

Clim8 Clim8 US-ice bath 75cm

Clim8 85 Gallon Portable Cold Plunge Tub Instruction Manual

Model: Clim8 US-ice bath 75cm | Brand: Clim8

1. INTRODUCTION

The Clim8 Cold Plunge Tub is designed to provide an invigorating cold therapy experience. This portable ice bath is suitable for both outdoor and indoor use, offering easy setup and maintenance. Regular cold plunges can contribute to improved recovery, reduced inflammation, and enhanced well-being.

This manual provides essential information for the safe and effective use of your Clim8 Cold Plunge Tub. Please read it thoroughly before assembly and operation.

2. SAFETY INFORMATION

- Consult a healthcare professional before starting cold therapy, especially if you have pre-existing medical conditions.
- Do not use if pregnant, have heart conditions, high blood pressure, or open wounds.
- Always use the tub on a stable, level surface to prevent tipping.
- Do not leave children or pets unattended near the tub.
- Avoid prolonged exposure to extreme cold. Start with short durations and gradually increase as tolerated.
- Ensure the drain valve is securely closed before filling the tub.
- Do not use abrasive cleaners or high-powered hoses for cleaning.
- Store the Clim8 Pod in its carry bag away from sharp objects or extreme temperatures and direct sunlight when not in use.

3. WHAT'S IN THE BOX

Your Clim8 Cold Plunge Tub package includes the following items:

- 1 x Clim8 Pod with Cover
- 6 x Tough Support Legs

- 1 x Pump (for top ring inflation)
- 1 x Drain Hose
- 1 x Carry Bag

4. SETUP

1. **Unpack Components:** Remove all items from the carry bag and unroll the Clim8 Pod.
2. **Insert Support Legs:** Insert one pre-assembled support leg into each of the six designated holes located around the base of the Clim8 Pod. Ensure they are firmly in place.
3. **Inflate Top Ring:** Using the supplied pump, inflate the top ring of the tub until it is firm. Once fully inflated, securely seal the top ring valve with the safety cap.
4. **Position the Tub:** Choose a stable, level surface for the tub. Ensure the drain valve at the bottom of the tub is securely closed and tight before filling with water.
5. **Fill with Water:** Fill the tub with water using a garden hose. The water level should be approximately 15 cm (6 inches) below the underside of the top ring.
6. **Add Ice (Optional):** For colder temperatures, add ice cubes or frozen water bottles as desired. The amount of ice needed will vary based on tap water temperature and ambient conditions.

Clim8. Get Ready Within 5 Minutes



Visual guide for quick assembly of the Clim8 Cold Plunge Tub.



Step-by-step illustration of the Clim8 Cold Plunge Tub assembly process.

Your browser does not support the video tag.

Official Clim8 video demonstrating the ice bath experience and its benefits for recovery.

5. OPERATING INSTRUCTIONS

Once the tub is set up and filled to your desired temperature, you can begin your cold plunge session.

- **Entry:** Carefully step into the tub. You may sit or stand, depending on your comfort and the water level.
- **Immersion:** Gradually immerse your body. Focus on controlled breathing to manage the initial cold shock.
- **Duration:** Begin with short durations (e.g., 1-3 minutes) and gradually increase as your body adapts. Do not exceed recommended limits without professional guidance.
- **Exit:** When ready to exit, do so slowly and carefully. Dry yourself thoroughly and rewarm your body.



Clim8 Cold Plunge Tub with cover, showcasing its compact design and user immersion.

Your browser does not support the video tag.

Official Clim8 video showcasing the ease of use and invigorating nature of the ice pod.

6. MAINTENANCE

- **Draining:** To empty the Clim8 Pod, attach the included drain hose to the external drain down tap. Turn the tap to the open position to empty the water into a nearby sink or drain. For complete drainage, pull up the drainage valve at the bottom of the tub.
- **Cleaning:** After each use, rinse the tub with clean water. We recommend cleaning the Clim8 Pod every two weeks with warm soapy water and a soft, clean cloth to help prolong its life. Do not use any abrasive cleaners or high-powered hoses.
- **Drying:** Ensure the tub is completely dry before folding and storing to prevent mold or mildew.
- **Storage:** Store the Clim8 Pod in its handy carry bag away from sharp objects or extreme temperatures and direct sunlight.



Illustration of the drainage process for the Clim8 Cold Plunge Tub.

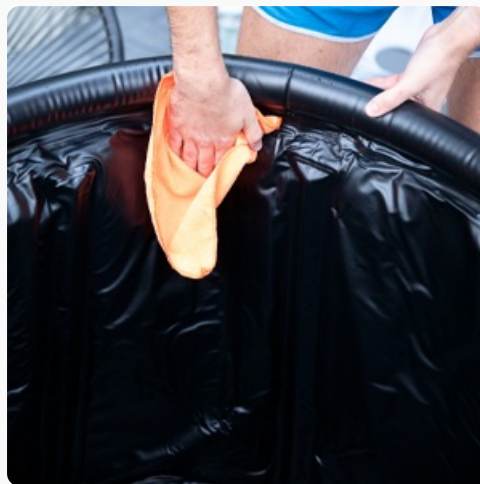


Image demonstrating the cleaning process for the interior of the tub.

Clim8. Ble Ice Bath Tub



Man carrying the Clim8 Cold Plunge Tub in its portable carry bag, highlighting its lightweight and transportable design.

7. SPECIFICATIONS

Attribute	Detail
Brand	Clim8
Model Number	Clim8 US-ice bath 75cm
Color	Black
Material	Nylon
Product Dimensions	31"L x 31"W x 30"H
Item Weight	3.2 Kilograms (7.04 pounds)
Capacity	85 Gallons
Installation Type	Freestanding
Style	Portable

Clim8. Built to last



Diagram illustrating the dimensions and key features of the Clim8 Cold Plunge Tub, including its multi-layered insulation and robust support legs.

8. TROUBLESHOOTING

If you encounter any issues with your Clim8 Cold Plunge Tub, please refer to the following general tips:

- **Water Leakage:** Ensure all drain valves and connections are tightly sealed. Check the tub's material for any visible punctures or damage.
- **Difficulty Inflating:** Verify that the pump is correctly attached to the top ring valve and that the valve cap is not obstructing airflow.
- **Water Not Staying Cold:** Ensure the lid is properly secured when not in use. Add more ice or consider using a chiller for prolonged cold retention.

9. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Clim8 Cold Plunge Tub, please contact Clim8 customer service through the platform where you purchased the product. Our team is dedicated to providing knowledgeable support and assistance.

Please retain your proof of purchase for any warranty claims.

