



C R Y O S P R I N G

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# Cryospring Cold + Hot Plunge System User Guide

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## Table of Contents

### [Unboxing / Parts List](#)

[Tub box contents:](#)

[Chiller box contents:](#)

### [Setup](#)

- [1. Select a location for your plunge.](#)
- [2. Inflate the tub and lid.](#)
- [3. Attach the tub outlet shutoff valve.](#)
- [4. Attach the tub inlet suction safety screen.](#)
- [5. Connect the chiller to the tub.](#)
- [6. Fill the tub with water.](#)
- [7. Prepare the chiller.](#)
- [8. Cool or heat the plunge.](#)

### [Takedown / Storage](#)

- [1. Drain the tub.](#)
- [2. Deflate the tub and lid.](#)
- [3. Pack the tub, lid, and air pump.](#)
- [4. Drain and store the chiller.](#)

### [Setting a new lid buckle lock combination](#)

### [Setting up the Tuya Smart mobile app](#)



C R Y O S P R I N G

## **Unboxing / Parts List**

Begin by carefully unboxing your portable tub and smart chiller. Ensure that all components are present (see below). If you are missing any items, please contact us before proceeding.

**NOTE: We recommend keeping all boxes and packing material in case you need to make a return or send your product(s) in for a warranty claim.**

### **Tub box contents:**

1. Tub with synching strap
2. Tub lid
3. Air pump/vacuum with hose
4. Backpack
5. Skimmer net
6. Repair kit (contains: patches, air valve tool, outlet shutoff valve, suction safety screen\*, garden hose adapter fitting (not included with orders outside of Continental USA, thread tape)

### **Chiller box contents:**

1. Chiller
2. Hoses (2)
3. Strainer housing and strainer fitting
4. Filters (2)
5. Filter housing wrench
6. Extra hose gaskets

**NOTE: The tub suction safety screen is only included with tubs as part of the cold + hot plunge system. If you purchased your tub separately, this piece will not be included as it is not needed for ice bath use. If you later add our smart chiller to your tub, please contact us and we will include it with your chiller purchase.**



C R Y O S P R I N G

## **Setup**

### **1. Select a location for your plunge.**

The location must:

- a. Have nearby access to a water hose spigot or sink faucet with garden hose adapter (not included) and a dedicated 110v, 15 amp grounded electrical outlet.
- b. Be wet-safe. Avoid locations that may be damaged by water exposure.
- c. Be smooth, level, and free of objects that could potentially puncture or otherwise damage the tub and/or chiller.
- d. Support the weight of a filled tub + chiller (~1,250lbs) in addition to the weight of the user(s) and any other items (furniture, etc.).
- e. Provide adequate space around the chiller for proper airflow. The front and sides of the chiller should have a minimum of 6 inches of clearance and the rear should have a minimum of 1 foot of clearance.
- f. Provide adequate space around the tub to access the air valve, water inlet/outlet, lid buckles, and allow for unobstructed user entry. We recommend leaving a minimum of 1 foot of clearance at the back and sides of the tub.

**NOTE: To extend product longevity outdoors, install under a covered area.**

### **2. Inflate the tub and lid.**

- a. Attach the air pump hose to the air pump by screwing the threaded female hose end clockwise onto the threaded male pump end labeled “out”.
- b. Remove the air valve cap from the tub by turning it counterclockwise and allow it to hang by the keeper string.
- c. Ensure that the pin in the center of the valve is fully extended in the “out” position by pressing it and noting the position.
- d. Firmly press the pump hose end into the air valve and turn clockwise until the hose end is firmly seated. You may need to adjust the hose so it stays in place while pumping.
- e. The pump has a small removable plug attached by a keeper string at the top of the pump body. This plug turns the pump from a high-volume pump (plug inserted) to a high-pressure pump (plug removed). Keep the plug



# C R Y O S P R I N G

inserted for faster pumping and remove it when pumping becomes more labored.

- f. Inflate the tub until the pressure gauge at the top of the pump reads 10psi. **WARNING: Do not over inflate the tub or lid as irreparable damage may occur.**
- g. When done inflating, release the pump hose with a quick counterclockwise quarter turn while gently pulling on the hose.
- h. Replace the valve cap with a clockwise turn.
- i. Repeat steps 1-8 for inflating the tub lid.

## 3. Attach the tub outlet shutoff valve.

- a. Remove the tub outlet shutoff valve (silver with black handle) and plumber's tape from the repair kit.
- b. Ensure that the shutoff valve has a gasket inserted into the female end. Remove the tub water outlet valve cap and apply a small amount (1-2 turns) of plumbers tape to the threaded end of the tub water outlet if tape is not already present.
- c. Attach the shutoff valve to the tub outlet by screwing the female threaded end of the shutoff valve onto the taped male end of the tub water outlet. **HAND TIGHTEN ONLY.**
- d. Close the valve by turning the handle clockwise until it is perpendicular to the valve body.

## 4. Attach the tub inlet suction safety screen.

- a. Remove the tub inlet suction safety screen from the repair kit.
- b. Attach the suction safety screen by screwing it clockwise into the tub outlet on the inside of the tub. **HAND TIGHTEN ONLY.** The tub outlet is located on the lower left of the tub when facing the tub from the front and is marked in red on the outside of the tub.

## 5. Connect the chiller to the tub.



# C R Y O S P R I N G

- a. Unscrew and reserve the protective white caps from the water inlet and outlets marked in red and green on the back of the chiller.
- b. On 1hp chillers, screw the mesh strainer fitting clockwise into the female threaded water inlet marked in red on the back of the chiller. Then, screw
- c. the strainer housing clockwise over the mesh strainer fitting onto the male threaded water inlet.
- d. Ensure each chiller hose end has a gasket inserted before screwing one end clockwise onto the water inlet of the chiller (red) and the other end clockwise onto the water outlet of the tub (red). Repeat with the other hose, screwing one hose end to the water outlet of the chiller (green) and the other to the water inlet on the tub (green). **HAND TIGHTEN ONLY.**

## 6. Fill the tub with water.

- a. Attach one end of a garden hose (not included) to a garden hose spigot or faucet with a garden hose adapter (not included) and place the other end into the tub. **WARNING: Only use fresh water, never use salt water. Extended use of water with high mineral content (hard water) may require more frequent chiller maintenance flushing.**
- b. Fill the tub with water until the water level covers the lower water outlet of the tub. Check the water outlet and valve for any leaks before continuing to fill. If no leaks are detected, move on to the next step.
- c. Continue filling the tub until the water level is approximately six inches below the upper water inlet to prevent spill-over during your first plunge. After your first plunge, you may add or remove water to achieve your desired water level.

## 7. Prepare the chiller.

- a. Ensure the chiller filter housing is equipped with a fresh filter and make sure the filter housing is hand-tight. **WARNING: HAND TIGHTEN ONLY. The filter housing wrench should only be used to loosen the filter housing.**
- b. Open the tub outlet water shutoff valve by turning the handle counterclockwise until it is parallel to the valve body and water is able to freely flow from the tub to the chiller. **WARNING: Do not power on the chiller before performing this step. Chiller damage may occur if the chiller is run dry.**



# C R Y O S P R I N G

- c. Plug the chiller into a dedicated (with nothing else plugged in) 110v/15 amp grounded outlet.
- d. Test the GFCI functionality. **ELECTRIC SHOCK WARNING - Do not proceed if this test fails. Injury or death may occur from using the plunge with an improperly grounded chiller.**
- e. Turn the chiller on by toggling the power switch on the back of the chiller and press the power button on the touch screen.
- f. The chiller will automatically begin purging air from the system before water begins to flow freely into the tub from the water inlet. This process may take up to 5 minutes.
- g. Check for tub and chiller leaks.

## 8. Cool or heat the plunge.

- a. With the chiller powered on and water running freely from the tub water outlet:
  - i. Press and hold the button with 4 grouped squares to switch the temperature readout between Fahrenheit and Celsius.
  - ii. Press the [S] button. “Set” and the current temperature setting will flash.
  - iii. Press the up or down arrow buttons until you reach your desired temperature.
  - iv. Press the [S] button again to select your temperature setting.
- b. Secure the lid to the tub with the locking buckles. The initial code is set to “0-0”. The lid will further insulate the tub for more efficient cooling/heating, help keep the tub water clean and deter unwanted entry into the tub.

## Takedown / Storage

### 1. Drain the tub.

**NOTE: You may want to have a towel handy to catch any water spills during this process.**

#### Option 1 - Garden hose tub drainage

- a. Disconnect the chiller (skip to step #2 if you are using the tub without the chiller)
  - i. Turn the chiller off by toggling the power switch on the back of the chiller.



# C R Y O S P R I N G

- ii. Unplug the chiller from the power outlet.
  - iii. Close the tub outlet valve by turning the handle clockwise until it is perpendicular to the valve body.
  - iv. Disconnect the chiller hoses from the tub by turning the quick-connect fittings counterclockwise by hand.
  - v. Attach the garden hose adapter fitting (located in the tub repair kit) to the tub water outlet valve by screwing it clockwise until it is hand-tight. **HAND TIGHTEN ONLY.**
- b. Attach the female end of a garden hose (not included) to the garden hose adapter fitting on the tub by screwing it clockwise until it is hand-tight. **HAND TIGHTEN ONLY.** Place the other end of the garden hose where you want the tub water to be drained. **Note: The garden hose must be lower than the water level in the tub in order for the tub to drain.**
  - c. Open the tub outlet valve by turning the handle counterclockwise until it is parallel to the valve body.
  - d. Once the tub water has drained below the level of the water outlet, the tub will need to be tilted in order to drain the remaining water. **WARNING: Use caution when tilting the tub. Tub damage may occur if the tub is tilted too aggressively against the water outlet and attached garden hose.**
  - e. Remove the garden hose and garden hose attachment fitting from the tub by unscrewing them counterclockwise. **WARNING: To prevent irreparable tub damage, firmly hold the water outlet valve in place while unscrewing the garden hose and garden hose attachment fitting.**
  - f. Remove any remaining water by turning the tub over.

## Option 2 - Chiller pump tub drainage

- a. Turn the chiller off by toggling the power switch on the back of the chiller.
- b. Close the tub outlet valve by turning the handle clockwise until it is perpendicular to the valve body.
- c. Disconnect both chiller hoses on the tub side by unscrewing the fittings counterclockwise. **Note: You may want to have a towel handy to catch any water that spills from the chiller hoses.**
- d. Place the loose end of the chiller hose that is attached to the chiller inlet (red) into the tub so that it lays on the bottom of the tub with no obstructions to the hose opening.
- e. Place the loose end of the chiller hose that is attached to the chiller outlet (green) where you want the tub water to be drained. **WARNING: Do not attempt to extend either chiller hose by adding additional hoses, piping, etc. as chiller damage may occur.**
- f. Turn the chiller on by toggling the power switch on the back of the chiller and pressing the power button on the touch screen if needed. The chiller



# C R Y O S P R I N G

- will first purge any air in the system before water begins to flow from the outlet hose.
- g. Monitor the water level in the tub and adjust the chiller hose and tub angle as needed to keep the chiller hose submerged at all times until the tub is fully drained.
  - h. When the tub is fully drained, immediately turn off the chiller by toggling the power switch on the back of the chiller. **WARNING: Running the chiller dry may damage the chiller.**

## 2. Deflate the tub and lid.

- a. Thoroughly dry every surface of the tub and lid by wiping them with a clean towel. **NOTE: Do not store the tub and lid while they are wet to prevent the formation of mildew.**
- b. Remove the air valve caps from the tub and lid by turning them counterclockwise and firmly press the center pins on the air valves to the fully depressed “in” position to release the air. **NOTE: The air in the tub and lid is under high pressure and will make a loud noise when deflating.**
- c. Press down on the tub and lid to remove any remaining air before pressing the center pins on the air valves so that they return to the fully extended “out” position. This will prevent air from reentering the tub/lid.
- d. **Optional:** To make the tub and lid more compact for storage, you may use the included pump to vacuum the air out.
  - i. Unscrew the air hose counterclockwise from the “OUT” side of the pump and screw it clockwise onto the “IN” side of the pump to turn the pump into a vacuum.
  - ii. Ensure that the air valve center pin is in the fully extended “out” position before firmly attaching the hose to the tub or lid air valve with a clockwise quarter turn.
  - iii. Use the pump as normal to vacuum any remaining air from the tub and lid. You will see the tub/lid shrinking as it is being vacuumed.
  - iv. Once you are unable to remove any more air from the tub/lid you may remove the air pump hose from the air valve by turning it counterclockwise.
- e. Replace the air valve caps on the tub and lid with a clockwise turn.





# C R Y O S P R I N G

## **3. Pack the tub, lid, and air pump.**

- a. Fold the front edge of the tub with the Cryospring logo on it inward so that it lies flat against the inside floor of the tub.
- b. Fold the back edge of the tub with the water inlet/outlets facing out over the top of the front edge of the tub.
- c. Fold the tub into thirds, longways, being careful not to damage the water inlet/outlet.
- d. Wrap the synching strap around the folded tub and tighten to keep it from unfolding.
- e. Fold the lid into thirds, longways.
- f. Place the tub into the backpack, followed by the lid, followed by the air pump and detached air hose.
- g. Store in a dry, sheltered area.

## **4. Drain and store the chiller.**

**NOTE: you may want to have a towel handy to catch any water spills during this process.**

- a. Disconnect both chiller hoses from the chiller by unscrewing the quick-connect fittings counterclockwise by hand.
- b. Remove the water filter housing by turning it counterclockwise by hand. If the housing does not want to turn by hand, you may use the included filter housing wrench.
- c. Remove the water filter from the filter housing. If the filter is still clean, reserve it for future use.
- d. Dump the water from the filter housing and wipe the housing dry with a paper towel or clean cloth.
- e. Remove and reserve the strainer housing and strainer from the chiller water inlet (red) by unscrewing each counterclockwise by hand.



## C R Y O S P R I N G

- f. Carefully tilt the chiller backwards to drain any remaining water from the chiller inlet/outlet.
- g. Attach the protective white chiller inlet/outlet caps by turning them clockwise by hand.
- h. Insert a dry filter into the filter housing and reinstall the filter housing onto the chiller by turning the housing clockwise until it is hand tight. **NOTE: Do not use the filter wrench to tighten the filter housing. HAND TIGHTEN ONLY. Do not store the chiller with a wet filter to prevent the formation of mildew.**
- i. Store the chiller in a dry, sheltered area above 32°F/0°C. **WARNING: The chiller must be used and stored above 32°F/0°C to prevent chiller damage.**

### **Setting a new lid buckle lock combination**

- a. The original buckle lock combination is set to “0-0”
- b. To change the combination:
  - i. Depress the pin located on either side of the buckle with a small tool such as a jeweler's screwdriver, pen tip, paperclip, or toothpick.
  - ii. With the pin depressed, rotate the number dial on the same side as the depressed pin until your desired number appears. Release the pin and your number is now set.
  - iii. Repeat processes i-ii on the other side of the same buckle.
  - iv. Repeat processes i-iii on the buckle on the other side of the lid.

### **Setting up the Tuya Smart mobile app**

**NOTE: The Tuya Smart app only works with 2.4 GHz wireless networks. If your wireless networks utilize 5 GHz dual band frequencies it will need to be configured to 2.4 GHz to allow your Cryospring Smart Chiller to connect. Please contact your Wi-Fi router manufacturer for support.**



# C R Y O S P R I N G



1. Download the Tuya Smart application onto your mobile device by scanning the QR code above or visiting:

Apple:

<https://apps.apple.com/us/app/tuya-smart/id1034649547>

Android:

[https://play.google.com/store/apps/details?id=com.tuya.smart&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.tuya.smart&hl=en_US&gl=US)

2. Make sure the mobile device you are using to set up your chiller is connected to the same wireless network as you intend the chiller to be on.
3. Make sure the mobile device has Bluetooth enabled.
4. Open the Tuya Smart application.
5. Follow the prompts for registering and selecting a home location name.
6. Add the Cryospring Smart Chiller by selecting “Add Device” on the home screen.
7. Follow the prompts for confirming your wireless network and password.
8. With the chiller turned on, press and hold the “W” button on the chiller’s touch panel until the Wi-Fi symbol flashes on the display screen.
9. The Tuya Smart application will now attempt to connect to the Cryospring Smart Chiller. If this step fails, make sure you are on a 2.4 GHz network and you have Bluetooth enabled on your mobile device.
10. When connected successfully, you will now see the Cryospring Smart Chiller as a selectable device on your home screen.