

LifePro LP-ALVCHLPRG-BLK

Lifepro Allevachill Pro Portable Ice Bath Tub User Manual

Model: LP-ALVCHLPRG-BLK

1. INTRODUCTION

Thank you for choosing the Lifepro Allevachill Pro Portable Ice Bath Tub. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your ice bath tub. Please read it thoroughly before first use and retain it for future reference.

The Lifepro Allevachill Pro is designed for both cold plunge and heat therapy, offering a versatile solution for recovery and wellness. Its self-inflating design ensures quick and easy setup, making it suitable for various environments.



Image 1.1: The Lifepro Allevachill Pro Portable Ice Bath Tub in use, showing its compact and portable design.

2. SAFETY INFORMATION

WARNING: Always consult with a healthcare professional before starting any new therapy, especially if you have pre-existing medical conditions, are pregnant, or have cardiovascular issues.

- Do not use if you have open wounds, skin infections, or are under the influence of alcohol or drugs.
- Children should always be supervised by an adult when near or in the tub.
- Avoid prolonged exposure to extreme temperatures. Limit cold plunges to 1-15 minutes and hot therapy sessions to recommended durations.
- Ensure the tub is placed on a flat, stable surface to prevent tipping.
- Do not overinflate the tub. Refer to inflation instructions.
- Keep electrical components (if any, like the inflation pump) away from water.
- Empty the tub completely after each use to prevent bacterial growth and for safe storage.
- The tub is designed for one person. Exceeding the seating capacity may compromise stability and durability.

3. PACKAGE CONTENTS

Please check the package to ensure all items are present and undamaged:

- Lifepro Allevachill Pro Portable Ice Bath Tub
- Integrated Self-Inflation Pump (USB-chargeable)
- Drain Hose (approximately 39 inches)
- User Manual
- Repair Patch Kit (for minor punctures)

4. SETUP INSTRUCTIONS

Setting up your Lifepro Allevachill Pro is designed to be quick and effortless thanks to its self-inflating feature.

1. **Choose a Location:** Select a flat, stable, and clean surface for your tub. Ensure it is near a water source and a drainage area.
2. **Unfold the Tub:** Carefully remove the tub from its packaging and unfold it on your chosen surface.
3. **Prepare for Inflation:** Locate the integrated inflation pump. Ensure the drain valve at the bottom of the tub is securely closed before inflation.
4. **Self-Inflate:** Press the button on the inflation pump. The tub will begin to self-inflate. This process typically takes approximately 5 minutes. Do not overinflate; the tub should be firm but not rigid to the touch.
5. **Fill with Water:** Once inflated, begin filling the tub with water. For cold plunges, add cold water and ice as desired. For heat therapy, fill with water up to 122°F (50°C). The tub holds approximately 71 gallons of water.

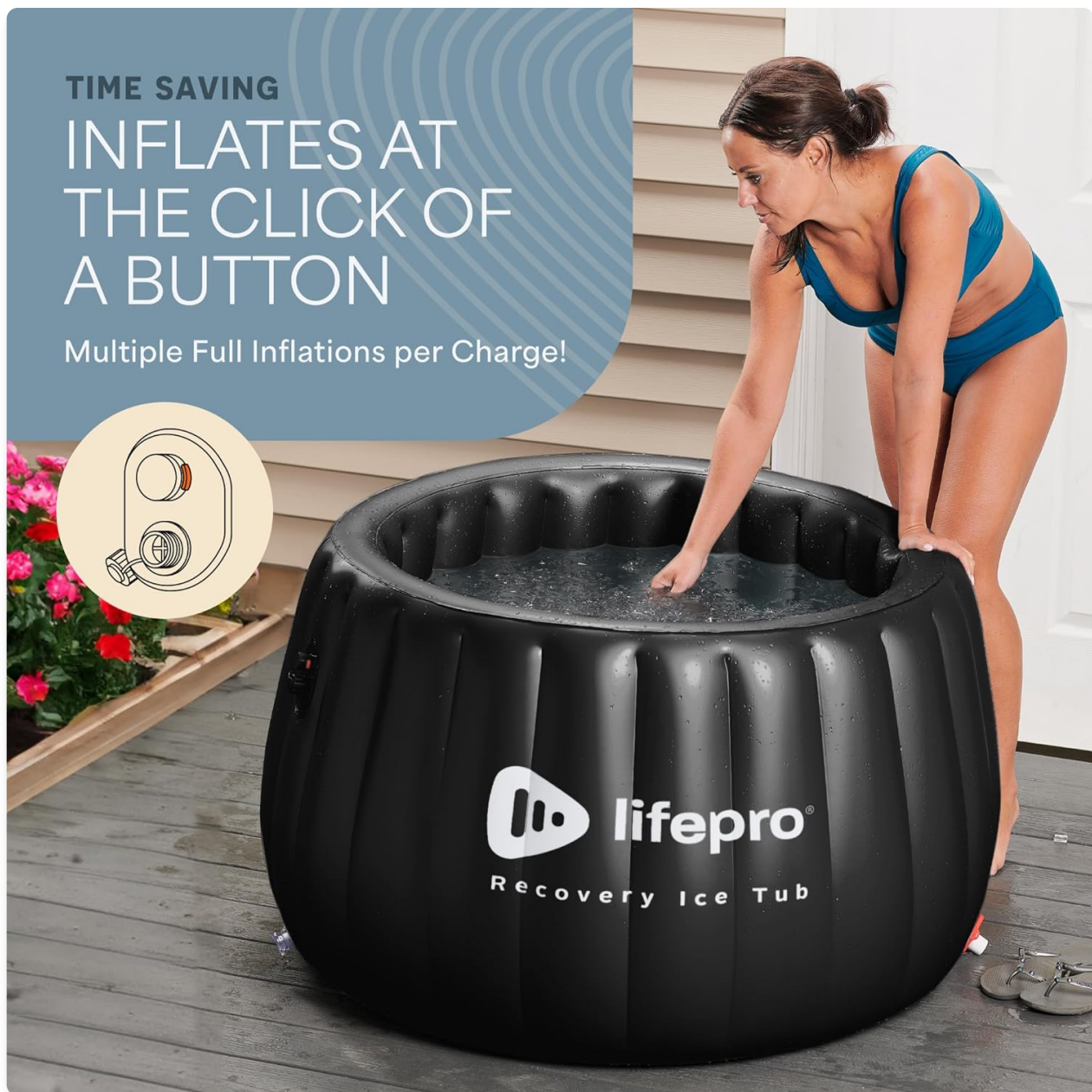


Image 4.1: A user pressing the button on the integrated pump to inflate the tub.



Image 4.2: Visual guide for setting up the tub, including closing the drain valve, pressing the inflate button, and filling with water.

5. OPERATING INSTRUCTIONS

5.1 Cold Plunge Therapy

Cold plunging can help stimulate circulation, reduce inflammation, and boost energy levels.

- Ensure the water temperature is between 32°F (0°C) and 59°F (15°C) for optimal cold therapy benefits.
- Slowly enter the tub. Immerse your body gradually to allow for adaptation to the cold.
- Recommended session duration is 1 to 15 minutes. Beginners should start with shorter durations (1-3 minutes) and gradually increase as tolerated.
- Focus on controlled breathing to manage the cold sensation.
- Exit the tub slowly and dry off immediately. Consider warming up with light activity or warm clothing.



Image 5.1: A user experiencing cold plunge therapy in the tub.

5.2 Heat Therapy

The Allevachill Pro can also be used for warm water immersion, providing relaxation and muscle soothing.

- Fill the tub with warm water, ensuring the temperature does not exceed 122°F (50°C).
- Enter the tub carefully.
- Enjoy a relaxing soak. Monitor your body's response to the heat.
- Exit the tub slowly.



ALSO GREAT FOR
HEAT THERAPY
Heat Resistance Up to **122°F**



Image 5.2: A user enjoying a warm water session in the tub.

6. MAINTENANCE

6.1 Cleaning

- After each use, drain the water completely using the integrated drain hose.
- Wipe down the interior and exterior surfaces with a soft cloth and mild soap or a non-abrasive cleaner.
- Rinse thoroughly to remove any soap residue.
- Allow the tub to air dry completely before deflating and storing to prevent mold or mildew.

6.2 Storage

- Ensure the tub is clean and dry before deflating.
- Open the inflation valve to allow air to escape, or use the pump's deflate function if available.
- Fold the tub neatly and store it in a cool, dry place away from direct sunlight and sharp objects.

7. TROUBLESHOOTING

- **Tub not inflating:** Ensure the inflation pump is charged. Check for any obstructions in the inflation valve.
- **Tub losing air:** Inspect the tub for punctures. Use the provided repair patch kit for small holes. Ensure the inflation valve is securely closed.
- **Water not draining:** Ensure the drain valve is fully open and the drain hose is not kinked or blocked.
- **Unpleasant odor:** Ensure the tub is thoroughly cleaned and dried after each use. Use a mild disinfectant if necessary.

8. SPECIFICATIONS

Brand	LifePro
Model Name	Allevachill Pro (LP-ALVCHLPRG-BLK)
Color	Black
Material	PVC, Laminated Fabric
Product Dimensions	27.6"L x 27.6"W x 27.6"H
Item Weight	8.4 Pounds
Capacity	71 Gallons
Seating Capacity	1 Person
Temperature Range	32°F - 122°F (0°C - 50°C)
Voltage (Pump)	3.7 Volts
UPC	810161331208

REGULAR SIZE FOR ONE PERSON



Holds 71 Gallons
of Water



32°F - 122°F
Temp. Range



Only 9.24 Lbs
for Easy Transport



Image 8.1: Visual representation of the tub's capacity and dimensions, highlighting it as a regular size for one person.

9. WARRANTY AND SUPPORT


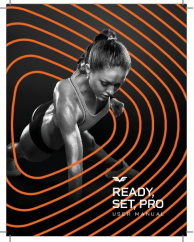




Lifepro products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Lifepro website.

If you encounter any issues or have questions regarding your Lifepro Allevachill Pro Portable Ice Bath Tub, please contact our customer support team:

- **Website:** www.lifeprofitness.com
- **Email:** support@lifeprofitness.com
- **Phone:** (Toll-free number, if available, would be listed here)

Please have your model number (LP-ALVCHLPRG-BLK) and purchase date ready when contacting support.

Related Documents - LP-ALVCHLPRG-BLK

	<p>Lifepro AllevaChill Recovery Ice Tub User Manual: Setup, Use, and Safety Guide</p> <p>Comprehensive user manual for the Lifepro AllevaChill Recovery Ice Tub. Learn about cold water therapy benefits, setup instructions, cleaning, maintenance, safety guidelines, and product specifications.</p>
	<p>Lifepro AllevaRed Light Therapy Belt User Manual</p> <p>Comprehensive user manual for the Lifepro AllevaRed Light Therapy Belt, detailing features, setup, operating instructions, safety precautions, and troubleshooting. Learn how to use red and near-infrared light therapy for pain relief, inflammation reduction, skin rejuvenation, and muscle recovery.</p>
	<p>Lifepro RelievaCup Pro User Manual: Smart Cupping Device with Red Light Therapy</p> <p>Comprehensive user manual for the Lifepro RelievaCup Pro, detailing its features, setup, operation, safety guidelines, troubleshooting, and benefits of cupping and red light therapy.</p>
	<p>Lifepro AllevaRed Pro User Manual: Red Light Therapy Belt for Pain Relief & Muscle Recovery</p> <p>Comprehensive user manual for the Lifepro AllevaRed Pro, a red light therapy belt with vibration designed for effective pain relief and muscle recovery. Learn how to use, maintain, and maximize the benefits of your device.</p>
	<p>Lifepro Biorecover Light Therapy Knee Brace User Manual</p> <p>Comprehensive user manual for the Lifepro Biorecover Light Therapy Knee Brace, detailing setup, operation, safety instructions, troubleshooting, and FAQs for pain relief and recovery.</p>
	<p>Lifepro TrimLite Vibration Plate User Manual</p> <p>Comprehensive user manual for the Lifepro TrimLite Vibration Plate, covering setup, operation, benefits, safety instructions, and troubleshooting for this whole-body vibration machine.</p>