

LUMI

recovery**POD**
COLD WATER THERAPY

USER MANUAL



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A woman with long dark hair, wearing a black sports bra, is sitting on a green mat outdoors. She has her eyes closed and her hands are resting on her lap, appearing to be in a meditative or focused state. The background shows a brick wall and some greenery.

TRUST THE PROCESS

We always end up
right where we are
supposed to be,
right when we are
meant to be there.

Sometimes we just
need a little time
to recover.

#lumitherapy

Follow this QR Code for our
product guides and videos
YOUR JOURNEY BEGINS!



TAKE A MOMENT TO FIND OUT WHAT'S INCLUDED

- 1 x LUMI Recovery Pod™ Ice Bath
- 1 x Inflatable and interchangeable Zip-on Top Ring
- 1 x Inflatable LUMI Thermo UFO™ Lid
- 1 x LUMI All Weather Cover™
- 1 x Hand Pump
- 1 x Drain Tap and Hose
- 6 x Durable Support Legs
- 2 x Puncture Repair Patches

UNPACKING YOUR LUMI RECOVERY POD

1. First find a suitable area and flat solid surface to unpack and set up.
2. Complete the steps in the QUICK START GUIDE to assemble your LUMI Recovery Pod™.
3. Please read carefully through this user manual before using the LUMI Recovery Pod™.

CUSTOMER SUPPORT

If you have any questions about setting up or using your LUMI product, please visit our website for further information, faqs, troubleshooting and customer support.

QUICK START GUIDE

ASSEMBLE THE RECOVERY POD

1. Insert the 6x support legs into the 6x holes around the base of the LUMI Recovery Pod™.
2. Ensure the feet are at the bottom and fully supported on a stable surface.
3. Inflate the LUMI Recovery Pod™ 'Top Ring' & LUMI Thermo UFO™ lid using the supplied pump.
4. Insert the pump fully into the valve, and inflate until smooth (do not over inflate).
5. Once inflated, seal the valve using the safety cap.
6. Ensure the base drain valve is sealed and hand-tight before filling with water.
7. To empty your LUMI Recovery Pod™, use the external drain tap with the included hose to empty the water into a nearby sink or drain.
8. Once assembled, you can begin to fill with cold water until roughly 15cm (6 inches) below the underside of the top ring.





ALL WEATHER COVER

The weather cover is designed as an extra layer to help keep rainwater, dust, and debris out of the Recovery Pod.

THERMO UFO LID

This inflatable lid is designed to add a thermal bridge between the ice bath water and the external elements, keeping the water at a steady temperature.

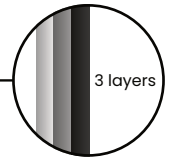
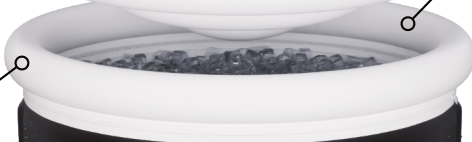


EASY CLEAN

The Recovery Pod is lined with an easy to clean, UV resistant skin-friendly PVC inner lining.

INFLATABLE 'TOP RING'

The inflatable and interchangeable top ring is perfect for adding a comfortable support when sat in the Recovery Pod.



3 layers

PORTABLE

The compact, lightweight design makes the Recovery Pod easy to use anywhere.

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DRAIN TAP (at the rear)

You can easily let the water drain from the Recovery Pod using the supplied hose via the quick release tap.

REMOVABLE LEGS

The Recovery Pod has 6 removable support legs, making for quick assembly / disassembly.

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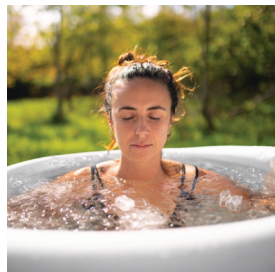
USAGE & SAFETY NOTES

MAINTENANCE, CLEANING & STORAGE

- Before using your LUMI Recovery Pod™ for the first time, please wash with warm soapy water, rinse and wipe down with a clean dry cloth.
- Never clean your LUMI Recovery Pod™ with strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty, use the drain tap (with the included hose) into a nearby sink or drain. Take care with the drain tap, don't force it and make sure to turn it to the closed position after use and clean it regularly. We recommend draining, cleaning and drying your LUMI Recovery Pod™ every two to three weeks.
- The LUMI Recovery Pod™ 'Top Ring' is removable, should any issues arise, then this can be easily unzipped and sent back to us for a replacement.

WHEN FILLING WITH WATER

- Your LUMI Recovery Pod™ can be filled with cold or hot water, up to a maximum temperature of 50°C. Always start filling with room temperature water first, adjusting to your desired temperature as the LUMI Recovery Pod™ gets closer to full.
- Never fill your LUMI Recovery Pod™ to more than $\frac{3}{4}$ full so to compensate for your body mass and displacement of water when you enter. It's always best to start $\frac{1}{2}$ full and then adjust afterwards.





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WARNINGS

FOR YOUR SAFETY

ALWAYS consult your doctor before using an ice bath if you have any health issues!

Children and vulnerable adults must always be supervised when in the vicinity of a water-filled ice bath, and should never enter due to risk of drowning or getting health issues from cold water.

DO NOT USE if you are - Under 18 years of age, Pregnant, have history of heart disease or high blood pressure, have diabetes, complications such as neuropathy or retinal damage, you wear a pacemaker, history of frostbite, have an open wound, had recent surgery, epilepsy or any other health concerns or risks.

Using an ice bath dramatically decreases your body core temperature. Immersing yourself in cold water constricts blood vessels and slows the flow of blood around the body, which combined with health complications, can cause your blood pressure to rise and give you a higher chance of cardiac arrest or stroke. Health benefits can only be obtained through careful use of an ice bath.

RECOMMENDATIONS

Despite the potential side effects and warnings, using an ice bath correctly actually has **many health benefits!** We will always recommend you begin by spending no more than a few minutes in the ice bath, and slowly working your way up to the recommended time, never push your body beyond its limits.

PRODUCT SPECIFICATIONS

LUMI
recovery**POD**
COLD WATER THERAPY



DIMENSIONS

80cm diameter

75cm height

Suitable for heights up to 6'7" (2m tall)

UNIT SPECS

320 litre capacity

3 x Thermal insulated TPE layers

Rip-stop Polyester fabric strengthened layer

UV resistant skin-friendly PVC inner lining

WARRANTY

Recovery Pod Body - 1 year limited warranty

Recovery Pod Top Ring - 1 month limited warranty

Thermo UFO Lid - 1 month limited warranty

The Recovery Pod Body warranty covers any manufacturing defects or leakages 1 year from delivery date. Please see the Lumi website for full details.

Made in China



Access our library of free personal training videos and guides on our website to learn how to get the most out of your LUMI product and achieve the results you want.

**THERE
ARE NO
LIMITS**



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