



USER MANUAL



A person is shown in a gym, performing a squat with a barbell. The person is wearing a blue t-shirt and light-colored shorts. The barbell has large black weights with 'RARE' and '10 TRAINING LB' visible. The background shows gym equipment like a rack and ropes. The entire image has a blue tint.

Recovery is King

#ArcticRecovery

"In the symphony of life, recovery is the intermission that rejuvenates our spirits, rekindles our passions, and restores the harmony within. It is through the art of rest that we find the strength to compose our greatest work, and in the silence between the notes, we discover the rhythm of our own well-being."





TAKE A MOMENT TO FIND OUT WHAT'S INCLUDED

- 1 x Recovery Tub with Inflatable Top Ring & Drain Tap
- 8 x Durable Support Legs
- 1 x Black Hand Pump
- 1 x Extended Drain Hose
- 2 x Transparent Puncture Repair Patches
- 1 x All Weather Cover

UNPACKING YOUR ARCTIC RECOVERY

TUB

1. Find a suitable area and flat solid surface to unpack and set up your Arctic Recovery Tub.
2. Complete the steps in the QUICK START GUIDE (page 3) to assemble your Arctic Recovery Tub.
3. Read carefully through this user manual before using the Arctic Recovery Tub.

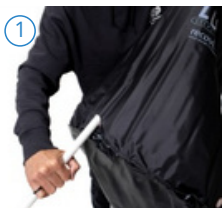
CUSTOMER SUPPORT 24/7

If you have any questions about setting up or using your Arctic Recovery product, please visit our website for further information.

QUICK START GUIDE

ASSEMBLE THE RECOVERY Tub

1. Insert the 8x support legs into the 8x holes around the base of your Recovery Tub.
2. Ensure the feet are at the bottom and fully supported on a stable surface.
3. Inflate the Recovery Tub 'Top Ring'
4. Ensure the pump is fully inserted into the valve and inflate until the rings are smooth.
5. Once inflated, seal the valve on the top ring using the safety cap.
6. Ensure the base drain valve is sealed and hand-tight before filling with water.
7. To empty your Recovery Tub, use the external drain tap with the included hose to empty the water into a nearby sink or drain.
8. Once assembled, you can begin to fill with cold water until roughly 15 cm (6 inches) below the underside of the top ring.





THERMO LID

This 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.

INFLATABLE 'TOP RING'

The inflatable top ring is perfect for adding a comfortable support when sat in the Recovery Tub

EASY CLEAN

The Recovery Tub is lined with an easy to clean, UV resistant skin-friendly PVC inner lining.

PORTABLE

The compact, lightweight design makes the Recovery Tub easy to use anywhere.

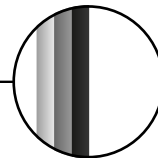
3 layers

REMOVABLE LEGS

The Recovery Tub has 8 removable support legs, making for quick assembly / disassembly.

DRAIN TAP

You can easily let the water drain from the Recovery Tub using the supplied hose via the quick release tap.



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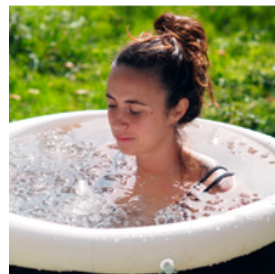
USAGE & SAFETY NOTES

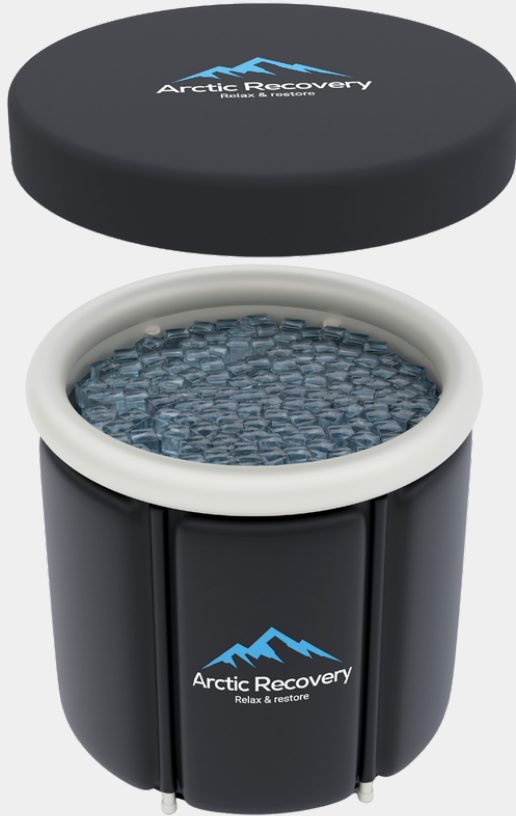
MAINTENANCE, CLEANING & STORAGE

- Before using your Recovery Tub for the first time, please wash with warm soapy water, rinse and wipe down with a clean dry cloth.
- Never clean your Recovery Tub with strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Recovery Tub, use the drain tap with the included hose into a nearby sink or drain. Take care with the drain tap, don't force it and make sure to turn it to the closed position after use and clean it regularly. We recommend draining, cleaning and drying your Recovery Tub every two to three weeks.

WHEN FILLING WITH WATER

- Your Recovery Tub 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 Tub gets closer to full.
- Never fill your Recovery Tub more than $\frac{2}{3}$ full to compensate for your body mass and displacement of water when you enter. It's always best to start $\frac{1}{2}$ full and adjust afterwards.





WARNINGS

FOR YOUR SAFETY

ALWAYS consult your doctor before using an ice bath if you have any health issues!

Children and vulnerable adults must always be supervised when in the vicinity of a water-filled ice bath, and should not enter due to risk of drowning.

DO NOT USE if you are - Under 18 years of age, Pregnant, have history of heart disease or high blood pressure, have diabetes, complications such as neuropathy or retinal damage, you wear a pacemaker, history of frostbite, have an open wound, had recent surgery, epilepsy or any other health concerns or risks.

Using an ice bath dramatically decreases your body core temperature. Immersing yourself in cold water constricts blood vessels and slows the flow of blood around the body, which combined with health complications, can cause your blood pressure to rise and give you a higher chance of cardiac arrest or stroke.

RECOMMENDATIONS

Despite the potential side effects and warnings, using an ice bath correctly actually has many health benefits! We will always recommend you begin by spending no more than a few minutes in the ice bath, and slowly working your way up to the recommended time, never push your body beyond its limits.



PRODUCT SPECIFICATIONS



DIMENSIONS

80cm diameter

75cm height

Suitable for heights up to 6'7" (2m tall)

UNIT SPECS

375 litre capacity

3 x Thermal insulated TPE layers

Rip-stop Polyester fabric strengthened layer

UV resistant skin-friendly PVC inner lining

WARRANTY

Recovery Tub Body - 1 year limited warranty

Recovery Tub Top Ring - 1 month limited warranty

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The Recovery Tub Body warranty covers any manufacturing defects or leakages 1 year from delivery date. Please see the Arctic Recovery website for full details.



arcticrecovery.eu

[@arcticrecovery](https://www.instagram.com/arcticrecovery)

**THERE
ARE
NO
LIMITS**