

LUMI

recoveryPRO
COLD WATER THERAPY

USER MANUAL



PRO
ICE BATH



A woman with dark hair tied back, wearing a black sports top, is shown from the chest up. She has her right hand on her neck and is looking down with a thoughtful expression. The background is a plain, light gray.

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 PRO Insulated Hard-Wall Tub
- 1 x Lumi Recovery PRO Protective Top Lid
- 1 x Carry Bag
- 1 x Floor Pump
- 1 x Thermo CX1 Chiller with accessories (if purchased as an optional extra)

UNPACKING YOUR LUMI RECOVERY POD-PRO

1. Read carefully through this user manual before using the Lumi Recovery 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 PRO.

CUSTOMER SUPPORT 24/7

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 Thermo-CT1 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 Thermo-CT1 Unit, or inlet and outlet pipes when connected to the Recovery Pod-PRO.
4. Make sure the Thermo-CT1 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 Thermo-CT1 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 Thermo-CT1 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 Thermo-CT1 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

ASSEMBLE THE RECOVERY PRO

1. Unpack and place the **Recovery 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 PRO** with the **Thermo-CX1 Chiller Unit**, place chiller unit on a stable surface at least 1 meter from the **Recovery PRO**.
6. Connect both the Inlet and Outlet pipes and ensure the valves are hand tight.
7. You can now fill your **Recovery PRO** 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).

HOW TO EMPTY THE RECOVERY PRO

1. If you are using the **Recovery PRO** with the **Thermo-CX1 Chiller Unit**, ensure the **Thermo-CX1 Chiller Unit** is switched off and unplugged.
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, keeping the outside weather from affecting the internal water temperature.

EASY INFLATION

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



FITS 2 PEOPLE

The Recovery PRO bath is perfect for couples or friends who want to experience the chill together, or simply for you to enjoy a spacious dip.

DURABLE CONSTRUCTION

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

LUMI THERMO CX1 CHILLER

The Lumi chiller (optional extra) is the industry's best chiller and filter combination, low maintenance, keeping your water clean with changeable particulate and UV filters, and keeping the water temperature at a steady 3°C.

The Lumi chiller can also be controlled using a WIFI enabled mobile app.





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



SAFETY INSTRUCTIONS

- Your Recovery 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 Restore PRO gets closer to full.
- **Never** fill your Recovery PRO 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

150cm length

78cm width

70cm height

Specifications

Ultra Durable Fibreglass Reinforced Skin-Friendly PVC

Solid Wall and Insulated Construction

High Pressure Structure - 15 PSI / 1 Bar

480 litre capacity

15kg weight (empty)

480kg weight (full)

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

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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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