

FROZY

USER MANUAL



"EMBRACE THE COLD, UNLEASH YOUR POWER"
BECOME THE BEST VERSION OF YOURSELF

FROZY

WHAT'S IN THE BOX?

- 1x Frozy Ice Tub
- 1x Thermo Lid
- 7x Support Legs
- 1x Hand Pump
- 1x Drain Valve
- 1x Drain Hose
- 1x 'Transparent' Repair Patches

UNPACKING YOUR FROZY ICE TUB

1. Read this user manual before using the Frozy Ice Tub.
2. Go to www.frozytherapy.com to learn more about cold water therapy.
3. Complete the steps in the QUICK START GUIDE to assemble your Frozy Ice Tub.
4. Embrace the cold, unleash your power and become the best version of yourself!

CUSTOMER SUPPORT 24/7

If you have any questions about your Frozy Ice Tub our customer support team is here to help. Email us at info@frozytherapy.com with your name and order number. Our customer support team will be in touch within 3 working days.

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QUICK START GUIDE

ASSEMBLE THE FROZY ICE TUB

1. Insert the 7x support legs into the 7 holes of the base of your Ice Tub.
2. Ensure the feets are all on the floor and is placed on a stable surface.
3. Inflate the 'Top Ring' and 'Thermo Lid' using the supplied hand pump.
4. Make sure the hand pump is fully in the valve and pump it up until it forms a smooth ring.
5. Make sure the bottom valve is closed before filling the tub with water.
6. Turn the drain valve onto the side of the Ice Tub and close it before filling the tub with water.
7. Your Ice Tub is now ready to be filled with water.
8. Once the Ice Tub is filled you are ready to take your Ice Bath.



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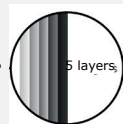
ALL WEATHER COVER
The lightweight design makes the Frozy Ice Tub easy to setup and use anywhere.

THERMO LID
This insulated lid is designed to add a thermal bridge between the ice bathwater and the external elements.



EASY CLEAN
The Frozy Ice Tub is lined with an easy to clean, UV resistant skin-friendly PVC inner lining.

INFLATABLE RING
The inflatable upper ring provides an ideal way to enhance comfort and support while immersing in an ice bath session.



PORTABLE
The lightweight design makes the Frozy Ice Tub easy to setup and use anywhere.

DRAIN TAP
You can easily let the water drain from the Frozy Ice Tub using the supplied hose via the quick release tap.

SUPPORT LEGS
The Frozy Ice Tub has 7 removable support legs, making the Ice Tub a lot more stable. Assembly and disassembly is quick and easy.

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TIPS FOR SUCCES

- **Start slowly:** If you're new to ice baths, it's important to start slowly. start with shorter durations and lower temperatures.
- **Breathing techniques:** Controlling your breathing is essential during an ice bath. Try taking deep, slow breaths to lower your heart rate and calm yourself.
- **Listen to your body:** If you feel uncomfortable or experience signs of hypothermia, leave the ice bath immediately. Respect your own limits.
- **Recovery after an ice bath:** Take the time to warm up by putting on warm clothes, drinking a hot drink and giving yourself a rest.
- **Consistency is important:** Try to incorporate an ice bath into your routine on a regular basis to maximize the positive effects.

MAINTENANCE & CLEANING

- **Before:** Please wash with warm soapy water, rinse and wipe down with a clean dry cloth.
 - **Maintenance:** Though not essential, to ensure a long service life and for hygiene purposes, we recommend draining, cleaning and drying your Ice Tub every two to three weeks.
 - **Warning:** Never clean your Ice Tub with strong bleach-based detergents, as this may degrade the materials and waterproof seals.
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WARNINGS

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

Children and vulnerable adults must always be supervised when in the vicinity of a water-filled ice tub, 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.

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

90 cm diameter

75 cm height

CAPACITY

300 Liter

3,5 kg empty

Suitable for all lengths due to the BIG size

MATERIALS

5X Insulated TPE internal thermal layer

UV resistant skin-friendly PVC inner

The strongest nylon cloth external layer

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