

VirtuFit VFICEBATH-PARENT

VirtuFit XXL Ice Bath 375L Anthracite User Manual

Model: VFICEBATH-PARENT

1. INTRODUCTION

The VirtuFit XXL Ice Bath, with a 375-liter capacity, is designed to provide an optimal cold therapy experience for recovery and well-being. This high-quality immersion tub is robust, comfortable, and user-friendly. It is suitable for athletes and individuals seeking to enhance their recovery process after intense workouts or to improve overall health.

With generous dimensions of 80 x 80 x 75 cm, this tub offers ample space for a complete immersion. Discover the physical and mental benefits of cold therapy, including improved muscle recovery, enhanced circulation, reduced inflammation, strengthened immune system, and pain relief.



Image 1.1: VirtuFit XXL Ice Bath in an outdoor setting.

2. SAFETY INFORMATION

Before using the VirtuFit XXL Ice Bath, please read and understand the following safety guidelines:

- **Consult a Physician:** Always consult with a healthcare professional before starting cold therapy, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, diabetes, or circulatory issues.
- **Start Gradually:** Begin with short immersion times (e.g., 1-2 minutes) and gradually increase as your body adapts. Do not exceed recommended immersion times.
- **Temperature Control:** Use the provided thermometer to monitor water temperature. Avoid extremely low temperatures that could lead to hypothermia or frostbite.
- **Supervision:** Do not use the ice bath alone, especially during initial sessions. Ensure someone is nearby in case of discomfort or emergency.
- **Avoid Prolonged Exposure:** Prolonged exposure to cold water can be dangerous. Remove yourself from the bath immediately if you experience severe shivering, numbness, dizziness, or extreme discomfort.
- **Children and Pets:** Keep children and pets away from the ice bath to prevent accidental drowning or injury.

- **Stable Surface:** Place the ice bath on a flat, stable, and non-slip surface to prevent tipping.
- **Cleanliness:** Maintain proper hygiene by regularly cleaning the bath and changing the water to prevent bacterial growth.

3. WHAT'S IN THE BOX

The VirtuFit Premium Ice Bath comes with a comprehensive set of accessories to enhance your cold therapy experience:

- Ice Bath Tub (375 Liters)
- Drain Tap and Flexible Drain Hose
- Lid and Thermal Cover
- Comfortable Seat Cushion
- Thermometer
- Two Ice Cube Trays
- Hand Pump
- Repair Kit
- User Manual
- Carrying Bag

INCLUDING ACCESSORIES



Image 3.1: All accessories included with the VirtuFit Ice Bath.

4. SETUP

Follow these steps to set up your VirtuFit XXL Ice Bath:

1. **Unpack:** Remove all components from the carrying bag.
2. **Positioning:** Place the ice bath on a flat, stable, and clean surface. Ensure there is enough space around it for safe entry and exit.
3. **Assemble Support Legs:** Insert the 8 support legs into their designated slots around the base of the tub. Ensure they are securely in place for stability.
4. **Inflate Edges:** Use the provided hand pump to inflate the inflatable edges of the tub. Inflate until firm, but do not over-inflate.
5. **Fill with Water:** Begin filling the tub with cold water.
6. **Add Ice:** Once partially filled, add ice cubes (you can use the included ice cube trays to prepare them) to achieve your desired temperature. Use the thermometer to monitor the water temperature.
7. **Install Drain Hose:** Ensure the drain tap is closed before filling. Attach the flexible drain hose when you are ready to empty the bath.

8. **Seat Cushion:** Place the comfortable seat cushion inside the tub for added comfort during immersion.



Image 4.1: Durable design and setup of the VirtuFit Ice Bath.

5. OPERATING THE ICE BATH

Using the VirtuFit XXL Ice Bath for cold therapy can offer numerous benefits:

- **Muscle Recovery:** Increased blood circulation after cold therapy helps muscle tissue recover faster after exercise.
- **Improved Circulation:** The combination of vasoconstriction and vasodilation (narrowing and widening of blood vessels) enhances blood circulation and supports the transport of oxygen and nutrients.
- **Reduced Inflammation:** Cold therapy can reduce swelling and inflammation, aiding in recovery from injuries and overworked muscles.
- **Strengthened Immune System:** Regular cold exposure can stimulate white blood cell production, helping the body better resist infections.
- **Pain Relief:** Cold can help alleviate chronic pain by numbing nerve endings.

Usage Guidelines:

1. Ensure the water temperature is within a safe and comfortable range (typically 5-15°C or 40-60°F).
2. Slowly enter the ice bath.
3. Focus on controlled breathing to manage the initial cold shock.
4. Limit immersion time based on your experience and comfort level. Beginners should start with 1-2 minutes.
5. Exit the bath slowly and dry yourself thoroughly.



Image 5.1: Benefits of cold therapy with the VirtuFit Ice Bath.



Image 5.2: Spacious and comfortable design for full immersion.

6. MAINTENANCE

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

- **Water Change:** Regularly change the water in the ice bath. The drain tap and flexible drain hose facilitate easy water changes.
- **Cleaning:** Clean the interior of the tub with a mild, non-abrasive cleaner and rinse thoroughly after each use or water change.
- **Thermal Cover:** Use the provided lid and thermal cover to maintain water temperature and keep the bath clean when not in use.
- **Storage:** The bath is completely foldable and easy to store in the included carrying bag, making it ideal for flexible use or travel.
- **Drying:** Ensure the bath is completely dry before folding and storing to prevent mold or mildew growth.



Image 6.1: The 5-layer thermal insulation of the VirtuFit Ice Bath.

7. TROUBLESHOOTING

If you encounter any issues with your VirtuFit XXL Ice Bath, consider the following:

- **Leakage:** Check for any punctures or tears in the PVC material. Use the provided repair kit for minor repairs. Ensure the drain tap is fully closed.
- **Difficulty Inflating:** Ensure the hand pump is properly attached to the valve. Check for any blockages in the pump or valve.
- **Unstable Tub:** Verify that all 8 support legs are correctly inserted and fully extended on a flat, even surface.
- **Water Not Cold Enough:** Add more ice. Ensure the thermal cover is used when not in use to maintain temperature.
- **Water Drains Slowly:** Check the drain hose for kinks or blockages. Ensure the drain tap is fully open.

For issues not resolved by these steps, please contact VirtuFit customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	VFICEBATH-PARENT
Dimensions (L x W x H)	80 x 80 x 75 cm
Capacity	375 Liters
Product Weight	3.5 kg
Material	Polyvinyl Chloride (PVC)
Color	Anthracite (Black)
Installation Type	Portable
Thermal Layers	5
Stability	8 Support Legs
Weather Resistance	Water and UV resistant



Image 8.1: Dimensions of the VirtuFit XXL Ice Bath.

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the VirtuFit official website or contact the retailer from whom you purchased the product. Keep your proof of purchase for any warranty claims.

VirtuFit is a Dutch fitness brand committed to excellent quality, ease of use, design, and extensive functionality in its fitness equipment and ice baths.