

User Manual

75cm

The
coldpod

The No 1 Portable Recovery Ice Bath

Thank you for your order

Get ready to immerse yourself in
ice-cool tranquillity.

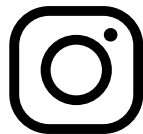
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Let's take a look at what's in the box

- 1 x Cold Pod with cover & Easy to Use Drain Down Tap
- 6 Tough Support Legs
- 1 x Pump
- 1 x Drain Hose
- 1 x Carry Bag

Unboxing Your Cold Pod

1. Read this user manual carefully before using your Cold Pod.
2. Complete the steps in the 'Set Up Guide'
3. Join our social community!

Customer Support – Anytime Anywhere

If you have any questions about your Cold Pod, we're here to help. Drop us a message with your name and order number at hello@thecoldpod.com

One of our friendly, knowledgeable support representatives will be in touch with you shortly.

Set Up Guide

Building The Cold Pod



Insert 1 preassembled support leg into each of the 6 holes around the base of The Cold Pod.

Using the supplied pump, inflate the Top Ring.



Once fully inflated, seal the top ring valve with the safety cap.



In the bottom of The Cold Pod, ensure the drain valve is sealed and 'tight' before filling with water.

Once fully assembled, choose a stable surface to stand The Cold Pod on and fill with water until it is approximately 15 cm (6 inches) below the underside of the top ring.



To empty The Cold Pod, attach the included hose to the external drain down tap to empty the water into a nearby sink or drain. If you have used chemicals in your Cold Pod, check the manufacturers instructions on how to discard the water.

Caring for your Cold Pod

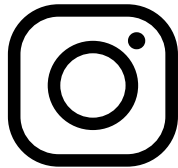
- Before you use The Cold Pod for the first time, we recommend you give it a wash with warm soapy water, rinse and wipe dry with a soft, clean cloth.
- Do not use any abrasive cleaners or high powered hoses to clean your Cold Pod.
- Before filling The Cold Pod, ensure the drain top is turned to the closed position to stop water leaking out.
- When you're ready to drain down The Cold Pod, use the easy to use drain down tap and hose to empty into a nearby sink or drain. Carefully turn the tap to the open position, do not force it. Once it is empty, turn the tap to the closed position ready for filling next time.
- We recommend draining, cleaning with warm soapy water (as above), and drying your Cold Pod every two weeks to help prolong its life.
- Store The Cold Pod in its handy carry bag away from sharp objects or extreme temperatures and direct sunlight.

Join The Cold Pod Community

Come and join The Cold Pod Community to meet like-minded people, share tips and be part of something 'cool'.



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