

A woman with voluminous, curly brown hair is lying back in a cold plunge pool. Her eyes are closed, and her face is wet with water. The pool is filled with ice cubes, and the water is a light blue color. The lighting is bright, creating a high-contrast, refreshing atmosphere.

*Canadian*

**ColdPlunge** 

**USER  
MANUAL**

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# INTRODUCTION

## Product Overview

This is a multifunctional water bath chiller that offers both cold and hot water experiences to promote better health. With adjustable temperatures ranging from 3°C to 42°C, it aids in faster recovery, reduces muscle soreness, lowers the risk of injury, and boosts immune function.

The purification feature uses a two-step filtration system to keep the water clean, reducing the need for frequent water changes. An integrated app allows you to conveniently adjust the temperature remotely via smartphone, and it also enables custom programs for precise control.

## Safety Information

When installing and using this equipment, always follow the safety precautions below:

- ❖ Install the machine on a flat surface, ensuring that the distance between the machine's fan and the wall is greater than 24in (60 cm). The installation area should have good airflow.
- ❖ To ensure optimal performance and longevity, rinse the external screen filter and internal micron filter once a week. Even when the machine is not in use, please regularly clean and replace the filters.
- ❖ Make sure the bathtub's inlet and outlet are compatible with the chiller's water pipes. Do not use the machine if the water pipes are damaged.
- ❖ Check the circuit breaker's status weekly. If any issues arise, stop using the equipment immediately and do not attempt to force the machine to operate.
- ❖ Do not use electrical appliances (such as washing machines, refrigerators, televisions, etc.) within 1.5 meters of this equipment.

- ❖ To reduce the risk of injury or drowning, never allow children to use this product unsupervised.

## Warning

To minimize the risk of injury, please take note of the following:

- ✓ Before entering the bathtub, use an accurate thermometer to measure the water temperature, as there may be a temperature difference of +/- 35°F (2°C) between the bath and the chiller.
- ✓ Consuming alcohol or taking medication before or during use of the cold-water bath may increase the risk of fainting and drowning.
- ✓ People who are obese, have heart disease, low or high blood pressure, circulatory issues, or diabetes should consult a doctor before using a cold plunge bath.

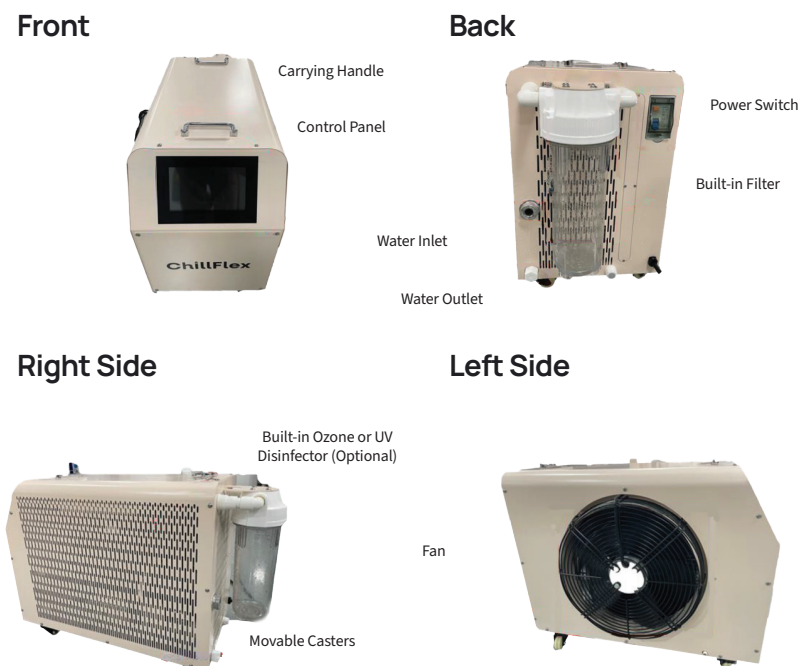
If you encounter any malfunctions, refer to the troubleshooting guide or contact customer support. Failure to follow these safety instructions may void your warranty and after-sales service.

**Tip:** In that moment that you immerse yourself in cold water, you might be tempted to hold your breath. Instead, make sure that you're breathing. Pay attention to your inhales and your exhales to ground yourself in the experience, and aim to breath evenly and steadily.

# SPECIFICATIONS

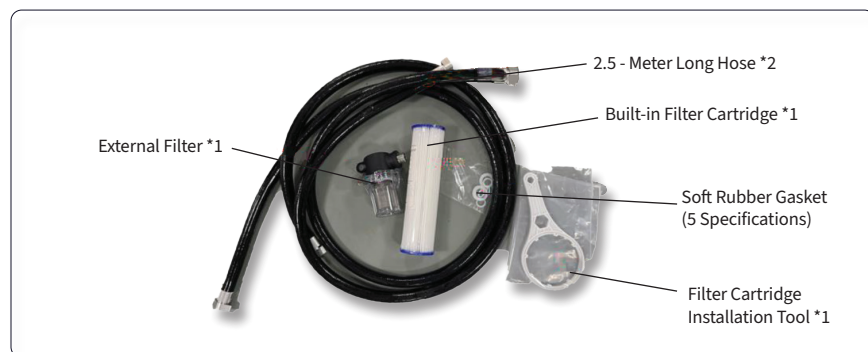
## Components

Illustrated Diagrams:



List of Accessories:

Accessories	Quantity
External Filter	1
2.5-Meter-Long Hose	2
Built-in Filter Cartridge	1
Soft Rubber Gaskets	5
Filter Cartridge Installation Tool	1



## Technical Specifications:

Product Name	Ice-Bath Chiller Machine
Model	IC5-10-DT
Power Supply	110-127V 60Hz or 220-240VAC 50/60HZ
Input Power	1160
Cooling Capacity (W/h)	3180
Heating Capacity	3720W
Compressor (Industrial Grade)	Highly, NWT, Rechi. (Panasonic-Optional)
Refregerant (Eco-Friendly)	R410A
Operating Environment Temp(°C)	-10~45 °C
Adjustable Water Temp(°C/ °F)	3-40 °C or 37-104 °F
Cooling Function	Yes
Heating Function	Yes
Automatic Constant Temp	Yes
Remote Control	IOS and Android APP, WIFI

Product Name	Ice-Bath Chiller Machine
Control Panel Size	6.5 Inches
Built-in Filter	Yes
External Filter	Optional (20 micro, 10 inches cartridge)
Circulation Pump	Built-in, self-priming, 12-20L/ min
Disinfection	Optional (built-in UV or ozone)
Transport Wheels	Yes
Carry Handles	Yes
Hosing set	2.5m *2pcs
Wall Mount Holes	Yes
Operating Noise Level	52dB
Certification	CE, RoHs, FCC, IC, C-TICK, IPX4
Water Volume @ Cooling Time (Covered Bath, Ambient Temperature 23 °C Cooling from 23 °C to 5 °C - For Reference)	200L @ 2.9H 500L @ 7.9H 1000L @ 16.5H 2000L @ 35.1H
Heating Time (Covered Bath, Ambient Temperature 23 °C Heating from 5 °C to 42 °C - For Reference)	Approximately 75% of Cooling Time (Heating efficiency may decrease if the ambient temperature is too low, such as in winter.)
Product Dimension (w/filter, L*W*H)	35*67*50 cm
Packing Information (with a cartridge filter)	L68*W47*H81cm, 40/49kgs

# INSTALLATION INSTRUCTIONS

## Environmental Requirements

Before installation, ensure the site meets the following conditions:

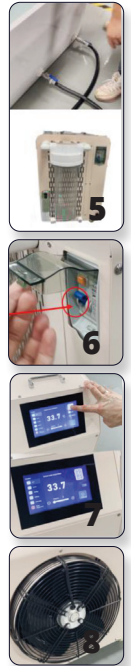
- ❖ Always place the equipment on a solid, level surface.
- ❖ Ensure there is at least 11 inches of clearance between the machine's fan and the wall, with proper airflow around the area.
- ❖ Allow enough space for maintenance access to the equipment.
- ❖ Make sure the bathtub's inlet and outlet are compatible with the chiller's water pipes. Do not operate the equipment if the chiller's water pipes are damaged.
- ❖ Do not install the equipment within 1.5 meters of other electrical appliances (such as washing machines, refrigerators, televisions, etc.).

## Step-by-Step Installation

- 1. Install the Built-in Filter Cartridge.** Insert the cartridge from the accessories into the built-in filter and attach it to the chiller.
- 2. Install the External Filter.** Before installing the external filter, ensure that the gasket is properly installed on the interface. Connect one end of the external filter to the chiller's water inlet.
- 3. Connect the Inlet Hose.** At the other end of the external filter, install a soft water hose.
- 4. Connect to the bathtub.** Connect the other end of the hose to the bathtub's water outlet.
- 5. Install the Outlet Hose.** Using another hose, connect the chiller's water outlet to the bathtub's water inlet.

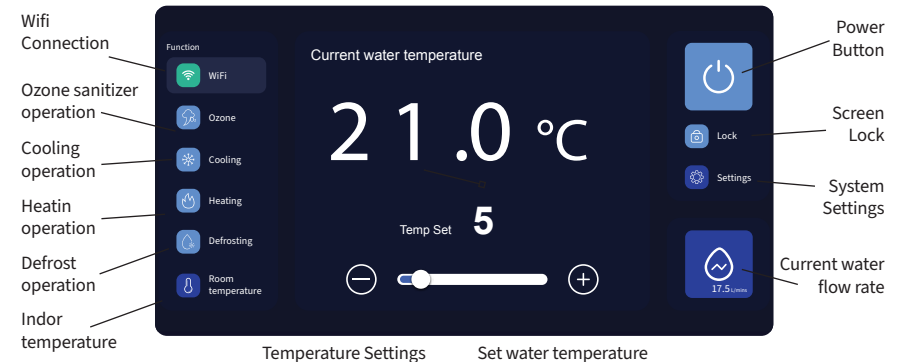


- 6. Connect the Power Supply.** Once all accessories are installed, you can turn on the power to test the chiller.
- 7. Power On.** After the machine is powered on, click the power button on the screen, and the button will change from gray to red, indicating that the chiller has started.
- 8. The Chiller Begins Operation.** Once the chiller starts running, the internal components will begin to activate one by one.



# OPERATING INSTRUCTIONS

## Control Panel Overview



## Step-by-Step Operation

### Power Button

Press power button on the control panel to turn the chiller on or off.

- ❖ Red power icon: The chiller is on.
- ❖ Gray power icon: The chiller is off.

## Screen Lock

Press and hold the screen lock button for 5-7 seconds to lock the control panel.

- ❖ Blue icon: The screen is locked.
- ❖ Gray icon: The screen is unlocked.

## System Settings

Tap the system settings button to enter the settings submenu. For detailed instructions, see section 5.

## Temperature Setting

Use the +/- temperature setting buttons to set the bathwater temperature. The adjustable range is from 3°C to 42°C.

## Operating Status Indicators

The control panel will display the current operating status of the chiller, including:

- ❖ Current water temperature
- ❖ Set water temperature
- ❖ Current water flow rate
- ❖ WiFi connection status
- ❖ Ozone sanitizer operation
- ❖ Cooling operation
- ❖ Heating operation
- ❖ Defrost operation
- ❖ Indoor temperature
- ❖ Color icons: Feature is active.
- ❖ Gray icons: Feature is inactive.

**Note:** These functions only display the operating status and parameters of the chiller and do not lead to any submenus.

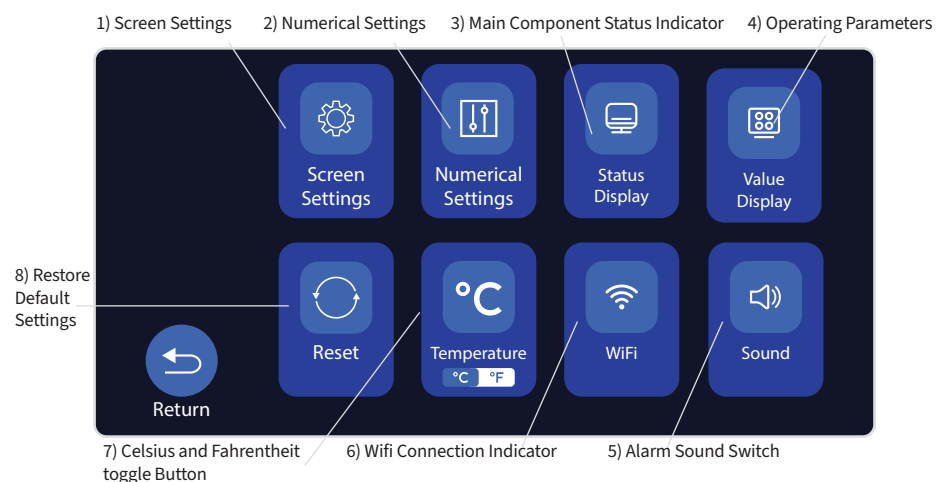
## System Setting Instructions

The sub-menu of *System Settings* is shown in the figure below.

Tap the *System Settings* button to enter the settings submenu, as shown in the diagram below.

## Screen Settings

Tap the *System Settings* button to set the screen brightness, screen sleep time, and screen lock time, as shown below.

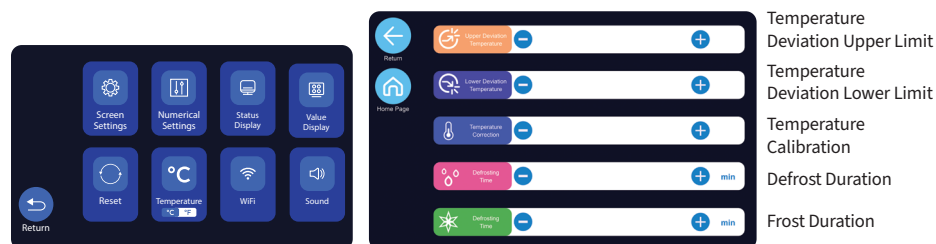


Tap the **Screen Settings** button to enter the sub-menu, where you can set the operating parameters of the main components, as shown below.



## Numerical Settings

Tap the 'Numerical Settings' button to enter the sub-menu, where you can set the operating parameters of the main components, as shown below.



## Temperature Deviation Upper Limit

Tap the **Upper Deviation Temperature** button, to set the upper limit for the water temperature deviation, adjustable within the range of 1-2°C.

**Note:** If the upper limit for the water temperature deviation is set to 1°C and the chiller temperature is set to 5°C, the chiller will automatically activate the cooling function when the bathtub water temperature rises to 6°C. The cooling function will automatically stop when the water temperature drops back to the set temperature of 5°C.

## Temperature Deviation Lower Limit

Tap the **Lower Deviation Temperature** button, to set the lower

limit for the water temperature deviation, adjustable within the range of 1-2°C.

**Note:** If the lower limit for the water temperature deviation is set to 1°C and the chiller temperature is set to 25°C, the chiller will automatically activate the heating function when the bathtub water temperature drops to 24°C. The heating function will automatically stop when the water temperature rises back to the set temperature of 25°C.

## Temperature Calibration

Tap the **Temperature Correction** button, to adjust the temperature difference between the chiller and the bathtub. Due to differences between the chiller's temperature probe and the actual water temperature in the bathtub, this feature allows for temperature compensation.

**Calibration method:** Measure the bathtub water temperature with a thermometer, then adjust the chiller to match the actual water temperature. For example, if the chiller displays 27°C but the thermometer reads 25°C, you can use this feature to align the chiller displayed temperature with the actual temperature of the bathtub.

## Defrosting Duration

Tap the **Defrosting Time** button, to set the duration for the defrosting operation. The chiller comes with a default run time, but users can adjust the time length as needed.

## Frosting Duration

Tap the **Frosting Time** button, to set the duration for the freezing operation. Similar to defrosting, the chiller has a default run time, and users can customize the time length according to their preferences.

## Main Component Status Indicator

Tap the **Status Display** button to access the submenu, where the screen will display the current operating status of the chiller main

components as shown.

- ❖ Vacuum Pump Status
- ❖ Water Flow Detection Status
- ❖ Water Pump Status
- ❖ Fan Status
- ❖ Ozone Disinfector Status
- ❖ Four-Way Valve Status
- ❖ Compressor Status
- ❖ Colorful icons: Function is currently active.
- ❖ Gray icons: Function has stopped.



### Example:

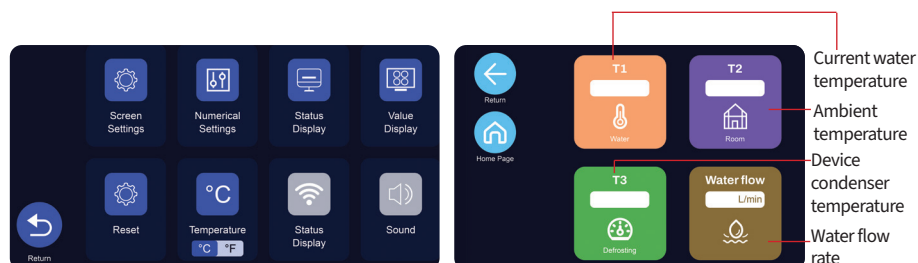
The icons displayed in gray, indicate that this component is currently in a non-static mode.



## Operating Parameters

Tap the **Value Display** button to access the submenu, where the screen will display the current parameter values, including:

- ❖ Current water temperature
- ❖ Water flow rate
- ❖ Ambient temperature
- ❖ Chiller



## Alarm Sound Switch

Tap the **Sound** button to turn on/off the chiller alarm sound.

- ❖ Blue icon: Alarm sound is enabled.
- ❖ Gray icon: Alarm sound is disabled.

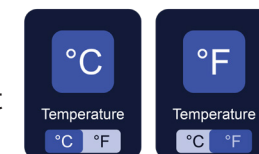
## WiFi Connection Indicator

Tap the **WiFi** button to connect the chiller to the mobile app for remote control. For specific connection methods, refer to Chapter 6.

- ❖ Blue icon: WiFi is connected.
- ❖ Gray icon: WiFi is disconnected.

## Celsius and Fahrenheit Toggle Buttons

The **Temperature** button indicates the current temperature unit setting. Pressing this button can switch between Celsius and Fahrenheit.



## Restore Default Settings

This option allows you to reset the chiller to its original factory settings. This will erase all custom configurations and restore all parameters to their default values.

### Tip: Start Slow & Build Tolerance

Begin with short sessions (30-60 seconds) in cold water (50-60°F) and gradually increase time as your body adapts.

Overdoing it early can lead to shock or excessive stress.

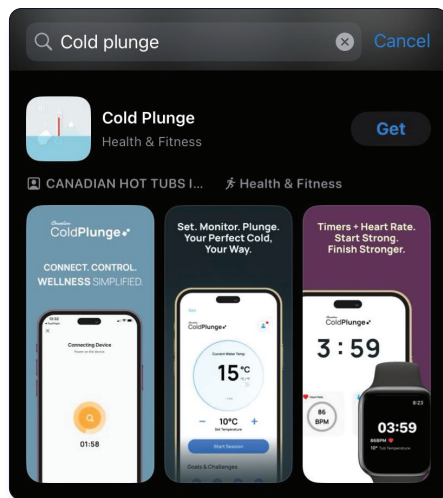
# GUIDE FOR APP USAGE

## The ChillFlex Unit and Mobile App

### App Installation & Set Up

#### 1. App Installation

- Go to the App store, search for Cold Plunge and install the app on your iPhone.



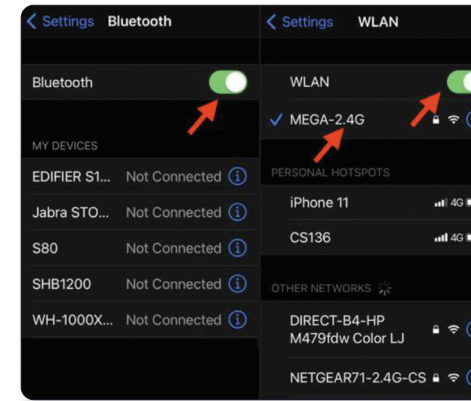
#### 2. App Prerequisites

- Set permissions to access Wifi and Wifi information. This is necessary to scan devices within the local area network.
- Set permissions to access Bluetooth. This is to enhance the device scan during device scanning.
- Set permissions to access location. This is to give the device the correct data during device scanning.
- Connect your Apple Watch to your iPhone. This will be used to keep track of your heart rate throughout the session.
- An email address is required to create an account.

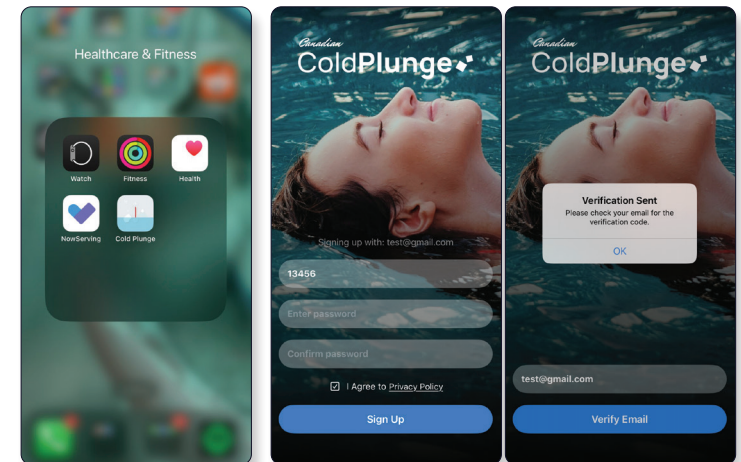


#### 3. App Setup and Device Pairing

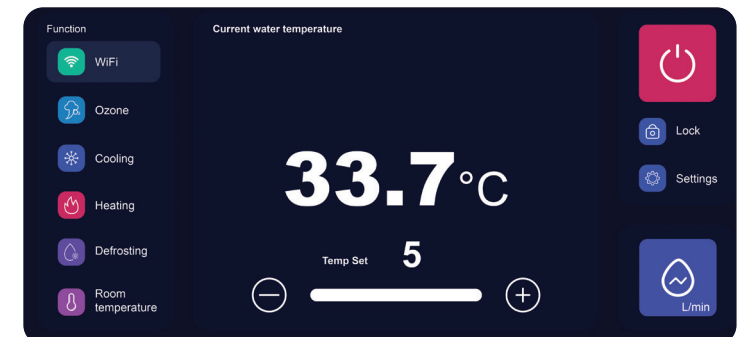
- Turn on Bluetooth and Wifi in your phone's settings



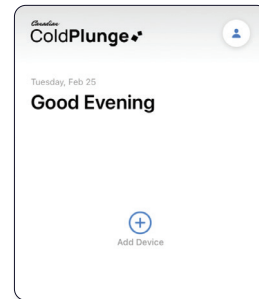
- Open the Cold Plunge app
- Create your account



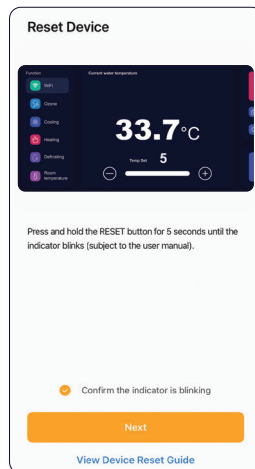
- On your ChillFlex unit's dashboard, find the wifi button then press and hold the wifi button until it starts to blink to reset



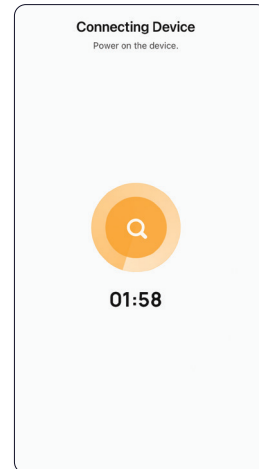
- e. On the Cold Plunge app press the add a device button



- f. Confirm the Wifi indicator is blinking on your ChillFlex unit

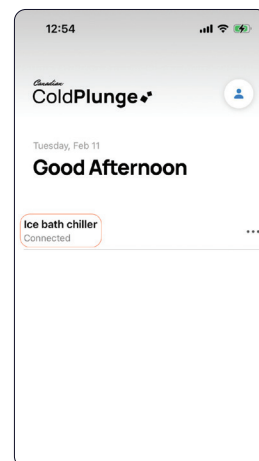


- f. Search nearby devices and add Wifi details

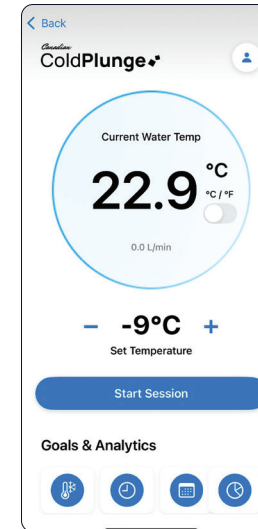


#### 4. App Cold Plunge Session

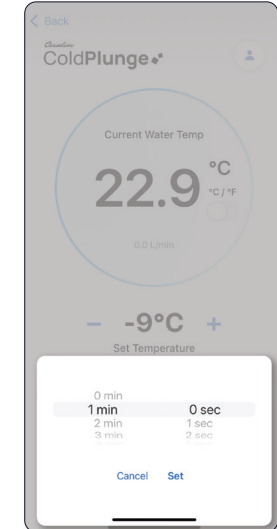
- a. Open the app on your phone and tap on the paired ChillFlex unit



- b. Set your desired temperature for the Cold Plunge tub and, or toggle °C or °F



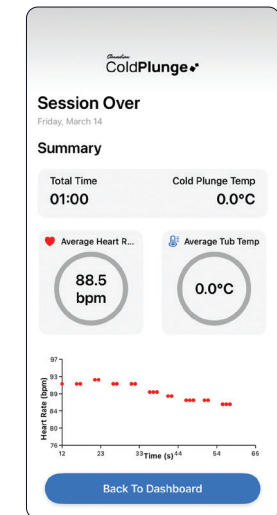
- c. Set a time length for your session



- d. Monitor your session on your watch and phone

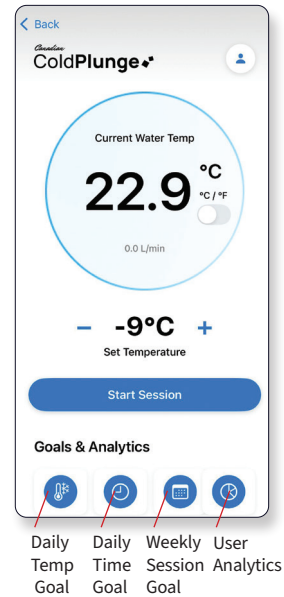


- e. Review your session

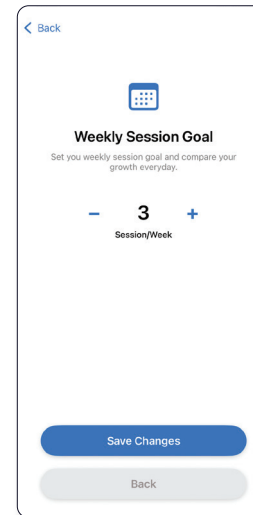


## User Goals and Analytics

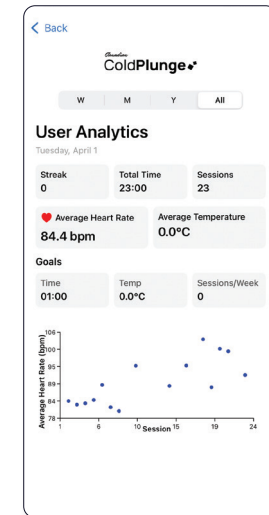
**5. Your goals and analytics** can be accessed below the “Start Session” button, within the Set Temperature page. From left to right are Daily Temperature Goal, Daily Time Goal, Weekly Session Goal and User Analytics. Tap on each one to explore.



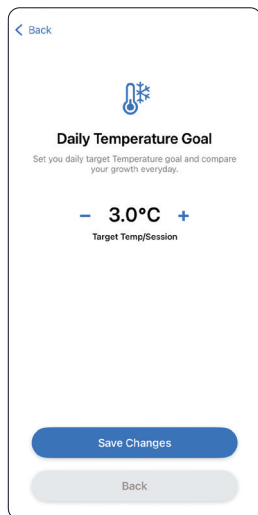
### a. Weekly Sessions Goal



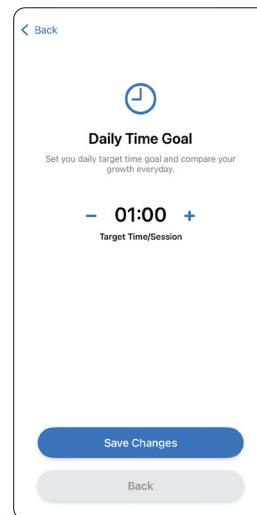
### b. User Analytics



### a. Daily Temperature Goal




### b. Daily Time Goal



## Account Preferences & Help

### 6. Accessing your Account

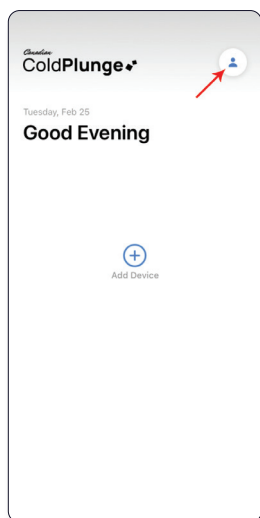
You can update account your preferences by tapping the profile icon  to access your account.

This is where you can make changes between celsius and fahrenheit, delete your account, and access the Help Center.

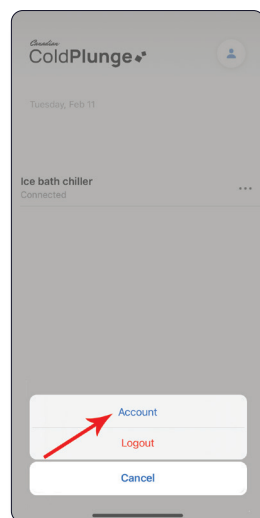
The account deletion process will deactivate your account for a week, and if you log back in the app within the week it will cancel the account deletion.

If a week passes without any activity from the deactivated account; the account will be deleted permanently.

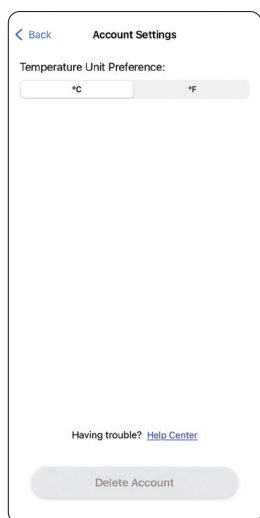
- a. Tap the profile icon to access your account



- b. Tap Account to access your account



- a. Adjust your unit preferences



- b. Delete your account or visit the Help Centre.



## MAINTENANCE AND CARE

To ensure the optimal performance and longevity of the chiller, follow these maintenance guidelines:

- ❖ **Regular Cleaning:** Clean the external surfaces of the chiller regularly to prevent dust buildup. Use a soft, damp cloth to wipe it down.
- ❖ **Filter Maintenance:** Check and clean the external screen filter and internal micron filter weekly to maintain water quality. Replace filters as necessary.
- ❖ **Check Connections:** Periodically inspect the water pipes and electrical connections for any signs of wear or damage.
- ❖ **Software Updates:** Keep the app updated to the latest version for optimal performance and access to new features.
- ❖ **Seasonal Checks:** Before prolonged periods of non-use (e.g., during winter), check the chiller for any required maintenance, and ensure it is properly stored.
- ❖ **Professional Servicing:** If you notice any malfunctions or irregularities in performance, contact customer support or a qualified technician for assistance.

## TROUBLESHOOTING GUIDE

Common malfunctions can be referenced in the table below, along with their descriptions and troubleshooting methods.

01	<b>Vacuum Pump Malfunction</b>	Check if the water level is more than 20cm above the inlet, ensure the sealing ring of the water pipe is intact, verify that all fasteners are tight, and confirm that the filter is installed correctly and not clogged.
02	<b>Water Flow Malfunction</b>	Same troubleshooting methods as Vacuum Pump Malfunction.

03	<b>Water Temperature Exceeds Usable Range</b>	If the inlet water temperature is below 1°C(33.8°F) or above 45°C (113°F), it is out of the usable range.  Please ensure that the inlet water temperature is above 3°C (37°F) and below 44°C (104°F).
04	<b>Ambient Temperature Out of Range</b>	If the ambient temperature is below -10°C(14°F) or above 45°C (113°F), it is out of the usable range.
05	<b>T1 Temperature Sensor Malfunction</b>	Please contact customer support or a qualified technician for assistance.
06	<b>T1 Temperature Sensor Malfunction</b>	Please contact customer support or a qualified technician for assistance.
07	<b>T2 Temperature Sensor Malfunction</b>	Please contact customer support or a qualified technician for assistance.
08	<b>T1 Temperature Sensor Malfunction</b>	Please contact customer support or a qualified technician for assistance.
09	<b>Abnormal Outlet Water Temperature</b>	Compressor Malfunction. Please contact customer support or a qualified technician for assistance.

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**ColdPlunge** ♦

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