

Wellis®

USER MANUAL

INFLATABLE COLD PLUNGE



Wellis®

**NORD
FJORD**

COLD PLUNGE

1. PRODUCT DESCRIPTION



| | |
|-----------------|------------------------------------|
| Model | WM00846 |
| Max capacity | 380L/ 100Gal |
| Advise capacity | 250L/ 66Gal |
| Net weight | 12KG/26.5lb |
| Net dimension | 150*80*65cm 59*31.49*25.59 inch |
| Inflation range | 8-10PSI |

2. WHAT'S IN THE BOX

- 1× Cold Plunge Tub
- 1× Cold Plunge Lid
- 1× Manual Air Pump
- 1× Carrier Bag
- 1× Repair Kit

NOTE: Remove all the items from the package. Be careful when opening the package to avoid damage to the product. After unpacking the product, check if the delivery is complete and if all parts are in good condition.

3. SAFETY WARNINGS

ATTENTION:

During the installation and use of electrical equipment, basic safety regulations must be observed, including the following:

Do not use the inflatable cold plunge ! If you ever get sick, it's better to ask for help.

1. Please read these instructions carefully.
2. All wiring and electrical work must be done by a qualified electrician.
3. Use only a grounded outlet.
4. Never touch electrical equipment with wet hands.
5. Keep electrical connectors dry and away from water.
6. Ensure that all electrical equipment is properly grounded.
7. Always turn off the power before doing any maintenance on the inflatable cold plunge.

8. Do not operate the inflatable cold plunge if you notice any defects on the product.
9. Keep the cable and connectors away from hot surfaces.
10. Do not use the inflatable cold plunge during lightning.
11. To reduce the risk of injury, do not allow children to use this product without supervision.
12. To reduce the risk of injury, the water temperature of inflatable cold plunge should never exceed 40°C (104°F).
13. Before using inflatable cold plunge, people with any health problems should ask their doctor for advice.
14. The use of alcohol, drugs or medicines before or during the use of inflatable cold plunge may cause loss of consciousness, which may pose a risk of drowning.
15. Overweight persons, as well as those suffering from heart disease, low or high blood pressure, circulation problems or diabetes, need a medical consultation before using it.
16. People taking medication should seek medical advice before using it, as some medications may cause drowsiness, while other medications may affect heart rhythm, blood pressure, and blood circulation.
17. People with infections, wounds or similar conditions should not use it. Warm and hot water temperatures can allow the growth of infectious bacteria if not properly disinfected.
18. Do not attempt to service this product yourself. Removing the cover or other parts carries a risk of electric shock.
19. Always cover the inflatable cold plunge with the lid when not in use to avoid external contamination and accidents.
20. Keep pets away from inflatable cold plunge to avoid possible damage and accidents.
21. Children and vulnerable adults must always be supervised when in the vicinity of a water-filled cold plunge, they should not enter because of the risk of drowning.
22. If you begin to feel lightheaded, dizzy or experience numbness or tingling in your extremities, it is important to exit the cold plunge and try a shorter duration next time.
23. Despite the potential side effects and warnings, using a cold plunge correctly has many health benefits! It is always recommended that you begin by spending no more than a few minutes in the cold plunge and slowly working your way up to the recommended time, never push your body beyond its limits.
24. Excessive use of chemicals can pose a health risk to bathers and can damage the equipment of inflatable cold plunge.
25. Prolonged use of a cold water bath can cause hypothermia.

HYPERTHERMIA

The average human body temperature is around 36-37°C (96.8~98.6°F). Hypothermia or excessive cooling of the body when the body temperature permanently drops below 35°C (95°F). A drop in body temperature to 32°C (89.6°F) or below can be life-threatening. A cold always requires immediate hospital care. If you notice symptoms of cold in yourself or someone else, call emergency immediately and ask for an ambulance!

SYMPTOMS OF HYPERTHERMIA:

- Chills
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness
- Drowsiness
- Confusion
- Loss of consciousness
- Bright red, cold skin (in babies)

EFFECTS OF HYPOTHERMIA:

- Impairment of nervous system function
- Respiratory and heart problems
- The user does not recognize the need to leave the inflatable cold plunge
- Lack of danger recognition
- Danger of fetal damage in pregnant women
- Physical inability to leave inflatable cold plunge
- Loss of consciousness, which is a risk of suffocation

Refrain from using if you are:

- ☒ Under 18 years old
- ☒ Pregnant
- ☒ Experiencing known heart or respiratory issues
- ☒ High blood pressure
- ☒ Diabetes
- ☒ Neuropathy
- ☒ Retinal damage
- ☒ Wear a pacemaker

- ☒ Have a history of frostbite or cold-related difficulties
- ☒ Have an open wound
- ☒ Have recently undergone surgery
- ☒ Have epilepsy
- ☒ Have any other health concerns that may be exacerbated by an cold plunge.

4. OPERATION GUIDE

● Inflatable the cold plunge



Unscrew the cap of the air valve.



Before inflating, please make sure that the valve core is raised. If not, please press the valve core and raise it.



Connect the air pipe to the connection port on the top of the manual pump.



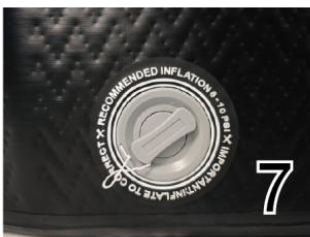
Insert the air pipe into the air valve, turn it clockwise until it can't move, then start pumping.



Stop pumping when the pressure gauge shows the PSI is 8~10.



Turn the air pipe counterclockwise and take out.



Cover the air valve cover back.

- Deflated the cold plunge



Unscrew the cap of the air valve.



Press the valve core and make it a down statement, then the air will throw out from the valve.



Connect the air pipe to the connection port on the bottom of the manual pump.



Insert the air pipe into the air valve, turn it clockwise until it can't move, then start pumping.



Turn the air pipe counterclockwise and take it out.



Cover the air valve cover back.

- **Connect the chiller**



Put the sealing ring into the 1/2" transfer connector.

Use the teflon tape to wrap the two end of the transfer connector about 10 times (clockwise).



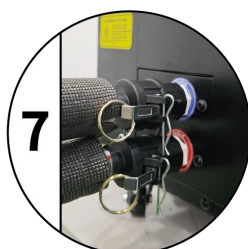
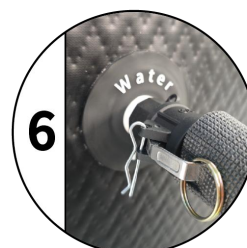
Screw the 1/2" transfer connector clockwise into the inlet and outlet of the bathtub.

Screw the black connector into the transfer connector until it cannot be twisted.



Insert one end of the water pipe into the black connector on the cold plunge.

Insert the locking pin into the fixing hole of the connector.



Insert the other end of the water pipe into the black connector on the chiller.

NOTE:

Connect the water inlet of the cold plunge and the water outlet of the chiller. Please note that the water pipe connection is very important and the entire connection must be tight and airtight.

5. INFLATABLE COLD PLUNGE USER GUIDE

Using an inflatable cold plunge has many health benefits, such as reducing inflammation, improving blood circulation and speeding up muscle regeneration. Below is a detailed guide to using a cold water immersion tub safely and effectively.

Enter into the cold plunge slowly

- ① Enter the tub slowly and carefully to avoid the risk of slipping.
- ② Wear non-slip footwear or use a non-slip mat inside the tub.
- ③ Sit or stand comfortably and submerge slowly.

Exit the cold plunge slowly

- ① Stand up slowly and carefully to avoid dizziness or slipping. Use handrails if available.
- ② Dry yourself with a towel and put on warm clothes to keep your body warm.

Warm-up

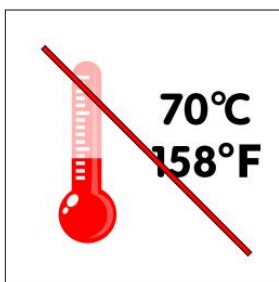
- ① Rest for a few minutes in a warm place to allow your body to return to normal temperature.
- ② Hydrate properly and do light stretching exercises if necessary.

Cool first, then colder

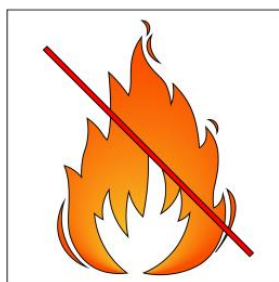
- ① For first-time users, it is recommended to limit the duration to one minute. Experienced users can stay in the water for up to 10 minutes.
- ② Watch your body's reactions. If you experience any discomfort, dizziness or chills, leave the tub immediately.

6. TAKE CARE OF YOUR PLUNGE

- Before you use the cold plunge for the first time, it is recommended that you wash the plunge with warm soapy water, rinse and wipe dry with a soft, clean cloth.
- Change the water regularly, using the right chemicals to keep your water clean especially if the cold plunge tub is used by several people.
- Clean the cold plunge tub and all connections to avoid bacterial growth and mechanical problems.
- Please keep covering the cold plunge lid when not using it. This helps prevent the cold plunge from fading and damaging. Which can also prevent debris or bugs from getting in the cold plunge.
- To prolong water usability, it is recommended that adding 35% food-grade hydrogen peroxide to clean the water, extending water freshness for about 2-3 weeks.
- If there is no disinfection measure, please do not use the cold plunge directly after it hasn't been used for a week.
- Please do not use the cold plunge outdoors when the ambient temperature is below 0°C (32°F), it will damage the ice plunge tub.
- The cold plunge is very fragile, any sharp objects, high temperatures or strong liquid can damage it. Please keep your cold plunge away from the below items.



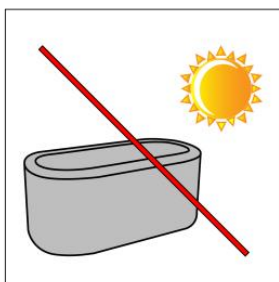
Keep away from
158°F high temp.



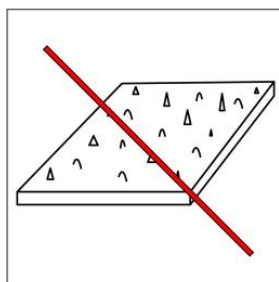
Keep away from
fire and heat source



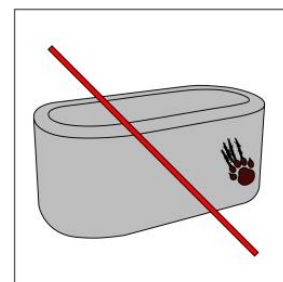
Keep away from
strong detergent



Keep away from prolonged
exposure to the sun



Keep away from uneven
and thorny ground



Keep away from
scratched by pets

7. HOW TO FIND THE LEAK AND REPAIR

When you feel that the surface of your cold plunge becomes soft and cannot bear your weight, the cold plunge has already been damaged and leakage.

● Find out the leak

Tool:

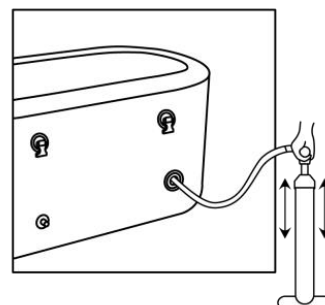
A cold plunge;

A manual hand pump;

A bottle of soapy water

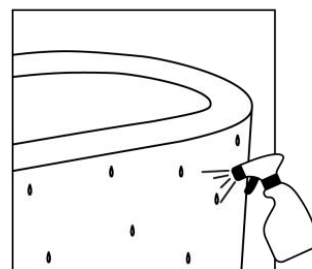
Step one

Inflate the cold plunge.



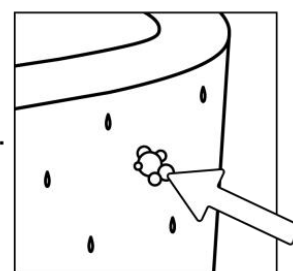
Step two

Spray soapy water on the surface of the cold plunge.



Step three

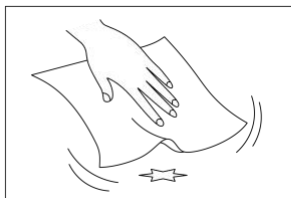
Observe the cold plunge surface covered by soapy water. The place where bubbles appear is the leak.



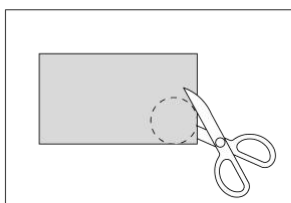
● Repair the leak

Tool:

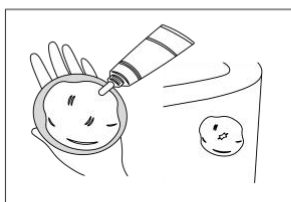
A clean rag; A pair of scissors; A patch kit; A bottle of PVC glue



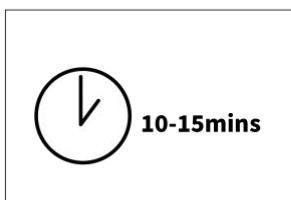
1. Clean the impurities around the leak.



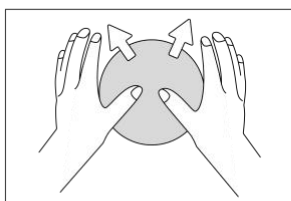
2. Take out the patch from the repair kit and cut the appropriate patch according to the leak area.



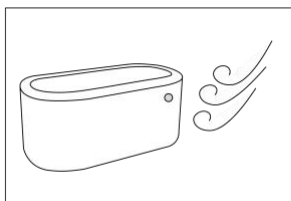
3. Apply PVC glue evenly on one side of the patch and around the leak.



4. After applying the glue, please wait for the glue to dry for 5-10 minutes (In winter the time will be longer) until the glue is not sticky.



5. Stick the patch to the leak and press the sticking position hard to make the patch stick tightly to the leak.



6. Put the repaired cold plunge in a ventilated place and let it stand for 24 hours before enjoying the ice bath again.

INFLATABLE COLD PLUNGE