



User Manual

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS



Are you ready to take your recovery &
well-being to the next level?



What's included?

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS

1 x YETi Recovery Pod with Inflatable Top Ring &

Drain Tap

6 x Durable Support Legs

1 x Underwater Seat Cushion

1 x Thermo Lid

1 x Foot Pump

1 x Drain Hose

2 x Puncture Repair Patches



Unpacking your Ice Pod

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS

IMPORTANT: Find a suitable area and flat solid surface to unpack and set up your YETi Recovery Pod.

Complete the steps in the QUICK START GUIDE (Page 4 & 5) to assemble your YETi Recovery Pod.

Read carefully through this user manual before using the YETi Recovery Pod.



Quick Start Guide

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS

1. Insert the 6x support legs into the 6x holes around the base of your Recovery Pod.
2. Ensure the feet are at the bottom and fully supported on a stable surface.
3. Inflate the Recovery Pod 'Top Ring' and 'Thermo Lid' using the supplied pump.
4. Ensure the pump is fully inserted into the valve and inflate until the rings are smooth.
5. Once inflated, seal the valve on the top ring using the safety cap.
6. Ensure the base drain valve is sealed with the seal ring inside and hand-tight before filling it with water.
7. To empty your Recovery Pod, use the external drain tap with the included hose to empty the water into a nearby sink or drain.
8. Once assembled, you can begin to fill it with cold water until roughly 15 cm (6 inches) below the underside of the top ring.





Quick Start Guide

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INFLATABLE TOP RING
The inflatable top ring is perfect for adding comfortable support when sat in the Recovery Pod.

EASY CLEAN
Lined with an easy-to-clean, UV resistant skin-friendly PVC inner lining.

PORTABLE
The compact, lightweight design makes the Recovery Pod easy to use anywhere.

3 LAYERS



REMOVABLE LEGS
The Recovery Pod has 6 removable support legs, making for quick assembly.

DRAIN TAP
You can easily let the water drain from the Recovery Pod using the supplied hose via the quick release tap.





Usage & Safety

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS

Maintenance cleaning & storage

Before using your Recovery Pod for the first time, please wash with warm soapy water, rinse and wipe down with a clean dry cloth.

Never clean your Recovery Pod with strong bleach-based detergents, as this may degrade the materials and waterproof seals.

To empty your Recovery Pod, use the drain tap with the included hose to empty into a nearby sink or drain. Take care with the drain tap, don't force it and make sure to turn it to the closed position after use and clean it regularly. We recommend draining, cleaning and drying your Recovery Pod every two to three weeks.

When filling with water

Your Recovery Pod can be filled with cold or hot water up to 50°C. Always start filling with room temperature water, adjusting to your desired temperature as the Restore Pod gets closer to full.

Never fill your Recovery Pod more than $\frac{2}{3}$ full to compensate for your body mass and displacement of water when you enter. It's always best to start $\frac{1}{2}$ full and adjust afterwards.



Usage & Safety

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How long should I stay in cold water?

Cold water therapy works best with the right combination of time and temperature. For example, if you're in a 10°C water, we recommend staying in for no more than 10mins.

Temperature to Time Examples:

1°C = 1min Submersion

3°C = 3min's Submersion

5°C = 5min's Submersion

10°C = 10min's Submersion



Usage & Safety

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Safety & Warnings

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

Children and vulnerable adults must always be supervised when in the vicinity of a water-filled ice bath, and should not enter due to the risk of drowning.

DO NOT USE if you are - Under 18 years of age, Pregnant, have a history of heart disease or high blood pressure, have diabetes, complications such as neuropathy or retinal damage, wear a pacemaker, history of frostbite, have an open wound, had recent surgery, epilepsy or any other health concerns or risks.

Using an ice bath can dramatically decrease your body's core temperature. The immersion in cold water constricts blood vessels and slows the flow of blood around the body, which combined with health complications, can cause your blood pressure to rise and give you a higher chance of cardiac arrest or stroke.

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.



Specifications

UNLEASH THE POWER OF COLD THERAPY AT YOUR FINGERTIPS

Dimensions

80cm diameter

75cm height

Suitable for heights up to 6'7" (2m tall)

Materials

320 litre capacity

3 x Thermal insulated TPE layers

Rip-stop Polyester fabric strengthened layer

UV-resistant skin-friendly PVC inner lining



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