


 **LEGACY**  
ICE BATH MAX

# User Manual



A man with a beard and dark hair is lying on his back in a body of water, surrounded by ice floes. He is looking upwards with a slight smile. The background shows a dark, overcast sky and a distant shoreline with trees.

“When you go into the **cold**,  
you cannot think. You have to  
be. You **learn to be**...to be  
the best version of **yourself**”-  
Wim Hof

Tag us **#legacyrecovery**



## WHATS INCLUDED?

- 1 x Legacy Recovery Ice Bath MAX Insulated Hard-Wall Tub
- 1 x Legacy Recovery Ice Bath MAX Protective Weatherproof Lid
- 1 x Legacy Recovery Ice Bath MAX Carry Bag
- 1 x Floor Pump
- 1 x Legacy Recovery Ice Bath MAX Chiller/Heater with accessories (if purchased as an optional extra)



### **Customer Support**

If you are having any trouble setting up your unit, please feel free to contact us at [support@legacyhealthstore.com](mailto:support@legacyhealthstore.com)



## **What's in the Box**

- 1 x Legacy Recovery Ice Bath MAX Insulated Hard-Wall Tub
- 1 x Legacy Recovery Ice Bath MAX Protective Weatherproof Lid
- 1 x Legacy Recovery Ice Bath MAX Carry Bag
- 1 x Tub Repair Kit
- 1 x Floor Pump
- 1 x Legacy Recovery Ice Bath MAX Chiller/Heater with accessories (if purchased as an optional extra)



### **Customer Support**

If you are having any trouble setting up your unit, please feel free to contact us at [support@legacyhealthstore.com](mailto:support@legacyhealthstore.com)

# WARNING



**ELECTRICITY IS VERY DANGEROUS, IN ORDER TO PREVENT ACCIDENTS OR DEATH PLEASE PAY ATTENTION TO SAFETY AND ENSURE YOU FULLY READ THIS INSTRUCTION MANUAL BEFORE USE.**

## PROPER USE GUIDELINES

1. During and after transportation, the Legacy MAX Chiller/Heater Unit **must stay upright** on a stable surface at all times.
2. After transportation, and before use, the chiller **must be left for 24hrs** for the refrigeration gas to settle.
3. Make sure there are **no water leaks** from the Legacy MAX Chiller/Heater Unit, or inlet and outlet pipes when connected to the Ice Bath MAX, with **at least 12"** between the chiller and the wall for proper air flow.
4. Make sure the Legacy MAX Chiller/Heater Unit is plugged into an AC socket or extension cable that is **suitable for use, properly grounded**, has a built in surge protector and preferably is IP65 rated.
5. Ensure the Legacy MAX Chiller/Heater Unit is **kept dry at all times**, do not immerse, splash or spray the unit with water. If the unit does get wet, unplug it immediately and do not use.
6. Never leave the Legacy MAX Chiller/Heater Unit switched on when using the Ice Bath MAX, **always ensure the unit is switched off during your cold water therapy session.**
7. If the Legacy MAX Chiller/Heater Unit stops working or doesn't work when switched on, **unplug it immediately** and do not use.
8. We accept no responsibility for misuse or failure to use this equipment safely as instructed.

# Quick Start Guide



## Setting Up Your Ice Bath MAX

1. Unpack and place the Ice Bath MAX on a stable surface.
2. Inflate both the Insulated Hard-Wall Tub and Protective Weatherproof Lid using the supplied floor pump.
3. Ensure the pump is fully inserted into the valve, and pump until fully inflated recommended pressure 8 PSI (.55 Bar).
4. Once inflated, seal the valves using the safety caps.
5. If you are using the Ice Bath MAX with the Legacy MAX Chiller/Heater Unit, place chiller/heater unit on a stable surface with at least 12" between the chiller and the wall for proper air flow.
6. Connect the Inlet pipe from the Legacy MAX Chiller/Heater Unit to the Out port of the Ice Bath MAX and Outlet pipe from the Chiller/Heater Unit to the In port of the tub. Please ensure the valves are hand tight.
7. You can now fill your Ice Bath MAX with 'cold water' using a hose until the water is roughly 15 cm (6 inches) below the underside of the top ring (not more than  $\frac{2}{3}$  full).

## Draining Your Ice Bath MAX

1. If you are using the Ice Bath MAX with the Legacy MAX Chiller/Heater Unit, ensure the Legacy MAX Chiller/Heater Unit is switched off and unplugged.
2. Unscrew the 'Water Out' drain plug to let the water drain out.

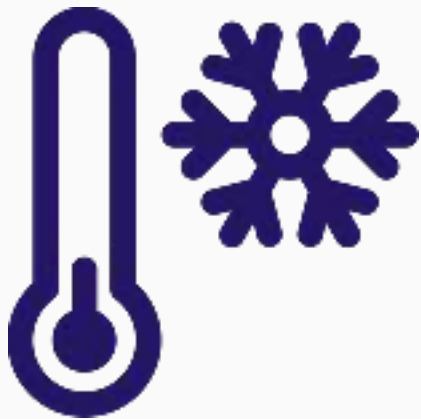




**Triple Layer Hard-Wall Construction**

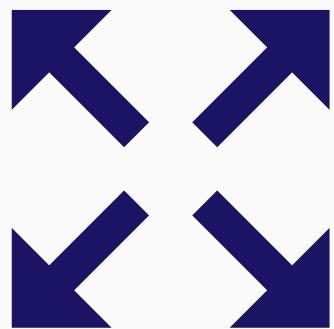


**Fully Insulated  
Weatherproof Lid**



**Sustains Hot/Cold  
Temperatures**





**Fits 2 people**



**Antibacterial  
Triple Filtration**



**1HP Chills Fast**





# Cold Therapy Recommended Time Protocols

Cold water therapy works best with the right combination of time and temperature. For example, if you are in water with a temperature of 10°C, we would recommend you stay for **no more than 10mins**

## Temperature to Time examples:

1°C = 1 minute submersion

2°C = 2 minutes submersion

3°C = 3 minutes submersion

5°C = 5 minutes submersion

10°C = 10 minutes submersion

15°C = 15 minutes submersion



# Maintenance & Usage

- Before using your Ice Bath MAX for the first time, please wash with warm soapy water, rinse and wipe down with a clean dry cloth.
- Never clean your Ice Bath MAX with a strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Ice Bath MAX, use the 'Water Out' drain plug. Take care with the drain tap, don't force it and make sure turn it to the closed position after use and clean it regularly.
- Though not essential, to ensure a long service life and for hygiene purposes, we recommend draining, cleaning and drying your Ice Bath MAX every two to three months.

# Safety

- Your Ice Bath MAX can be filled with cold or hot water up to 50°C. Always start filling with room temperature water, adjusting to your desired temperature as the Ice Bath MAX gets closer to full.
- Never fill your Ice Bath MAX more than  $\frac{2}{3}$  full to compensate for your body mass and displacement of water when you enter. So it's always best to start  $\frac{1}{2}$  full and adjust afterwards.

# Product Specifications

## Dimensions

XL	Regular
196cm length	132cm length
85cm width	70cm width
70cm height	62cm height

## Specifications

Ultra Durable Fiberglass Reinforced Skin-Friendly PVC
Solid Wall and Insulated Construction
High Pressure Structure - 8 PSI / .55 Bar
480 litre capacity
15kg weight (empty)
480kg weight (full)
Suitable heights up to 6'7" (2.1m tall)

# ∞ LEGACY

RECOVERY MADE SIMPLE.

TAG US FOR 5% OFF YOUR NEXT  
ORDER



@legacyrecovery



@legacyrecovery