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> VEVOR L-90 Gal Portable Ice Bath Tub Instruction Manual

**VEVOR JC-01**

# VEVOR L-90 Gal Portable Ice Bath Tub Instruction Manual

## INTRODUCTION

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Thank you for choosing the VEVOR L-90 Gal Portable Ice Bath Tub. This manual provides essential information for the safe and effective use of your ice bath tub. Designed for athletes and individuals seeking recovery through cold water immersion, this portable tub offers a convenient solution for enhancing physical well-being. Please read these instructions carefully before setup and use to ensure proper function and longevity of the product.



Image: The VEVOR L-90 Gal Portable Ice Bath Tub, showcasing its design and a person experiencing cold water immersion.

## SAFETY INFORMATION

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**WARNING: Cold water immersion carries risks. Consult a healthcare professional before using this product, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, diabetes, or are pregnant. Do not use if you are under the influence of alcohol or drugs.**

- **Supervision:** Children should not use the ice bath tub without adult supervision.
- **Duration:** Limit immersion time to recommended durations (typically 5-15 minutes) to avoid hypothermia.
- **Temperature:** Do not exceed recommended water temperatures. The tub is designed for a range of -4°F to 140°F (-20°C to 60°C).
- **Sharp Objects:** Keep sharp objects away from the tub to prevent punctures.
- **Stable Surface:** Always place the tub on a flat, stable, and non-slip surface.
- **Drainage:** Ensure proper drainage is available before filling to prevent water damage.
- **Electrical Devices:** Keep all electrical devices away from the tub and water.

## PACKAGE CONTENTS

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Verify that all components are present before beginning assembly:

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



Image: A visual representation of the product and its accessories, including dimensions and specifications.

## SETUP INSTRUCTIONS

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Follow these steps for quick and easy assembly:

- 1. Unpack and Position:** Remove all components from the carrying bag. Place the folded tub on a flat, stable, and clean surface where you intend to use it. Ensure the area can handle potential water spills.
- 2. Insert Support Tubes:** Locate the six vertical pockets around the tub's exterior. Insert one support tube into each pocket, pushing them down until they firmly rest on the ground. This provides the tub's structural stability.
- 3. Inflate Top Ring:** Locate the inflation valve on the top rim of the tub. Use the provided manual air pump to inflate the ring until it is firm but not overinflated. This inflatable ring serves as a comfortable headrest

and adds stability.

- Prepare Water-Filled Cushion:** If desired, fill the water-filled cushion with water and place it at the bottom of the tub. This cushion can be used as a seat for added comfort during immersion.
- Check Drains:** Ensure the bottom drain plug and the side drain pipe are securely closed before filling the tub.



Image: Visual steps demonstrating the assembly process, including inserting support tubes and inflating the top ring.

## 3 USER-FRIENDLY FEATURES

For comfort and convenience

**0.02" / 0.45 mm**  
**Thick inflatable ring**  
Leak-proof, reliable headrest

**Side drain pipe & bottom drain port**  
(2 repair patches, 2 sealing rings)

**14.4" x 9.8" / 36.5 x 25cm**  
**Water-filled cushion**  
Allows upright sitting

Image: Detailed view of the inflatable headrest, side drain pipe, and water-filled cushion for comfort and convenience.

## OPERATING INSTRUCTIONS

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Once assembled, your VEVOR Ice Bath Tub is ready for use:

1. **Fill with Water:** Begin filling the tub with cold water. The tub has a capacity of 90 gallons (341 liters).
2. **Add Ice:** Once partially or fully filled with water, add ice to achieve your desired cold temperature. The multi-layer design helps retain temperature.
3. **Immersion:** Carefully enter the tub. The inflatable ring provides a comfortable edge to rest your arms or head.
4. **Duration:** Follow your cold therapy protocol, typically immersing for 5-15 minutes. Always listen to your body and exit if you feel excessively uncomfortable or unwell.
5. **Draining:** After use, open the bottom drain plug or attach the drain hose to the side drain pipe to empty the water. Ensure the water drains to a suitable location.



Image: A user enjoying an ice bath, illustrating the benefits of cold water immersion for recovery.

Your browser does not support the video tag.

Video: An official VEVOR video demonstrating the use of the ice bath tub for cold water therapy.

## MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your ice bath tub:

- **Cleaning:** After each use, drain the tub completely. Rinse the interior with clean water and wipe it dry with a soft cloth to prevent mold or mildew buildup. A mild, non-abrasive cleaner can be used if necessary, followed by thorough rinsing.
- **Drying:** Ensure the tub is completely dry before folding and storing to prevent mildew and material degradation.
- **Storage:** Once dry, remove the support tubes and deflate the top ring. Fold the tub neatly and store it in the provided zippered nylon carrying bag. Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Repair Patches:** In case of minor punctures, use the provided repair patches. Clean the damaged area, apply the patch firmly, and allow sufficient time to cure before refilling the tub.



**INCLUDES DURABLE CARRYING BAG**

Easily take your ice bath tub anywhere

 Nylon 210D

With zipper

 Drawstring non-woven fabric bag

Image: The portable design of the tub, shown folded and stored in its durable carrying bag for easy transport.

# DURABLE & LONG-LASTING

3-layer premium materials for heat retention & tear resistance



Image: Cross-section view detailing the multi-layer construction for durability and thermal insulation.

## TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Water Leakage	Drain plug not fully closed, puncture in material, loose drain hose connection.	Ensure drain plug is tight. Check for visible punctures and use a repair patch. Securely attach the drain hose.
Tub Instability	Support tubes not fully inserted, uneven ground, insufficient inflation of top ring.	Verify all support tubes are fully seated. Move tub to a flat surface. Inflate the top ring until firm.
Difficulty Draining	Drain plug or hose obstructed, tub not elevated.	Clear any debris from the drain. Ensure the tub is on a level surface or slightly elevated towards the drain for gravity assistance.

Problem	Possible Cause	Solution
Poor Temperature Retention	Cover not used, extreme ambient temperature, tub material compromised.	Always use the thermal cover when not in use. For very hot climates, consider adding more ice or using in a shaded area. Inspect tub for damage.

## SPECIFICATIONS

Feature	Detail
Model Number	JC-01
Product Dimensions	31.5"L x 29.5"W x 31.5"H (80cm x 75cm x 80cm)
Capacity	90 Gallons (341 Liters)
Material	Polyvinyl Chloride (PVC), Double-sided Aluminum Foil Pearl Cotton, Water-repellent Nylon Bonded PVC
Usable Water Temperature Range	-4°F to 140°F (-20°C to 60°C)
Item Weight	8.16 Pounds (3.7 kg)
Installation Type	Portable
Color	Black

**VEVOR**  
TOUGH TOOLS, HALF PRICE

# INNER DIAMETER 29.1" ICE BATH TUB

Full body soaking

↕↕  
↕↕  
Max  
Capacity  
**90 Gal**  
(341L)

Suitable for heights  
up to 6.9' / 210 cm

Inner diameter :  
Ø29.1" / Ø73.9cm  
Inner height :  
26.8" / 68.1cm



Image: Visual representation of the tub's dimensions, including inner diameter and height.

## WARRANTY AND SUPPORT

VEVOR products are designed for quality and durability. While specific warranty details may vary, VEVOR stands behind its products. For any questions, concerns, or support needs regarding your VEVOR L-90 Gal Portable Ice Bath Tub, please refer to the contact information provided with your purchase or visit the official VEVOR website for customer service options.

Please retain your proof of purchase for any warranty claims.