceeding to the next workout, with 1 to 3 days of rest between workouts. After about 10 weeks you will have completed the program.

Vary and challenge yourself even more

After the basic training program, you can move on to the specific endurance and sprint training programs. Or, you can increase the intensity level and repeat the training program at a higher intensity level. Personalize the workouts to suit your needs. Vary your swim strokes, perform technique exercises or use training equipment such as kickboards, pullbuoys, hand paddles, fins or snorkels. Get the most out of the training programs and keep challenging yourself!



3. Experience an EVAstream workout with underwater lighting

EVA Optic's LED underwater lighting enhances your workout experience in a unique way. The lighting is completely synchronized with the exercises and offers the swimmer a fantastic source of orientation and motivation during a workout. The RGBW-coloured lights indicate when a rest break ends, how far along you are with a given exercise, and how many repetitions you still have to go. Are you curious about experiencing an EVAstream workout with EVA's multi-coloured underwater lighting? Here is a preview of what to expect!

"You select a workout at your own level. The underwater lights turn white, you now have one minute to take your starting position. You are in the water about 2.5 meters from the machine and you're ready to go.

The underwater lighting flashes. The machine activates and you start swimming at a relaxed pace – a nice warm-up. After a short break, the real workout begins. The lamps turn red and the machine turns on. You start with an endurance exercise at medium speed. You swim against the current. The current is stable and strong, without splashes. It feels as if you were swimming in a 25-meter pool.

The underwater lighting guides you through the workout. Every exercise, whether it be a sprint or endurance exercise, is made up of 3 sections; you start the exercise with a red lighting, after you've completed one third of the program, the lights turn green, and you end with blue lights. The changing colours provide orientation within the exercise, and it motivates you, as well.

Are the lights blue? Then you know that you're almost done, you take it up a notch! Breaks are also built into each exercise. The lights then turn white, the EVAstream is switched off, and you can catch your breath. A few seconds before the start of the next exercise, the lights flash briefly. The number of flashes indicates how many repetitions of this exercise will follow.

*After an endurance exercise at a fixed pace, a progressive speed exercise, and a series of sprints, there is a cool down. The workout is now complete. Next time continue with the program's second workout. This way you keep challenging yourself! **

* In the above example, we have assumed use of the EVAstream in combination with the DMX EVO Controller and EVA RX Smart multi-coloured underwater lights.

4. Explanation of the workout components

Each workout has a fixed structure: a warm up, one to three core exercises, and a cool down. A core exercise is a set of repetitions of a particular exercise. The goal of a core exercise is, for example, to build fitness, practice technique, or improve speed.

Intensity zones

The speed of workouts differs. We have divided these speeds into intensity zones:

I1: Warm up, cool down and recovery (50-60% of your maximum power)

I2: Slow endurance pace that you can maintain for a long time (60-70%)

I3: Endurance pace to build fitness and stamina (70-80%)

I4: Intensive pace, difficult to maintain, approaching muscle strain (acidification) (80-90%)

I5: Sprint (90-100%)

In the workout schedules you can see precisely in which intensity zone you will perform each exercise.

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Underwater lighting colours and flashes

Breaks: White light

Flashes: Indicates the end of a break. The number of flashes indicates the remaining number of repetitions of an exercise.

Repetition/exercise: Each repetition consists of: 1/3 of its duration in red light, then 1/3 in green light, and 1/3 in blue light.

Core exercises and repetitions

The main components of a workout are known as core exercises. Each workout has 1, 2, or 3 core exercises. A core exercise is a set of repetitions of an exercise. The structure of repetitions within a core exercise varies. The workout schedules indicate which type of core exercise you will swim during each workout.

Steady

You perform each repetition within the core exercise at the same fixed speed. For example: 5x 1 minute at a fixed speed in zone I3 with 30 seconds rest after each repetition.

Up/down

Each repetition of the core is performed at a different pace. The speed of the repetition run from low to high and back to low. For instance, 6x 2 minutes swimming in zone I2-I3-I2 with a 30 second break. You swim the first two repetitions in zone I2, the next two repetitions in I3, and the last two repetitions again in I2.

Progressive

After each repetition (or after each 2 repetitions) within the core, the pace increases. For instance: 3x 3 minutes swimming with a 30 second break after each repetition. You swim the first repetition in zone I2 and after the 30-second break you swim the next repetition in I3, and the last repetition in I4.

Curved Repetition

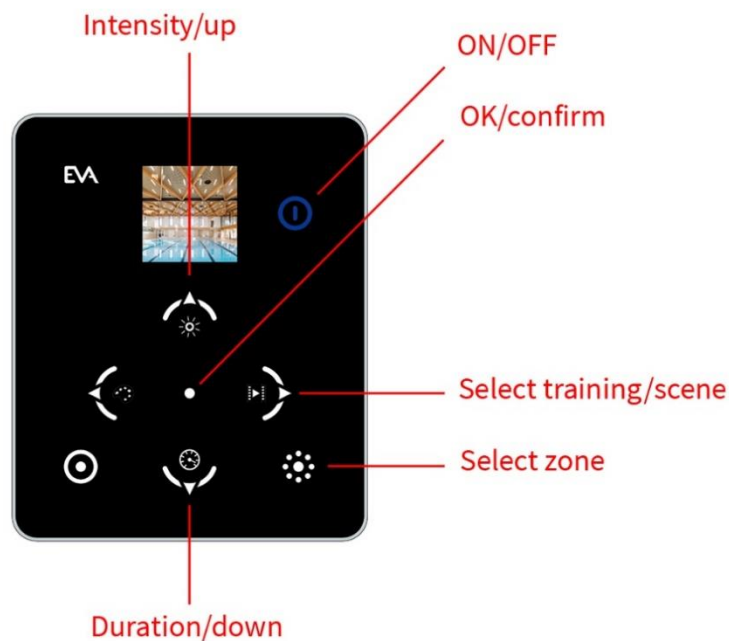
Every repetition within the core exercise is the same. However, the pace *within the repetition* varies from low to high, and then back to low, like a curve. For instance, 4x 2 minutes curved in zone I3-I4-I3 means that you start each repetition in zone I3; within the repetition, the EVAstream increases to zone I4 and then at the end of the repetition it decreases the pace again. After a 30-second break, you continue with the next, identical repetition.

Inclined Repetition

Every repetition within the core is the same. However, the pace is increased *within the repetition*. For example: 8x 45 seconds inclined I4-I5 means that you start each repetition low in zone I4; within the repetition the EVA stream accelerates to the top of zone I4, and then to zone I5. After the 30-second break, you continue with the next, identical repetition.

5. Operating the DMX controller

With the Advanced controller you can control the EVAstream and LED underwaterlighting. Both separately and synchronised, for example during the swim workouts. Controlling the panel is easy:



Switching the panel on/off: select “ON/OFF” and thereafter “OK/confirm”

Zones

By **selecting a zone** you can choose to operate only the EVAstream, only the underwaterlighting or both (all). In Zone EVAstream you can **switch the EVAstream on and off** and also choose swimming workouts without underwaterlighting. In zone Poollight you can **choose the light colour or light show**. In zone All you will find the **workouts with automatic photochromic underwaterlights**. Select “select zone” and use the buttons “up” and “down” to select the desired zone. Then select “OK/confirm” to confirm your choice.

Workouts and colour scenes

After selecting the zone you can **switch on the EVAstream at a fixed speed, start a training or choose a light colour** (depending on the selected zone). Select “Select Training/Scene” and use the buttons “up” and “down” to select the desired training or scene. Then select “OK/Confirm” to confirm your choice.

ZONES		
All	EVAstream	Pool Lights
OFF	OFF	OFF
ON 100%	ON 100%	White
Training 1 15m	Training 1 15m	Sky Blue
Training 2 15m	Training 2 15m	Blue
Training 3 15m	Training 3 15m	Mediterranean
Training 4 15m	Training 4 15m	Green
Training 5 20m	Training 5 20m	Yellow
Training 6 22m	Training 6 22m	Orange
Training 7 25m	Training 7 25m	Red
Training 8 30m	Training 8 30m	Pink
Training 9 30m	Training 9 30m	Purple
Training 10 45m	Training 10 45m	Lightshow Fade
Sprint 1 10m	Sprint 1 10m	Lightshow Jump
Sprint 2 10m	Sprint 2 10m	
Sprint 3 15m	Sprint 3 15m	
Sprint 4 15m	Sprint 4 15m	
Sprint 5 15m	Sprint 5 15m	
Endurance 1 30m	Endurance 1 30m	
Endurance 2 45m	Endurance 2 45m	
Endurance 3 45m	Endurance 3 45m	
Endurance 4 60m	Endurance 4 60m	
Endurance 5 60m	Endurance 5 60m	
Swim Test 100%	Swim Test 100%	

Intensity

The “intensity” button has multiple functions; dimming of the underwaterlights and controlling of the flow rate (EVAstream). Also swimtrainings can be easily adjusted to your own swimming level with the Intensity button. After you have chosen a training or color scene, you push the “Intensity” button. Use the “up” and “down” button to choose the desired percentage. Then select “OK/confirm” to confirm your choice.

Duration

The “duration” button is used for extending or shortening a light scene (lightshow Fade or Jump). With ‘duration’ also swimtrainings are extended or shortened. Both the swim exercises and the rest breaks are then proportionally (percentage) extended or shortened. Do you want to shorten or extend the training time? Push the button “Duration” followed by “up” or “down”. Then select “OK/confirm” to confirm your choice.

Step-by-step plan to start up a Swim Test

Before you start the training program, you first do a Swim Test. This is how you determine your current speed level. A Swim test takes 90 seconds.

Experienced swimmers, for instance, can start with “Swim Test 80%”, and less experienced swimmers with “Swim Test 50%”. The Swim Test that you can just manage to endure determines your speed level. It may be necessary to do the Swim Test at different levels to determine your optimum speed level. This is only done once, so take your time and make sure you find the correct level. It is an important step prior to starting with the real workouts.

1. Switch on the DMX controller by pressing the “On / Off” button. The button lights up green.
2. Press the “Select Zone” button. On the screen you will see an overview of the available zones (All, EVAstream and Poollight). Use the “Up” and “Down” buttons to select the zone “all”. Press the “Confirm” button.
3. Press the “Select Training/Scene” button. On the screen you will see an overview of the available trainings within the just selected zone ‘all’. Use the buttons “up” and “down” to select the Swim Test. Press the “confirm” button.
4. Press the “Intensity” button. The display shows a percentage. Select the speed percentage that you think best suits your current maximum swimming speed with the buttons “up” and “down”. Press the “confirm” button.
4. The underwater lighting turns on. You now have 1 minute to get into the water, and get ready for the test of 90 seconds.
5. After completing the test, you may need to run the test again at a higher or lower level. Then perform steps 2-4 again. The percentage you struggle to maintain for 90 seconds is the percentage you enter for your future workouts.

Step-by-step plan to start the first training

Did you complete the Swim Test? After determining your level with the Swim Test, you can start the first basic workout program (training 1 15m) at your own level. You can do this as follows:

1. Switch on the DMX controller by pressing the “On / Off” button. The button lights up green.
2. Press the “Select Zone” button. On the screen you will see an overview of the available zones (All, EVAstream and Poollight). Use the “Up” and “Down” buttons to select zone “All”, press the “ok/confirm” button.
3. Press the “Select Training/Scene” button. On the screen you will see an overview of the available trainings. Use the buttons “up” and “down” and choose for “Training 1 15m” (or another training when you are ready). Press the “confirm” button.
4. The underwater lighting switches on. You now have 1 minute to make the remaining selections and get into the water, ready for your first workout.
5. Now click on the “Intensity” button. The display shows a percentage. Use the “Up” and “Down” buttons to select the speed percentage that resulted from your Swim Test. Press “Confirm”.
6. OPTIONAL: You can also extend or shorten the entire workout. The swimming exercises as well as the breaks will be proportionally extended or shortened. Would you like to extend or shorten the duration of a workout? To do this, use the “Duration” button followed by the “Up” or “Down” buttons. Press “Confirm” to save your selection. Attention: the duration of a workout is shortened with the “Up” button and extended with “Down” button. For instance:

To shorten a 20-minute workout to 15 minutes (-25%):

Set “Duration” to 125%.

To extend a 30-minute workout to 40 minutes (+33%):

Set “Duration” to 66%.

(With a percentage below 100, you are slowing down the duration of a workout, as it were, resulting in a lengthier workout. With a percentage above 100, you are speeding up the duration of workout, resulting in a shorter workout.)

7. Now get into the water to start your workout. Enjoy!



6. Basic Training Program Schedule

We recommend that you perform the training program in the correct order so that every workout is done 3 times before proceeding to the next one. Ensure at least 1 but no more than 3 days of rest between workouts. Every workout starts with a 60-second break. This gives you some time to get into the water and get ready for your workout.

Training 1: 15min.

Type of workout: leisurely-paced interval

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	6x	1 minute	Progressive	I2-I3	20s
Core exercise 2	1x	3 minutes	Steady	I2	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 2: 15min.

Type of workout: high-paced interval

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	1x	3 minutes	Inclined Rep.	I3	30s
Core exercise 2	6x	1 minute	Steady	I4	20s
Cool down	-	2.5 minutes	Steady	I1	-

Training 3: 15min.

Type of workout: Endurance workout

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	1x	4 minutes	Inclined Rep.	I2-I4	30s
Core exercise 2	1x	5 minutes	Steady	I3	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 4: 15min.

Type of workout: Sprint workout

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	6x	30 seconds	Up/Down	I5	20s
Core exercise 2	4x	45 seconds	Progressive	I3-I5	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 5: 20min.

Type of workout: Endurance workout

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	3x	3 minutes	Inclined Rep.	I2-I4	30s
Core exercise 2	1x	5 minutes	Steady	I3	30s
Cool down	-	2.5 minutes	Steady	I1	-

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Training 6: 22min.

Type of workout: high-paced interval

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	1x	4 minutes	Steady	I3	30s
Core exercise 2	4x	1.5 minutes	Curved Rep.	I3	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 7: 25min.

Type of workout: leisurely-paced interval

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	1x	9 minutes	Inclined Rep.	I2-I3	60s
Core exercise 2	8x	1 minute	Progressive	I2-I4	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 8: 30min.

Type of workout: high-paced interval

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	3x	5 minutes	Inclined Rep.	I3	30s
Core exercise 2	5x	1.5 minutes	Progressive	I3-I4	30s
Cool down	-	2.5 minutes	Steady	I1	-

Training 9: 30min.

Type of workout: Sprint/Interval workout

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	6x	1 minute	Progressive	I2-I3	20s
Core exercise 2	6x	45 seconds	Inclined Rep.	I4	15s
Core exercise 3	6x	1.5 minutes	Steady	I2	30s
Cool down	-	2.5 minutes	Steady	I1	-

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Training 10: 45min.

Type of workout: Sprint/Interval workout

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	1x	12 minutes	Steady	I2	30s
Core exercise 2	6x	1.5 minutes	Curved Rep.	I3-I4	30s
Core exercise 3	3x	5 minutes	Inclined Rep.	I3	30s
Cool down	-	2.5 minutes	Steady	I1	-

7. Progress of the Basic Training Program

Use the checklist below to keep track of your progress within the program:

	1 st session	2 nd session	3 rd session
Workout 1			
Workout 2			
Workout 3			
Workout 4			
Workout 5			
Workout 6			
Workout 7			
Workout 8			
Workout 9			
Workout 10			

Notes:

8. Sprint Workout Schedule

In addition to the Basic Training program we have set up 5 short sprint workouts. These specific workouts allow you to get started with improving your speed. Every workout starts with 60 seconds of rest. This gives you time to get into the water and get ready for your workout.

Sprint 1: 10min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	1.5 minutes	Steady	I1	30s
Core exercise 1	10x	30 seconds	Progressive	I4-I5	20s
Cool down	-	1 minute	Steady	I1	-

Sprint 2: 10min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	1.5 minutes	Steady	I1	30s
Core exercise 1	6x	45 seconds	Steady	I5	30s
Cool down	-	1 minute	Steady	I1	-

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Sprint 3: 15min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	1.5 minutes	Steady	I1	30s
Core exercise 1	5x	1 minute	Inclined Rep.	I4-I5	30s
Core exercise 2	6x	30 seconds	Steady	I5	15s
Cool down	-	1 minute	Steady	I1	-

Sprint 4: 10min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	1.5 minutes	Steady	I1	30s
Core exercise 1	8x	1 minute	Inclined Rep.	I3-I5	30s
Cool down	-	1 minute	Steady	I1	-

9. Endurance Workout Schedule

In addition to the Basic Training program we have set up 5 longer endurance workouts. With these you can improve your endurance and fitness. Every workout starts with 60 seconds of rest. This gives you time to get into the water and get ready for the workout.

Endurance 1: 30min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	3x	8 minutes	Steady	I2	60s
Cool down	-	2 minutes	Steady	I1	-

Endurance 2: 45min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	5x	5 minutes	Inclined Rep.	I3	60s
Core exercise 2	1x	10 minutes	Steady	I3	60s
Cool down	-	2 minutes	Steady	I1	-

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Endurance 3: 45min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	2 minutes	Steady	I1	30s
Core exercise 1	4x	3 minutes	Progressive	I3-I4	60s
Core exercise 2	4x	5 minutes	Inclined Rep.	I2-I4	60s
Cool down	-	2 minutes	Steady	I1	-

Endurance 4: 60min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	3 minutes	Steady	I1	30s
Core exercise 1	6x	3 minutes	Steady	I3/I4	30s
Core exercise 2	2x	10 minutes	Inclined Rep.	I2-I4	60s
Core exercise 3	3x	3 minutes	Steady	I3	30s
Cool down	-	3 minutes	Steady	I1	-

Endurance 5: 60min.

	No. of repetitions	Repetition duration	Type of core exercise	Zone	Break
Warm up	-	3 minutes	Steady	I1	30s
Core exercise 1	2x	15 minutes	Curved Rep.	I3	60s
Core exercise 2	4x	5 minutes	Steady	I3	30s
Cool down	-	3 minutes	Steady	I1	-

Notes:
