

# Cold Plunge Tub Startup

## Step 1

### Hook up the Chiller to the Cold Plunge Tub

Follow the assembly instructions for the chiller and plunge tub

## Step 2

### Fill the Cold Plunge Tub with water

Clean water is essential when filling up your cold plunge tub.

Using a hose filter is a great way to help remove chlorine, dirt and bacteria from the water.

(Run the garden hose for several minutes to flush out accumulated bacteria caught in the residual of the hose before filling the tub.)

( If using a filter, Rinse for 2-3 seconds before putting in tub to remove any carbon)

## Step 3

### Starting the Chiller

Once the water level is above the inlet and outlet connections of the tub, turn on the chiller unit and place the garden hose into either of the inlet or outlet holes of the tub to ensure the chiller hoses and all components are full of water.

Once the bubbles have stopped, the air is out of the lines and the unit is full of water.

*Note: The above step is not mandatory as the chiller has a self primer built-in but doing this will make the self primer work easier and cause less wear and tear on the chiller unit.*

Continue to fill the plunge tub with water to the desired depth, if tub is inside, fill water to about 4 ½" from the top of the tub. If tub is outside, fill water to about 3" from the top of the tub.

# Cold Plunge Tub Residential Water Maintenance

## Initial Start-up of Cold Plunge Tub

### Step 1

Fill the Cold Plunge Tub with Water.

### Step 2

Add 3 oz of oxidizer.

### Step 3

Add 1 oz of sanitizer.

### Step 4

Test water with test strips- Adjust pH as needed, based on information below.

If pH is too high, (over 7.8, add ½ tsp of pH down.

If pH is too low, (Under 7.2, add 1 ¾ tsp of pH Up.

## Weekly Water Treatment of Cold Plunge Tub

### Step 1

Add 1 oz of oxidizer.

### Step 2

Wipe water lines and inlets with sponge or cloth as needed.

### Step 3

Clean inlet chiller filter.

### Step 3

Test water with test strips and adjust based on information below.

### Sanitizer Reading

0 – Add 1 Tbsp Sanitizer

15 – Add 2 tsp Sanitizer

30-50 – Leave as is

Over 50ppm - Empty Cold Plunge Tub and follow start up procedure.

### pH Reading

7.3 – 7.7- Leave as is.

7.2 or below – Add 1 ¼ tsp ph Up.

7.8 or higher – Add ¼ tsp ph down.

# Cold Plunge Tub Residential Water Maintenance

## Monthly Water Treatment of Cold Plunge Tub

### Step 1

Empty Cold plunge Tub and Chiller unit.

### Step 2

Replace Filter on chiller.

### Step 3

Clean the interior of the Cold Plunge using white vinegar or mild soap, warm water and a sponge or a cloth.

### Step 4

Follow the initial start up procedure to refill your tub.

Prior to refilling with fresh water, ensure complete removal of soap residue for optimal results

The above are guidelines only! You can choose to use chlorine or other sanitizers as desired.

If the water gets murky, always drain and start the fill up procedure from the start.

If the chiller stops filtering, empty the tub, chiller and filters, ensure everything is clean and no clogs in line etc. Refill the tub using the initial startup procedure.

Please be aware that these are guidelines only and can be adjusted as required. Besides offering these guidelines, Leisurecraft customer support is not available to troubleshoot water quality.

For improved energy efficiency and consistent cooling capabilities, it is recommended to keep the chiller operational 24/7, except in freezing weather (0°C (32°F) and colder) In such cases, either drain water from chiller and store in a temperature-controlled area or keep the chiller running at a hot temperature to keep water from freezing and damaging the chiller unit.

When using in hotter ambient temperatures, it is recommended to place the chiller unit in a shaded area to maximize chilling capabilities and longevity of the chiller unit.

# Cold Plunge Tub Sessions

## Benefits of Cold Plunge Sessions.

- Reduce joint pain
- Boost mental and physical resilience
- Boost metabolism
- Optimize digestion
- Lessen muscle soreness
- Elevate mood
- Increase energy and productivity
- Reduce inflammation

### Disclaimer

*The following protocols are for reference only!*

Dundalk Leisurecraft Inc. will not be liable for injury, disability, death, or loss or damage to person or property arising out of the use of the following cold plunge protocols.

### Fat Loss Protocol

The goal of this protocol is to activate shivering, which triggers the release of succinate from muscle tissue. Succinate activates brown fat thermogenesis and increases metabolism and fat loss.

#### Step 1

Set the water temperature to a level that will cause you to start shivering after 1-3 minutes of submerging or exposure.

#### Step 2

Submerge your body to your shoulders. Don't Fight the shiver. Achieve shiver and maintain the shivering for 60-120 seconds.

#### Step 3

Once you have been shivering for 60-120 seconds, exit the tub and stand near it. Do not cross your arms or dry off.

Continue shivering outside the tub for 60-120 seconds.

#### Step 4

Once the shivering stops or slow down, return to the Cold Plunge Tub and repeat step 2.

#### Step 5

Repeat for 2-5 sets with 1 plunge and 1 exit counting as a rep.



# Cold Plunge Tub Protocols

## Energy Protocol

This protocol is designed to increase energy, boost metabolism, reduce inflammation, elevate your mood and aid in smoother digestion.

### Step 1

Start with a 30 session in a Leisurecraft sauna.

### Step 2

Quick exercise to increase the internal body temperature.

Ex. 20 squats or jumping jacks.

### Step 3

Enter the cold plunge and submerge your body so your ears are below the surface while your mouth stays above. Stay in for 60-120 seconds, dunk your head for a few seconds and exit the tub.

### Step 4

Dry off and do another quick set of exercises. Repeat as desired.

The above are guidelines to help with your Cold Plunge Tub sessions.

Enjoy your Leisurecraft Cold Plunge Tub as desired.

Only do what you are able and if inexperienced, have someone watching you in case of any problems that may arise.

Children must be supervised by an adult.



## Cold Plunge Tub FAQ's

### Can I use it the Cold Plunge Tub outdoors?

Leisurecraft Cold Plunge Tubs and Chiller are designed for outdoor use; however, we recommend purchasing the plunge cover for enhanced performance in outdoor settings.

In freezing weather (0°C (32°F) and colder) either drain water from chiller and store in a temperature-controlled area or keep the chiller running at a hot temperature to keep water from freezing and damaging the chiller unit.

To maximize use of the chiller, it is advisable to provide shade from both sun and rain exposure.

### How cold can the water get?

The minimum water temperature is 3° celsius (37°F), however external factors such as high ambient temperatures can have an impact on this. To achieve a lower temperature and reduce energy usage, we recommend using an insulate cover. (sold separately)

### How to keep the water clean?

To keep your Leisurecraft Cold Plunge Tub water clean, it is recommended to purchase the sanitation kit and follow the cleaning steps and schedule, If not using any sanitation, ensure to change the water every 1-2 weeks depending on the number of users and the usages.

### What are the electrical requirements?

The Leisurecraft chiller is a standard 110v plug that uses a 20-amp breaker. It will draw about the same power as a typical refrigerator.

### How long does it take to cool the water?

Using the Leisurecraft chiller will cool the water at a rate of 2-6 degrees per hour, again depending on external temperatures.



## **READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY**

This product must only be used by competent and responsible persons or those placed under the direct and visual control of a competent and responsible person.

If you are not able or not in a position to assume this responsibility, or if you do not fully understand the instructions for use, do not use this product.

Elderly persons, children, pregnant woman and persons suffering from heart disease, diabetes, high or low blood pressure should not use the cold plunge until they consult with their physician.

Risk of Accidental Drowning.

This product is not intended for use by Children under the age of 18.

Extreme caution must be exercised to prevent unauthorized access by children.

To avoid accidents, ensure that children cannot use this cold tub unless they are supervised at all times.

Cover the tub when not in use, This will help to discourage unsupervised children from entering the cold tub.

There is no representation that the cover, will prevent access to the cold tub.

The use of alcohol, drugs, or medication before or during cold plunge use may lead to unconsciousness with the possibility of drowning.



## **Warranty**

Dundalk LeisureCraft Inc. warrants our Cold Plunge Chiller against defects in materials and workmanship under normal/residential use for a period of one (1) year, as applicable, from the date of receipt of the product by the original end-user consumer.

This warranty does not apply to normal wear and tear and/or natural weather conditions. This warranty does not cover misuse or negligence and the manufacturer and associated retailers are not liable for any injury or damage caused by the product. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 1-year warranty.

**In colder climates, when not in use, store Cold Plunge Chiller in a temperature-controlled setting to prevent freezing!**

Purchaser Name: \_\_\_\_\_ Date: \_\_\_\_\_

Purchased From: \_\_\_\_\_

**When water is at desired temperature, (Hot or Cold), Always Turn off unit and unplug from the electrical outlet.**

**Enjoy your Soak!**



## Cold Plunge Tub Tips

### **Start Cool, Then go Colder!**

The theory behind cold plunge therapy is to not let your body get accustomed to the water temperature.

You should feel uncomfortable in the cold plunge as your body is designed to naturally defend against extreme temperatures.

If new to Cold Plunge therapy, start your sessions with cool water and as you progress you can adjust the water temperature to get colder.

### **Don't Stay in Too Long!**

Once you've acclimated yourself to the feeling of when your body contacts cold water, the goal is a minimum of three minutes in cold plunge tubs.

Three minutes is approximately the amount of time it takes for most of those starting out to begin shivering in cold water.

In water that's 45 to 55 degrees, you might be able to endure the cold for up to ten minutes safely.

But typically, it takes about four to six weeks for the human body to reach this level of tolerance for exposure to cold water temperatures.

### **Focus on Proper Breathing!**

When first establishing your ice bath routine, it helps tremendously to calm the nervous system.

This is one reason why cold immersion therapy demands a focus on proper breathing.

The parasympathetic nervous system is triggered by cycling through deep, full inhales and exhales.

This system can also be activated by humming, which boosts nitric oxide levels that make cells more receptive to oxygen.