

# 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 terrace with a glass railing. In the background, there are blurred green plants and a building. The overall lighting is soft and warm, suggesting an evening or indoor setting with warm lights.

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 Protective Thermo Top Lid
- 1 x Carry Bag
- 1 x 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.

### 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 an ice bath or chiller unit for cold water therapy. The user must always use their own common sense and good judgement when using an ice bath.*

## QUICK START GUIDE

### ASSEMBLE YOUR LUMI ICE BATH

1. Unpack and place your LUMI ice bath on a stable surface.
2. Inflate both the ice bath body and top lid using the supplied pump.
3. Ensure the pump is fully inserted into the valve, and pump until fully inflated - recommended maximum pressure 8 PSI (0.55 Bar).
4. Once inflated, seal the valves using the safety caps.
5. If you are using the LUMI ice bath with an external LUMI chiller unit, place the chiller unit on a stable surface at least 1 meter away from the ice bath.
6. Connect both the Inlet and Outlet pipes and ensure all valves are 'hand tight'.
7. Fill your LUMI ice bath with 'cold water' using a hose until the water is roughly 15 cm (6 inches) below the top (or approx.  $\frac{2}{3}$  full to account for water displacement).

### HOW TO EMPTY YOUR LUMI ICE BATH

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.

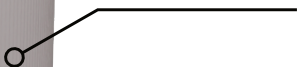
### **PLUG & PLAY**

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.



### **miniULTRA™ chiller (optional extra)**

The LUMI 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™ optional extra.



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COLD WATER THERAPY



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

### SAFETY INSTRUCTIONS

- Your LUMI ice bath 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 LUMI ice bath gets closer to full.
- **Never** fill your LUMI ice bath 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

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90cm diameter

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74cm height

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

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## Specifications

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Ultra Durable Fibreglass Reinforced Skin-Friendly PVC

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Solid Wall and Insulated Construction

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High Pressure Structure - Max 8 PSI / 0.55 Bar

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450 litre capacity

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15kg weight (empty)

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450kg weight (full)

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# LUMI<sup>®</sup>

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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