

OPERATING MANUAL EVA WEB APP

A step-by-step guide for operating the EVAsubaqua underwater lighting, the EVAstream and the preset swim trainings with the EVA Web app

TABLE OF CONTENTS

1 ECA Control 4

1.1 Key differences between ECA Control options 4

1.2 Upgrading your ECA Control via the EVA Web app 4

2 Operating the EVAsubaqua 5

3 Operating the EVAstream 6

3.1 Functions 7

4 Operating the preset User Trainings 8

4.1 Colour changing underwater lights 8

4.2 Operating a swim training 9

4.3 Starting a training 10

4.4 Following your progress 11

1. ECA CONTROL

Every EVAstream requires an ECA Control unit to operate the system, but not every swimmer needs the same features, such as advanced swim training programs. By expanding the range of ECA Control options, customers can now choose the model that best fits their needs without paying for unnecessary features.

1.1 Key differences between ECA Control options

Below is an overview of the main differences between the ECA Control models:

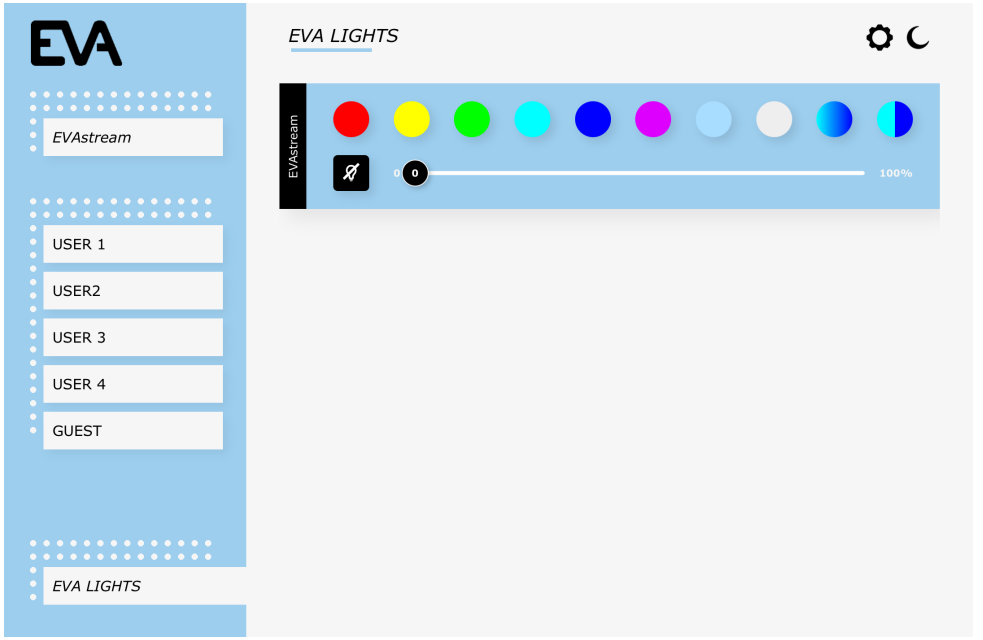
ECA model	Compatible with	Integration with EVA underwater lights	Functionality
ECA Control Eco	EVAstream 175	No	On/off, speed, timer
ECA Control 1 Essential	EVAstream 225 - 275 - 350 450 - 550	Yes, optional	On/off, speed, timer
ECA Control 2 Trainer	EVAstream 225 - 275 - 350 450 - 550	Yes, optional	On/off, speed, timer, 3 pre-set training programs
ECA Control 3 ProTrainer	EVAstream 225 - 275 - 350 450 - 550	Yes, optional	On/off, speed, timer, 20 pre-set training programs, expandable

1.2 Upgrading your ECA Control via the EVA Web app

You can upgrade your ECA Control directly through the EVA Web app by following these steps:

- Open the EVA Web app on your tablet or smartphone.
- Tap the star symbol at the top of the screen.
- Follow the on-screen instructions to select and upgrade to the next available ECA Control version.
- Confirm the upgrade and wait for the process to complete.

2. OPERATING THE EVASUBAQUA



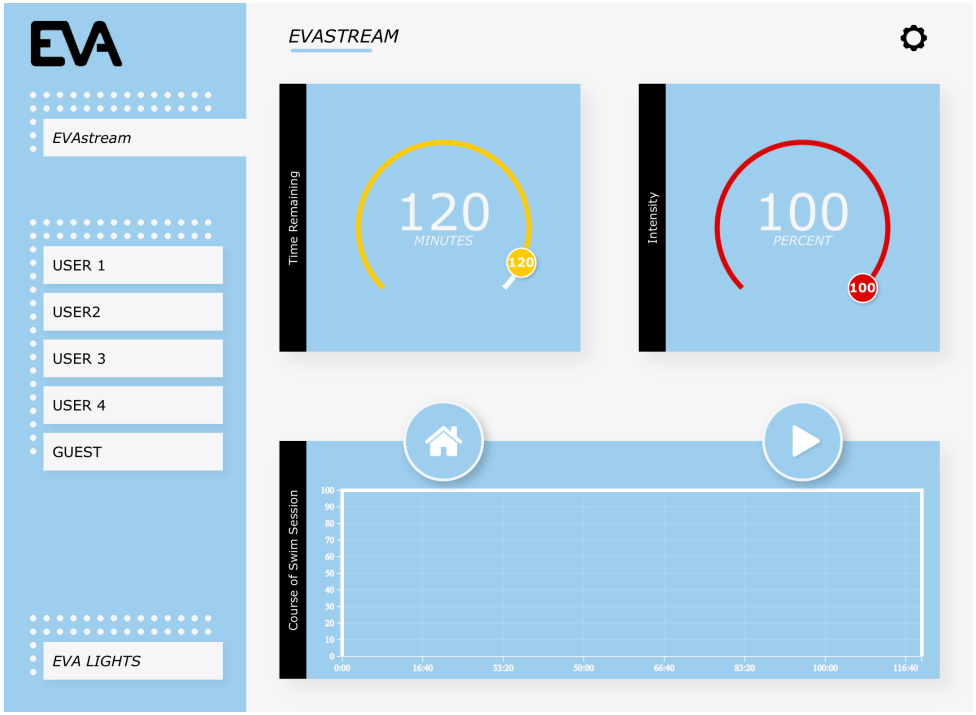
Click on **EVA Lights** in the web interface. You now get an overview with 1 or more control panels, depending on the number of lighting groups that your installation has.

Select the desired colour or colour changing scene per lighting group by clicking on it. You can adjust (dim) the light intensity per lighting group by means of the slider(s).

When the EVAstream is being used for a preset swim training, the top lighting group will not be available, because this group contains the EVA underwater lights that change colour during the swimming training. This group will turn grey in the web interface during the training. The other lighting groups can still be operated while training.

3. OPERATING THE EVASTREAM

In the web interface, click on **EVAstream**. You will now see the control panel. Here you can control the EVAstream. Determine the swimming speed (Intensity) and how long you want to swim continuously (Time Remaining).



3.1 Functions

Time Remaining

Select how many minutes you want to swim. The time counts down in real-time so you can easily see how much time remains of your swimming session.

Intensity

Select at what percentage of the maximum EVAstream capacity you want to swim. The system always remembers the last used intensity.

Course of Swim Session

The course of your current swimming session is displayed here in real time. When you click on the “play” icon, the bar will start to run. You see how much time you swim and at what intensity.

You can always pause and restart your swimming session. You can also change your swimming speed during the session with the Intensity slider or with the remote control.

4. OPERATING THE PRESET USER TRAININGS

You can follow preset swim training sessions. You will find these under the users you have created. Each training follows a fixed structure: warm-up swim, one to three exercise cores, cool-down swim. An exercise core is a series of repetitions of one particular exercise. After each exercise you have a short rest of 15 seconds to a maximum of 1 minute. Some exercises are swum at the same speed, in other exercises the speed is increased within the exercise or every repetition of the exercise goes a little faster.

4.1 Colour changing underwater lights

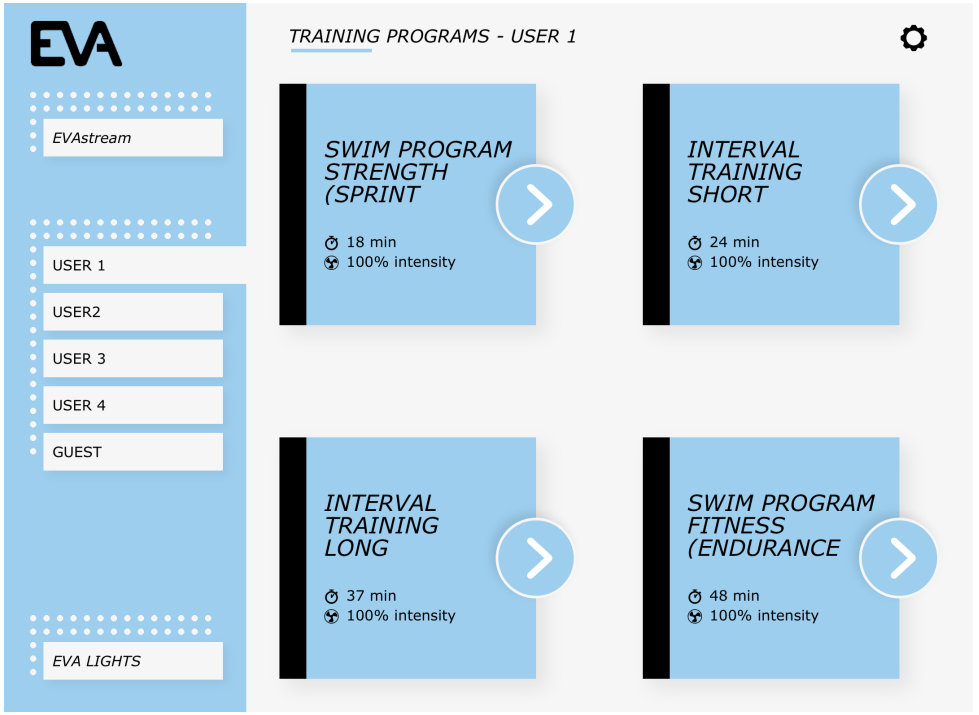
The EVAsubaqua automatically changes colour when the training is started and will change colour during the exercises. The underwater lighting guides you through the training. Every exercise, whether it's a sprint or an endurance exercise, is made up of three parts; you start the exercise in red light, after one third the lights turn green, and you end the exercise in blue light. The changing light colours give you orientation within the exercise and also motivate you.

Have the lamps turned blue? You know you're almost there, you just add a little extra! Rest breaks are also built into every exercise. The lamps turn white, the EVAstream is off, you can catch your breath. A few seconds before the next exercise starts, the lights flash briefly. The number of flashes of the lamps indicates how many repetitions of this exercise will follow still.

Light colour	Meaning
● **Red**	Start of the exercise
● **Green**	After one third of the exercise
● **Blue**	Last part of the exercise: you're almost there
○ **White**	Rest break: the EVAstream is off
○ **Flashing**	Next exercise starts in a few seconds; the number of flashes shows how many repetitions will follow

4.2 Operating a swim training

In the web interface, you can choose between 4 user profiles or use the guest account. Click on the user of your choice. You now see the first control panel. You can always follow the swimming training at your own level. Select the desired intensity. The entire workout will now automatically be adjusted to your swim speed.

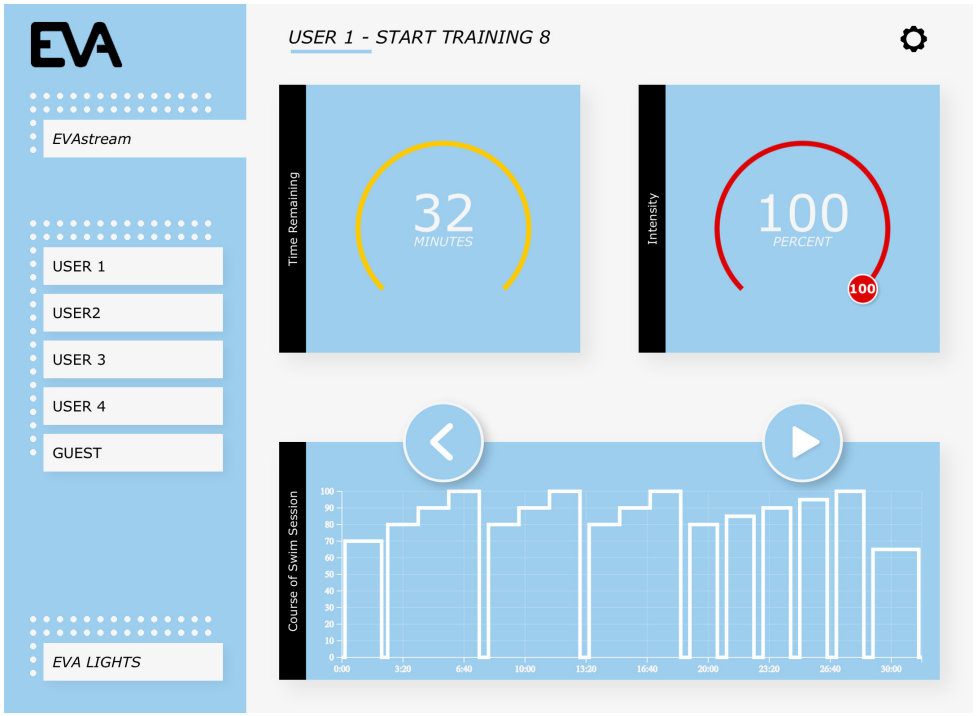


The last used intensity (speed) of the EVAstream is automatically "remembered" in the user settings for each individual user and training. You therefore do not have to remember at what percentage you swim this training type most comfortably.

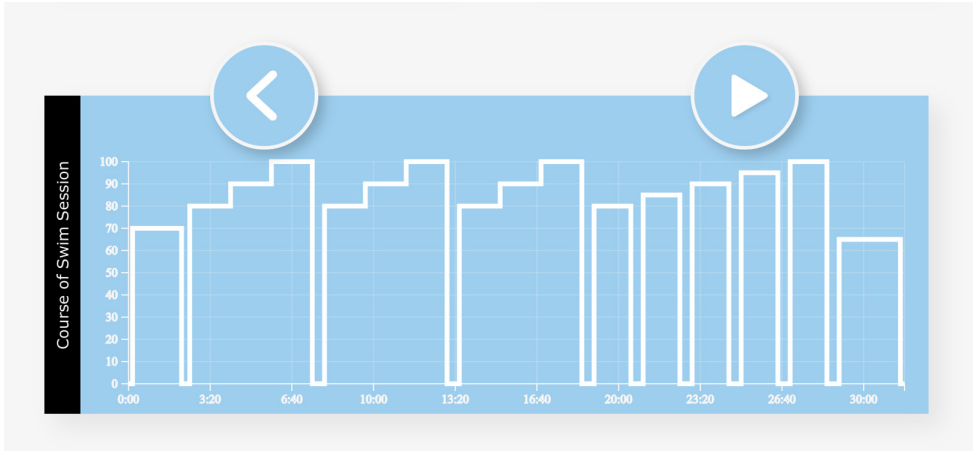
4.3 Starting a training

Select the desired training by clicking on it. You will now see the second control panel. At **Time Remaining** you can see the duration of the selected training. At **Intensity** you can select the swimming speed by using the slider. **Course of Swim Session** shows how the training is structured. Once the settings are set, the stream turns on or off according to what is set in the app.

For example, the screen below shows that this workout starts with a few minutes of warming-up at 70% of full capacity. This is followed by a series of 3 exercises that increase in intensity, each with a short rest break in between. This is followed by a series of 4 shorter exercises at maximum speed and finally a few minutes of cooling down at a low speed.



4.4 Following your progress



On the screen you can see in real-time how far you have progressed in the training, which exercise will follow next, and how often it will be repeated. You can always pause and restart your workout. You can also change your swim speed during the current workout with the Intensity slider or with the remote control.

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