

[Manuals.plus](#) /

› [The Cold Pod](#) /

› The Cold Pod Ice Bath Tub Elite Lite: XXL Cold Plunge Tub 155 Gallon User Manual

The Cold Pod TCP

The Cold Pod Ice Bath Tub Elite Lite User Manual

Model: TCP | Brand: The Cold Pod

INTRODUCTION

Welcome to the user manual for The Cold Pod Ice Bath Tub Elite Lite, 155 Gallon model. This manual provides essential information for the proper setup, operation, and maintenance of your cold plunge tub. Designed for athletes and wellness enthusiasts, this ice bath facilitates faster recovery times, reduces muscle aches, and supports overall well-being through cold water immersion.

The Cold Pod Elite Lite Barrel is engineered for robust durability and ease of use, offering a convenient way to integrate cold therapy into your routine. Its vertical design allows for neck-level immersion, maximizing the benefits of cold water exposure.



Image: The Cold Pod Elite Lite Ice Bath Tub with its insulated lid.

The
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WE DO COLD.



Image: The Cold Pod Elite Lite Barrel in use, demonstrating cold water immersion.

INCLUDED COMPONENTS

Verify that all components are present before beginning assembly:

- 1 x Cold Pod Elite Lite Barrel
- 1 x Cold Pod Elite Lite Barrel lid
- 1 x Carry bag
- 1 x Pump
- 1 x User manual (this document)

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Embrace the cold and get ready to transform your health, mood & well-being.



Image: Visual representation of the components included with The Cold Pod Elite Lite.

SETUP INSTRUCTIONS

The Cold Pod Elite Lite is designed for fuss-free installation. Follow these steps to set up your ice bath:

1. **Unpack Components:** Remove all items from the carry bag and lay them out on a clean, flat surface.
2. **Assemble Support Poles:** Insert the provided PVC pipes into the designated sleeves around the base of the Cold Pod barrel. These poles provide structural stability.
3. **Inflate the Top Ring:** Locate the air valve on the top inflatable ring of the barrel. Use the included pump to inflate this ring until it is firm. This is the only part that requires inflation.
4. **Position the Tub:** Place the assembled Cold Pod on a stable, level surface, ideally outdoors or in an area with proper drainage. Ensure the drain valve at the bottom is closed before filling.
5. **Fill with Water:** Begin filling the tub with cold water. For optimal cold therapy, add ice as desired to achieve your preferred temperature. The tub has a capacity of 155 gallons (450 liters).
6. **Attach Insulated Cover:** Once filled, place the insulated cover on top of the tub and secure it using the easy locking clips. This helps maintain water temperature and keeps debris out.



Sturdy thermo lid

The high-quality insulated lid creates a thermal bridge between the water and external environment with easy locking clips



Fully insulated

Thick rubber walls and air gap insulated construction ensures consistent coolness no matter the temperature outside



Easy set up

Equipped with bespoke air valves on the body and lid so you can inflate and fill in less than 5 minutes



Chiller compatible

Convenient water inlet and outlet valves so you can easily connect a filter or chiller to keep your water cool and fresh



Advanced design

Designed for pro Podders, the Elite Lite Barrel enhances your wellness routine with a sleek design and extra space



Image: Diagram highlighting key features including easy setup and insulated lid.

OPERATING INSTRUCTIONS

Using your Cold Pod for cold water immersion is straightforward. Always prioritize safety and listen to your body.

1. **Prepare for Immersion:** Ensure the water temperature is suitable for your comfort and experience level. Beginners should start with shorter durations and gradually increase exposure.
2. **Enter the Tub:** Carefully step into the tub. The vertical design allows for an upright sitting position, enabling neck-level immersion.
3. **Immerse and Breathe:** Submerge yourself to your desired level. Focus on controlled breathing techniques to manage the initial cold shock.
4. **Duration:** Recommended immersion times vary based on individual tolerance and water temperature. Consult with a healthcare professional if you have any underlying health conditions.
5. **Exit Safely:** When your session is complete, carefully exit the tub. Dry yourself thoroughly and rewarm your body.

Benefits of cold water immersion

Cold water immersion aids post-athletic recovery,
reducing muscle soreness, injury risk, and boosting immunity.



Pain
relief



Increased
immunity



Weight
loss



Improved
recovery



Enhanced
energy



Super
sleep

Image: A person experiencing the benefits of cold water immersion in The Cold Pod.

XL Cold Plunge Ice Bath Tub



Recover like a pro in the Elite Lite Barrel, with its thinner wall construction but all round insulation, this portable ice bath doesn't compromise on quality or function.



Tough walls,
lid and floor



450L/119gal
capacity



Extra sturdy &
fully insulated

Image: A man demonstrating full immersion in the XL Cold Plunge Ice Bath Tub.

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and hygiene of your Cold Pod.

- **Water Drainage:** The tub features an easy drainage system. Simply turn the drain valve at the bottom of the barrel to empty the water.
- **Cleaning:** Rinse the interior of the barrel thoroughly after draining. For deeper cleaning, use a mild, non-abrasive cleaner and a soft cloth. Avoid harsh chemicals that could damage the material.
- **Water Replacement:** It is recommended to replace the water every four weeks, or more frequently depending on usage and environmental conditions.
- **Water Quality:** Water cleanliness can be maintained by using a water stabilizer or UV purifier, especially if you plan to keep water for extended periods.

- **Storage:** When not in use for extended periods, drain, clean, and dry the tub completely. Deflate the top ring and disassemble the support poles. Store all components in the provided carry bag in a cool, dry place away from direct sunlight.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Cold Pod.

Problem	Possible Cause	Solution
Tub appears unstable or wobbly.	Support poles not fully inserted or uneven ground.	Ensure all PVC support poles are fully inserted into their sleeves. Place the tub on a flat, level surface.
Top ring deflates quickly.	Air valve not properly sealed or a small puncture.	Check that the air valve cap is securely closed. Inspect the ring for any visible punctures and use a repair kit if necessary.
Water drains slowly or not at all.	Drain valve is clogged or not fully open.	Ensure the drain valve is fully open. Check for any debris obstructing the drain and clear it.
Water temperature rises too quickly.	Lid not properly secured or extreme ambient temperature.	Ensure the insulated lid is securely fastened. Consider placing the tub in a shaded area during hot weather.

PRODUCT SPECIFICATIONS

Feature	Detail
Model	TCP
Size	155 gallons
Capacity	450 Liters
Product Dimensions	39"L x 39"W x 29.5"H (approx.)
Material	Plastic (inflatable paddle board plastic)
Color	Black
Item Weight	30.4 Pounds
Installation Type	Freestanding
Chiller Compatible	Yes (convenient water inlet and outlet valves)



Image: Visual representation of the product dimensions and key specifications.

Safety Information

- Consult with a healthcare professional before starting any new cold therapy regimen, especially if you have pre-existing medical conditions.
- Do not use if you are pregnant, have heart conditions, high blood pressure, or are sensitive to cold.
- Always have someone nearby when using the ice bath, especially for longer sessions.
- Avoid prolonged exposure to extremely cold temperatures to prevent hypothermia or frostbite.
- Keep out of reach of children and pets. Adult supervision is required if children are present near the tub.
- Ensure the tub is placed on a stable, non-slip surface to prevent accidents.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question