

10X Pro Plunge Setup & Takedown Instructions

SETUP

Detailed setup videos can be found [here](#).

STEP 1) Unbox your Chiller and Tub.

We recommend keeping the Chiller box for future transportation needs. When choosing your location, select a flat and smooth surface for the Tub and Chiller that is free from objects that could potentially puncture or damage the bottom of the tub. A water source and 120v power source should be accessible. We recommend setting the tub up in a sheltered area if being set up outdoors for an extended period of time for longevity of your product.

STEP 2) Remove the tub from the carrying backpack.

Remove the Storage Straps and set aside. Unfold the Tub in the desired location and orientation.

STEP 3) Install the Valve Fittings to the Tub.

Take the valve fittings out of the parts bag to install on the tub. The threaded collar on the Valve Fitting should be screwed onto the Tub Fitting by rotating it clockwise until hand tight. Do not tighten with tools. The Valve Fittings should be oriented as shown (see image).

STEP 4) Inflate the Tub.

Inflate the Tub using the included Double Action Air Pump, ensuring that the Inflation Hose is connected to the "Inflate" side of the pump (see image). Open the Inflation Valve Cap on the Tub by rotating counterclockwise. When inflating the Tub, check to ensure that the Inflation Valve Pin is in the depressed (out) position or the air will be released after the Inflation Hose is detached (see image). The Inflation



Hose connects to the Inflation Valve with a quarter turn clockwise to attach, and a quarter turn counterclockwise to detach. Inflate until the gauge reads 10 PSI. Do not over inflate or product damage will occur. When done inflating, replace the Inflation Valve Cap with a clockwise turn.

STEP 5) Install the External Water Strainer.

First remove the protective Chiller Fitting Caps by rotating counterclockwise. Then, install the Inner Water Strainer by turning clockwise onto the red "Inlet" fitting on the Chiller. Ensure the Strainer O-ring near the Chiller body is in place (see image). The Water Strainer Enclosure fits over the Inner Water Strainer and should be tightened until hand tight and the enclosure is flush with the Chiller body.

STEP 6) Connect the Chiller to the Tub.

Connect the water hoses to the Tub Valve Fittings. Ensure that there is a Hose O-Ring in place inside each end of the four threaded hose connections; if there is not, place an o-ring inside the connection to avoid leaking (the o-rings should be pre-installed at the factory and should only be necessary if the o-ring becomes lost or damaged). The green "Water In" fitting on the Tub should connect to the green "Outlet" on the Chiller. The red "Water Out" fitting on the Tub should connect to the red "Inlet" on the Chiller. To tighten, rotate the connection nut clockwise. The threads should tighten easily and smoothly. If resistance is felt immediately, try attaching the hose again. Hand tighten until just a little resistance is felt. Please Note: the hose fittings should be hand-tightened only; do not use tools. Overtightening may cause leaking or damage.

STEP 7) Fill the Tub.

Check that the Chiller Drain Cap and hoses are in place and there is a filter in the Water Filter Housing. Ensure the plastic film has been removed from the filter. First, fill the Water Filter Housing all the way up with water and ensure O-Ring is in place on the Upper and Lower Water Filter Housing. Install by turning right if facing the back of the Chiller until hand tight. Do not use the filter wrench to tighten the water filter housing. It is only for loosening. The tub can now be filled with water up to the



"Fill Level" line. Overfilling may cause water to overflow from the tub for some users, though you may ultimately fill to your preference.

STEP 8) Open valves.

Once the Tub has been filled, confirm the Tub Valve Fittings are in the open (parallel) position. Ensure this step has been completed to prevent damage to Chiller, and the valves are always in the open (parallel) position any time you turn your unit on. Damage will occur if the valves are closed when the machine is turned on!

STEP 9) Power on the Chiller.

Plug the Chiller into a grounded 120v power supply with 15 amp minimum circuit and test the GFCI functionality. To perform the test, first press "Test" on the power plug. The red light should turn off. Now press "Reset" and the red light should turn back on (see image). Do not proceed if this test fails, and contact support for assistance. Place the plug in an elevated position off the ground and away from water. Do not handle with wet hands. You may now turn on the Chiller by toggling the power switch on the fan side of the unit and pressing the "Power On" button the display screen. The Chiller may take up to 2-3 minutes to purge air from the system and will flash "o1.x" while purging. Once this has been completed, this code will change to the current water temperature and water will flow from the "Water In" fitting on the Tub and the Chiller will begin cooling or heating. If the "FL" (Flow) error appears, or if this step takes longer than 2-3 minutes, check that the valves are open, and that the hose connections and filter housing are connected properly.

STEP 10) Set your temperature.

To change the temperature set point, press the "F" key once and then use the up or down arrow keys to set your desired temperature. Press the "F" key once more to confirm the setting. Your Tub will reach minimum or maximum temperature in about 2.5 hours depending on ambient temperature and set point. Child lock can be set by pressing and holding both the "Up" and "Down" arrow keys simultaneously until a beep is heard and a lock appears on the screen.



THEORY LABS

STEP 11) Water sanitation.

Your 10X Pro Plunge comes equipped with an ozone sanitation system that is pre-set from the factory to run on an intermittent basis to keep your water clean and clear. We have also included a water sanitation starter kit for higher volume users or if you would prefer to not use the ozone system. To adjust the ozone system or to use the included sanitation, please refer to the water maintenance video on the setup page.

STEP 12) Cover your tub.

Finally, put the cover on if the Tub will not be immediately used, and secure the four Locking Corner Buckles. Note that the factory combination code for the Locking Corner Buckles is 0-0. See "Setting Buckle Code" writeup here for instructions on how to change the combination code.

Enjoy your new 10X Health Pro Plunge!

TAKEDOWN

Detailed takedown videos can be found [here](#).

STEP 1) Turn the Chiller off

Turn the Chiller off by toggling the Power Switch on the fan side of the unit.

STEP 2) Close the valves.

Turn the Tub Valve Fittings to the closed (perpendicular) position (see image).

STEP 3) Drain the tub.

It is now time to drain the Tub. There are two methods that can be utilized:

Option (a) is best used outdoors and option (b) is best used for controlled draining of the tub.

- a. Disconnect the red "Water In" hose from the Chiller by rotating the Hose Connection Fitting counterclockwise. Direct the hose to the desired area for drainage and open the valve. Water will flow out of the hose until it reaches the Lower Water Fitting. The remaining water can be removed by turning the tub over.
- b. Disconnect both hoses from the Tub by rotating the hose connection fitting counterclockwise. The red "Inlet" hose from the Chiller should be placed inside the tub as shown (see image). The green "Outlet" hose from the Chiller should be directed to the desired location for drainage and the Chiller can be turned back on. The Chiller will pump water out until the Tub has been drained down to the top of the inlet on the water hose. The tub can be slightly tipped as the water level gets low to remove the last bit of water from the Tub. Be sure to turn off the Chiller immediately when the Tub has been drained to avoid damaging the Chiller.

STEP 4) Disconnect the hoses.

Once the Tub is drained, the hoses can be disconnected from the Tub and Chiller by rotating the hose connection fittings counterclockwise, and the Chiller can be unplugged.

STEP 5) Dry the Tub.

The Tub should now be dried inside and out (including bottom) with a towel to prevent mildew from developing.

STEP 6) Deflate the Tub.

Remove the Inflation Valve Cap with a counterclockwise turn. Press the Inflation Valve Pin to allow the air to be released. The air will release aggressively so don't be startled! Remove the remaining air by attaching the Inflation Hose to the "Deflate" side of the Double Action Hand Pump. When deflating the Tub, check to ensure that the Inflation Valve Pin is in the depressed (out) position or the tub will partially reinflate after the Inflation Hose is detached (see image). Connect the Inflation Hose to the Inflation Valve with a quarter turn clockwise to attach. Deflate the Tub using the hand pump until all air has been removed and remove the inflation hose with a quarter turn counterclockwise. Replace the Inflation Valve Cap with a clockwise turn. The Tub Valve Fittings should be removed by rotating the threaded collar counterclockwise.

STEP 7) Fold the Tub.

The Tub can now be folded for storage. First fold the branded "10X Health" panel of the Tub inward, and allow the end sides of the tub to fold towards the center. The back side of the Tub can now be folded over the branded side of the tub so that the tub is now flat. Fold the right side of the tub towards the center, with the crease being just towards the center of the right Water Fitting, and repeat on the left side. You should now have a tri-folded Tub. Hold the tri-folded Tub with one hand, and with the other, place the Storage Straps under the tub. Fasten the Storage Straps and tighten (see images).

STEP 8) Pack the Tub.



Place the Tub, Cover, Hoses, and Double Action Air Pump into the backpack. This is best done by starting with the Cover, then Tub, then hoses, and finally Double Action Air Pump.

STEP 9) Drain the Chiller.

First, remove the Chiller Drain Cap. Then, unscrew and empty the Lower Water Filter Housing. Then, unscrew the External Water Strainer. The unit can be tipped slightly back to remove water inside the Chiller. Once drained, replace the Chiller Drain Cap and Lower Water Filter Housing. Finally, replace the protective Chiller Fitting Caps on the Inlet/Outlet connections.

You are now ready to take your adventure on the road!