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› VEVOR Ice Bath Tub User Manual (Model JC-03)

VEVOR JC-03

VEVOR Ice Bath Tub User Manual

Model: JC-03

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your VEVOR Ice Bath Tub. Please read all instructions carefully before assembly and use. Retain this manual for future reference.

VEVOR
TOUGH TOOLS, HALF PRICE

INNER DIAMETER 33.1" ICE BATH TUB

Full body soaking


Max
Capacity
116 Gal
(439L)

Suitable for heights
up to 6.9' / 210 cm

Inner diameter :
Ø33.1" / Ø84cm

Inner height :
26.8" / 68cm

VEVOR[®]

29.5" / 75cm

Ø35.4" / Ø90cm

Image: The VEVOR Ice Bath Tub, illustrating its dimensions (35.4" diameter, 29.5" height) and a capacity of 116 gallons (439 liters), suitable for full body immersion.

The VEVOR Ice Bath Tub is designed for cold water therapy, offering benefits such as reducing muscle soreness and swelling, promoting blood circulation, and activating the immune system. Its portable and durable design makes it suitable for various environments.



Image: Visual representation of the benefits of ice water baths, including reduced muscle soreness, improved circulation, immune system activation, and enhanced physical fitness.

2. SAFETY INFORMATION

- Consult a healthcare professional before starting cold water therapy, especially if you have pre-existing medical conditions.
- Do not use if pregnant, have heart conditions, high blood pressure, or open wounds.
- Avoid prolonged exposure to cold water to prevent hypothermia. Recommended immersion times vary based on water temperature and individual tolerance.
- Ensure the tub is placed on a stable, level surface to prevent tipping.
- Keep children and pets away from the tub during use and when filled with water.
- Exercise caution when entering and exiting the tub to prevent slips and falls.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- 1 x Ice Bath Tub
- 8 x Support Tubes

- 1 x Manual Air Pump
- 1 x Drain Hose
- 1 x Drain Valve (1/2")
- 2 x Repair Patches
- 1 x Insulated Dust Cover
- 2 x Sealing Rings
- 1 x Water-Filled Cushion (36.5 x 25 cm)
- 1 x Thermal and Dustproof Cover
- 1 x User Manual
- 1 x Zippered Nylon 210D Carrying Bag (75 x 44 cm)



Image: An overview of the VEVOR Ice Bath Tub and its accompanying accessories, such as support tubes, air pump, drain hose, covers, cushion, and carrying bag.

4. SETUP INSTRUCTIONS

Follow these steps to assemble your VEVOR Ice Bath Tub:

1. **Unpack Components:** Remove all items from the carrying bag and lay them out on a clean, flat

surface.

2. **Insert Support Tubes:** Locate the vertical sleeves around the tub's exterior. Insert the 8 support tubes into these sleeves to provide structural stability. Ensure they are fully seated.
3. **Inflate Top Ring:** Use the provided manual air pump to inflate the thick inflatable ring at the top edge of the tub. Inflate until firm but not over-inflated. This ring serves as a comfortable headrest and adds stability.
4. **Attach Drain Valve and Hose:** Screw the 1/2" drain valve into the designated port at the bottom side of the tub. Attach the drain hose to this valve for easy water drainage. Ensure sealing rings are properly placed to prevent leaks.
5. **Prepare Cushion:** If desired, fill the water-filled cushion with water to use as a seat inside the tub.
6. **Position Tub:** Place the assembled tub on a stable, level surface, ensuring adequate space around it for safe entry and exit.

3 USER-FRIENDLY FEATURES

For comfort and convenience



Image: Details of the tub's user-friendly features, including the inflatable headrest, dual drain options (side pipe and bottom port), and the water-filled cushion for comfortable upright sitting.

Your browser does not support the video tag.

Video: An official VEVOR video demonstrating the setup and features of the Ice Bath Tub.

5. OPERATING INSTRUCTIONS

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1. **Fill with Water:** Begin by filling the tub with cold water.
 2. **Add Ice:** Gradually add ice to achieve your desired water temperature. The tub's multi-layer design helps maintain temperature.
 3. **Immersion:** Carefully enter the tub. Use the water-filled cushion for comfort if desired.
 4. **Duration:** Limit immersion time according to your experience and comfort level. Beginners should start with shorter durations (e.g., 1-3 minutes).
 5. **Exit Safely:** Carefully exit the tub, ensuring you have stable footing.
 6. **Cover (Optional):** After use, you may place the insulated dust cover or thermal and dustproof cover on the tub to help maintain water temperature or keep debris out.

6. MAINTENANCE

- **Draining:** To empty the tub, open the bottom drain or the side drain pipe. Ensure the drain hose is directed to a suitable drainage area.
- **Cleaning:** After each use, rinse the interior of the tub with clean water. For thorough cleaning, use a mild soap solution and a soft cloth. Avoid abrasive cleaners or brushes that could damage the material.
- **Drying:** Allow the tub to air dry completely before folding and storing to prevent mold or mildew growth.
- **Storage:** When not in use, fold the tub and store it in the provided nylon carrying bag. Store in a cool, dry place away from direct sunlight.
- **Repair:** In case of small punctures caused by sharp objects, use the provided repair patches. Clean the area around the puncture, apply the patch firmly, and allow it to cure according to patch instructions.



INCLUDES DURABLE CARRYING BAG

Easily take your ice bath tub anywhere

 Nylon 210D



With zipper



 Drawstring non-woven fabric bag

Image: The VEVOR Ice Bath Tub folded and stored in its durable nylon carrying bag, highlighting its portability.

7. TROUBLESHOOTING

- **Water Leakage:**

Possible Cause: Drain valve not tightened, sealing rings improperly placed, or a puncture.

Solution: Ensure the drain valve is securely tightened with sealing rings in place. Inspect the tub for punctures and use a repair patch if necessary.

- **Tub Instability:**

Possible Cause: Support tubes not fully inserted or tub placed on an uneven surface.

Solution: Verify all 8 support tubes are fully inserted into their sleeves. Move the tub to a flat, stable surface.

- **Difficulty Inflating Ring:**

Possible Cause: Air pump not properly connected or valve cap not fully open.

Solution: Ensure the air pump nozzle is securely fitted into the inflation valve. Check that the valve cap is open to allow air entry.

- **Poor Temperature Retention:**

Possible Cause: Insulated cover not used or extreme ambient temperatures.

Solution: Ensure the insulated dust cover is used when not immersed. In very hot environments, more ice may be required.

8. SPECIFICATIONS

DURABLE & LONG-LASTING

3-layer premium materials for heat retention & tear resistance



-4°F - 140°F / -20°C - 60°C
Temperature range



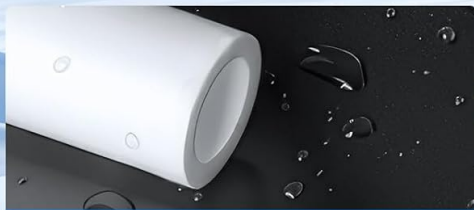
Sealed

2-in-1 thermal and dustproof cover

PVC

Double-sided aluminum foil pearl cotton

Nylon bonded PVC



Support Tubes



Image: A detailed view of the tub's durable 3-layer construction, featuring PVC, double-sided aluminum foil pearl cotton for insulation, and water-repellent nylon bonded PVC.

Feature	Detail
Model Number	JC-03
Product Dimensions	35.4"L x 35.4"W x 29.5"H (900 x 900 x 750 mm)
Capacity	116 Gallons (439 L)
Material	PVC, Aluminum Foil Pearl Cotton, Nylon Bonded PVC
Color	Black
Temperature Range	-4°F to 140°F (-20°C to 60°C)
Item Weight	9.3 Pounds (4.2 kg)
Installation Type	Portable
UPC	197988409403

9. WARRANTY AND SUPPORT

For warranty information or technical support, please contact VEVOR customer service through the official VEVOR website or your purchase platform. Please have your model number (JC-03) and purchase details available when contacting support.