

LUMI

recoveryPODPRO

COLD WATER THERAPY

USER MANUAL



PRO
ICE BATH



A man with short, light brown hair and a light beard is relaxing in a dark-colored hot tub. He has his eyes closed and a calm expression. The hot tub is situated on a balcony or rooftop with a glass railing. In the background, a city skyline is visible under a clear sky. The overall lighting is soft and warm, suggesting a sunset or sunrise setting.

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 PRO™ Insulated Hard-Wall Ice Barrel
- 1 x LUMI Recovery Pod PRO™ Protective Thermo Top Lid
- 1 x Carry Bag
- 1 x Floor Pump

UNPACKING YOUR LUMI RECOVERY POD PRO

1. Read carefully through this user manual before using the LUMI Recovery Pod PRO.
2. Go to our website to register and activate your LUMI warranty.
3. Complete the steps in the QUICK START GUIDE to assemble your LUMI Recovery Pod PRO.

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.

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.

1. During and after transportation, the LUMI chiller unit must stay upright on a stable surface at all times.
2. After transportation, and before use, the LUMI chiller must be left for 24hrs for the refrigeration gas to settle.
3. Make sure there are no water leaks from the LUMI chiller unit, or inlet and outlet pipes when connected to the Recovery Pod PRO.
4. Make sure the LUMI chiller 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 LUMI chiller 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 LUMI chiller unit switched on when using the Recovery Pro PRO, always ensure the unit is switched off during your cold water therapy session.
7. If the LUMI chiller 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.

Disclaimer: It is not possible for LUMI Therapy to warn the user about every possible danger related to use of a LUMI ice bath or chiller unit for cold water therapy. The user must use his or her own common sense and good judgement when using an ice bath.

QUICK START GUIDE

ASSEMBLE THE RECOVERY POD PRO

1. Unpack and place the Recovery Pod PRO on a stable surface.
2. Inflate both the Hard-Wall Tub and Protective Top Lid using the supplied floor pump.
3. Ensure the pump is fully inserted into the valve, and pump until fully inflated recommended pressure 15 PSI (1 Bar).
4. Once inflated, seal the valves using the safety caps.
5. If you are using the Recovery Pod PRO with the LUMI Chiller Unit, place chiller unit on a stable surface at least 1 meter from the Recovery Pod PRO.
6. Connect both the Inlet and Outlet pipes and ensure all valves are 'hand tight'.
7. Fill the Recovery Pod PRO with 'cold water' using a hose until the water is roughly 15 cm (6 inches) below the top (or approx. $\frac{3}{4}$ full to account for water displacement).

HOW TO EMPTY THE RECOVERY POD PRO

1. If you are using the Recovery Pod PRO with the LUMI Chiller Unit, please ensure the LUMI Chiller Unit is switched off and unplugged before draining the water.
2. Unscrew the 'Water Out' drain plug to let the water drain out.



THERMO LID

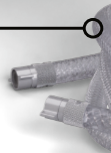
This high quality insulated lid is designed to add a thermal bridge between the ice bath water and the external elements, keeping the water at a steady temperature.

FULLY INSULATED

Both the body of the bath and the lid are insulated, including the bath floor, all of which helps to keep the outside weather from affecting the internal water temperature.

PLUG & PLAY

Quality built hoses easily connect between the chiller and the LUMI Recovery Pod PRO™, circulating fresh, clean, cold water.



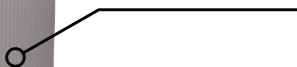


EASY INFLATION

Fully inflate the Recovery Pod PRO™ in just 5 minutes for a super easy setup.

DURABLE CONSTRUCTION

The Recovery Pod PRO™ is made with ultra durable fibreglass reinforced skin-friendly PVC, which is easy to clean.



LUMI miniULTRA Chiller (optional extra)

The miniULTRA Chiller™ is the industry's best compact ice bath chiller and filtration combination.

Quality construction, low maintenance, keeping the water clean with a changeable particulate filter, chilling the water down to 3°C (37°F).



*LUMI miniULTRA Chiller™ not included.



HOW LONG SHOULD YOU STAY IN COLD WATER?

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

Follow this QR Code to access our quick breathing guide to help you get started with your cold water therapy experience



SAFETY & USAGE NOTES

MAINTENANCE, CLEANING & STORAGE

- Before using your Recovery Pod PRO for the first time, please wash with **warm soapy water**, rinse and wipe down with a clean dry cloth.
- **Never** clean your Recovery Pod PRO with a strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Recovery Pod PRO, 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 Recovery Pod PRO every two to three weeks.

SAFETY INSTRUCTIONS

- Your Recovery Pod PRO 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 Recovery Pod PRO gets closer to full.
- **Never** fill your Recovery Pod PRO more than $\frac{3}{4}$ 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

LUMI
recoveryPOD**PRO**
COLD WATER THERAPY



Dimensions

90cm diameter

74cm height

Suitable heights up to 6'7" (2.1m tall)

Specifications

Ultra Durable Fibreglass Reinforced Skin-Friendly PVC

Solid Wall and Insulated Construction

High Pressure Structure - 15 PSI / 1 Bar

450 litre capacity

15kg weight (empty)

450kg weight (full)

LUMI

recoveryPODPRO

COLD WATER THERAPY

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**



lumitherapy.co.uk



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