

ACTIVPOWER

COLD PLUNGE



Attach the base supports

Insert all six support legs firmly into the designated slots around the bottom of the tub frame.



Position on a stable surface

Place the pod upright on a flat, solid surface. Ensure all feet are evenly touching the ground for full stability.



Inflate the top chamber & lid

Using the supplied pump, connect it to the air valve and inflate the upper ring and insulated lid until firm. Avoid excessive pressure.



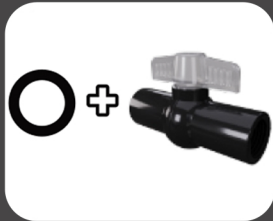
Secure the Air Valve

Once inflated to a firm structure, close and tighten the valve cap to prevent air leakage.



Prepare the drain outlet

Before filling, fit the sealing washer securely onto the drain tap to ensure a watertight connection.



Fill with Cold Water

Add cold water until the level sits approximately 10-15 cm below the top edge of the tub.



Ready to Use

Ensure the lid sits properly on top before use. Your ice bath is now prepared for recovery sessions.



Draining After Use

To empty the tub, attach the drainage hose to the outlet tap and direct the water into a suitable drain or sink.