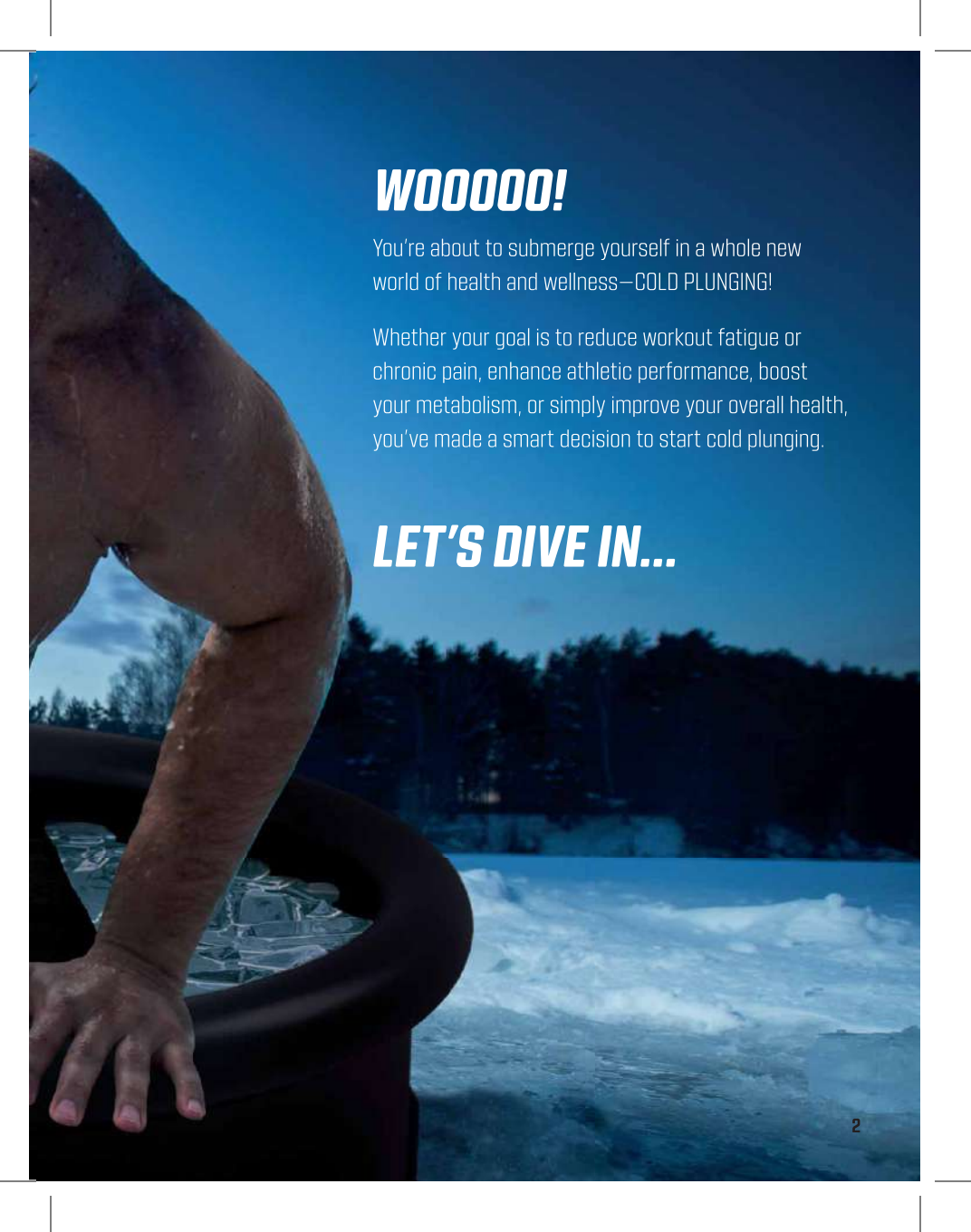


User Guide



FIERX





WOOOOO!

You're about to submerge yourself in a whole new world of health and wellness—COLD PLUNGING!

Whether your goal is to reduce workout fatigue or chronic pain, enhance athletic performance, boost your metabolism, or simply improve your overall health, you've made a smart decision to start cold plunging.

LET'S DIVE IN...



DRAIN HOSE & HAND PUMP



CARRYING TOTE

Better Results For Your Fitness Goals

What's Included:

Plunge Tub w/ Cover & Drain

8x Support Legs

Hand Pump

Drain Hose

Carrying Tote

User Guide

Benefits:

Improves mood, attention
& cognitive focus

Reduces inflammation
& muscle soreness

Strengthens the immune system

Promotes better sleep

Accelerates your metabolism

Improves cold tolerance

Boosts resilience
& stress management

Increases blood circulation
& lymphatic drainage

Enhances athletic performance

Stimulates the vagus nerve

Heightens discipline
& focus

If you have any questions or issues with assembling
or using this product, contact Technical Support at:
support@tzumi.com or 1-855-GO-TZUMI.

How To Set Up The Cold Plunge Tub



1. Locate the 8 slits at the bottom of the tub. Fully insert the 8 support legs into the slits.



2. Stand the tub on a stable, flat surface. Inflate the outer ring with an air pump.



3. Once the ring is fully inflated, push the air valve inwards to hide and secure it.



4. Attach the drain valve to the valve near the bottom of the tub and tighten it until it is secured.



5. Fill 2/3 of the tub MAX with cold water and ice (Optimal temp. between 40-60°F).

NOTE: Turn the drain valve off before filling the tub with water.

Disassembling The Cold Plunge Tub



1. Remove the support legs from the tub. Align the edges.



2. Deflate the outer ring and tuck it inside of the tub.



3. Fold the bottom of the tub over its walls, as shown.



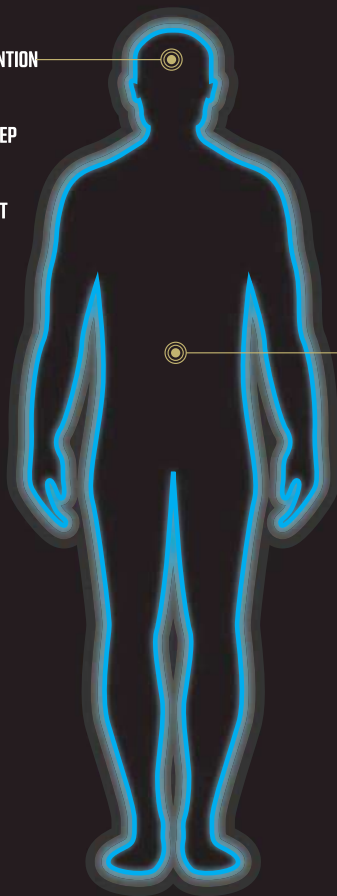
4. Tightly fold the tub, as shown.

**IMPROVES MOOD, ATTENTION
& COGNITIVE FOCUS**

PROMOTES BETTER SLEEP

**BOOSTS RESILIENCE
& STRESS MANAGEMENT**

**HEIGHTENS DISCIPLINE
& FOCUS**



**REDUCES INFLAMMATION
& MUSCLE SORENESS**

STRENGTHENS THE IMMUNE SYSTEM

ACCELERATES YOUR METABOLISM

IMPROVES YOUR COLD TOLERANCE

**INCREASES BLOOD CIRCULATION
& LYMPHATIC DRAINAGE**

STIMULATES THE VAGUS NERVE

ENHANCES ATHLETIC PERFORMANCE

Total Body Fitness & Recovery

The **FitRx** Cold Plunge Tub is an absolute game changer when it comes to muscle recovery and relaxation.

Cold plunging is a centuries-old practice that's proven to reduce muscle soreness and inflammation, relieve joint pain, improve athletic performance, and enhance your overall health. It has a plethora of amazing benefits for your entire body, inside and out.

Cold plunging is not just a trend - it's a way of life!

Best Practices and Helpful Tips for Cold Plunging

Submerging yourself in cold water can be intimidating. Below are a few tips to get you pumped up and help you get the most out of your cold plunging experience.

BREATHE!

Before you dive in, start with slow, deep, whole-body breaths—continue breathing throughout your plunge. This helps your body relax and keeps your mind focused. It is important that you continue breathing slowly and deeply while submerged.

GRADUAL EXPOSURE

Start with 30-60 seconds plunging sessions, then gradually work your way up every time you cold plunge.

MIND OVER MATTER

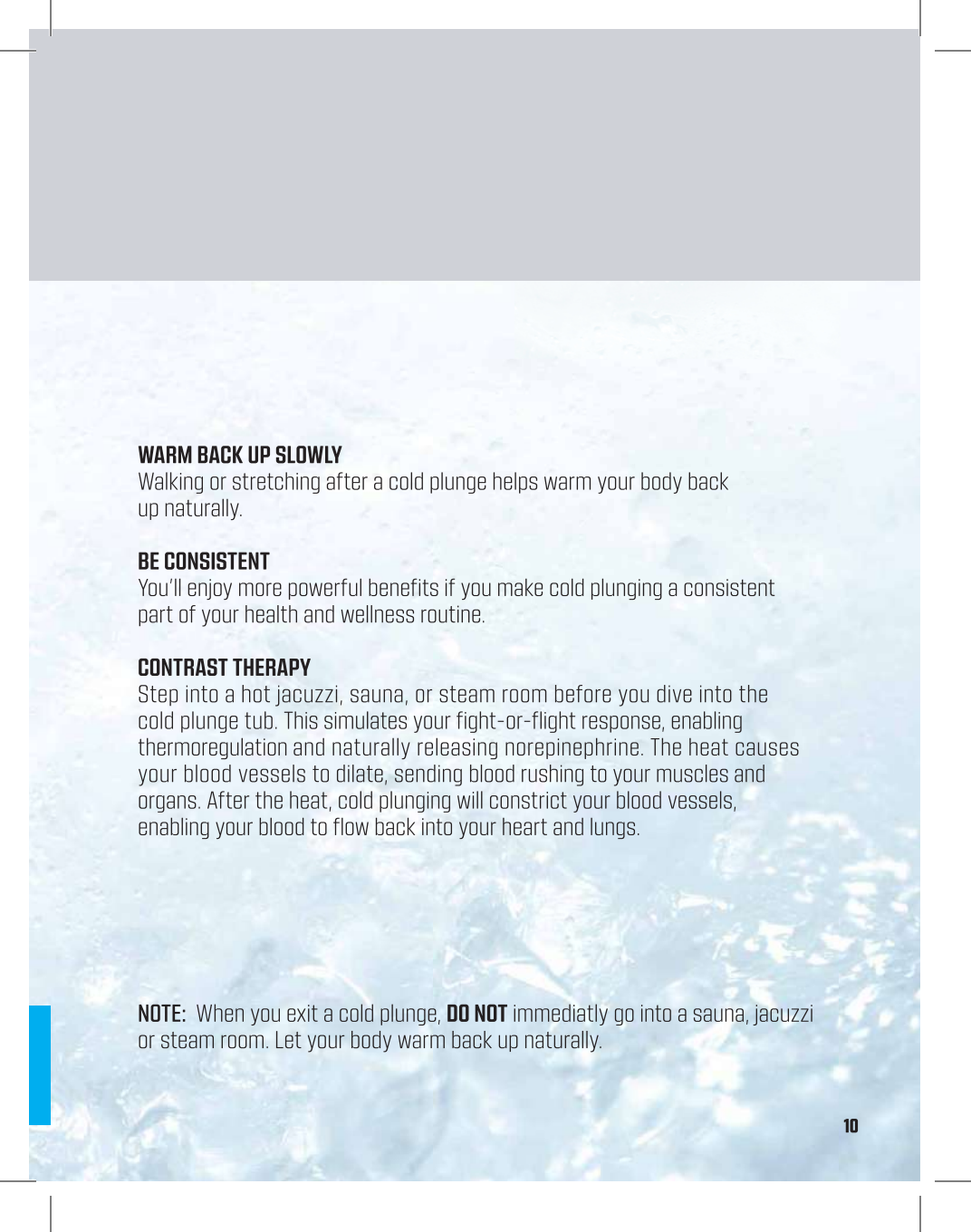
Visualize how you will submerge yourself and how you want to feel once you succeed.

CHEER SQUAD

Plunge with friends. If you need some outside motivation, make it a group or couples' activity that you do together.

HYDRATE

Stay hydrated before and after cold plunging.



WARM BACK UP SLOWLY

Walking or stretching after a cold plunge helps warm your body back up naturally.

BE CONSISTENT

You'll enjoy more powerful benefits if you make cold plunging a consistent part of your health and wellness routine.

CONTRAST THERAPY

Step into a hot jacuzzi, sauna, or steam room before you dive into the cold plunge tub. This simulates your fight-or-flight response, enabling thermoregulation and naturally releasing norepinephrine. The heat causes your blood vessels to dilate, sending blood rushing to your muscles and organs. After the heat, cold plunging will constrict your blood vessels, enabling your blood to flow back into your heart and lungs.

NOTE: When you exit a cold plunge, **DO NOT** immediately go into a sauna, jacuzzi or steam room. Let your body warm back up naturally.

Safety Information

SAFETY INFORMATION:

Read the following safety guidelines carefully before using this product for the first time:

- Wash the inside of the tub with water before using it.
- Avoid overinflating the outer air ring to prevent it from being damaged.
- Drain the water from the tub after every use.
- Do not use the tub when feeling drowsy, after consuming alcohol, or after taking any kind of sedative.
- Do not fall asleep inside of the tub, as this poses a serious risk of drowning.
- Do not use electronic devices while using the tub.
- This product is not intended for children, the elderly, or people with reduced motor or mental capabilities.
- This product is only intended for outdoor use, or use in rooms equipped with a water drain.
- Never fill the tub with water above 122°F.
- Do not overfill the tub with water. Only fill it up to 2/3 capacity maximum.
- If this unit was stored for a long time in a cold location, warm it up first with warm water before assembling it.
- Always warm up for at least 10 minutes before entering the tub filled with cold water.



WARNING: If you suffer from any cardiovascular condition, please consult with your healthcare provider before attempting cold exposure therapy.



SPECIFICATIONS

Material: Nylon + PVC

Product size: 35.4 x 35.4 x 29.5 in.

Product weight: 11.4 lbs.

Capacity: 440L

Disclaimer

Read this user guide carefully before using the Cold Plunge Tub. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damages or losses caused by the inappropriate use of this product.

Warning

Do not use this tub without consulting with your doctor first if you have any of the following conditions:

- Heart or kidney disease
- Hemophilia
- Varicose veins
- Epilepsy
- Lyme disease
- Hypertension
- Peripheral vascular disease
- Decreased visual perception
- Cold or flu
- Infection of any kind
- Menstruation
- Allergies to any of the unit's materials

Immersion in cold water may cause adverse effects, such as:

- Dizziness
- Nausea
- Tightness in the chest
- Numbness or cramps in the limbs

It is not recommended that you cold plunge if you are pregnant.

Should you feel any of the symptoms listed above, it is recommended that you take a short break before reentering the cold plunge tub.

If the symptoms return or worsen, stop using this product immediately and consult your doctor before using it again.

If you have any questions or concerns about using this product, consult your doctor first. This product is not intended for medical use.

**For more products and innovations,
visit MyFitRx.com.**

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