

ALLEVACHILL

RECOVERY ICE TUB

USER MANUAL





HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness Recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy but comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel

Cold water immersion therapy has a wide variety of applications and health benefits. Physical therapists and athletic trainers use cold water therapy to help athletes speed up recovery after a workout, decrease pain, improve athletic performance, and heal after injury.

With the Lifepro AllevaChill Recovery Ice Tub, you can experience the myriad benefits of cold water immersion therapy from the comfort of your own home. Cold water causes your blood vessels to constrict (called vasoconstriction). This reduced blood flow, reduces inflammation, and concentrates blood circulation in your organs, resulting in an increase of oxygen and nutrients in your bloodstream. After cold water immersion, your blood vessels expand (called vasodilation) pumping all of that oxygen and nutrient-rich blood throughout your body. This helps increase blood circulation, reduce inflammation, and promote faster workout recovery. Cold immersion therapy also helps improve mood and energy levels, reduce stress, manage chronic pain, and boost the lymphatic system and your body's natural detoxification processes.

The Lifepro AllevaChill is simple to set up and is portable enough to take with you on the go. Enjoy performance recovery and pain relief anytime, anywhere!

Redefine wellness and beauty, and experience the transformative power of the Lifepro AllevaChill:

- ▶ **Alleviate pain:** reduces muscle, joint, and chronic pain.
- ▶ **Reduce inflammation:** improves circulation and lowers blood pressure.
- ▶ **Increase energy:** boosts the immune system and improves sleep and mental clarity.
- ▶ **Promote faster workout recovery:** decreases muscle soreness.
- ▶ **Boost mood:** increases dopamine and reduces stress, depression, and anxiety.

Check out the information in this manual for ways to get started using your AllevaChill Recovery Ice Tub. Next, be sure to visit our website allebachill.lifeprofitness.com for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the AllevaChill into your fitness routine.

WELLNESS RECOVERY

ALLEVACHILL

RECOVERY ICE TUB

FIRST STEPS

WHAT'S IN THE BOX

- Lifepro AllevaChill Recovery Ice Tub
- Support Legs (8)
- All-Weather Lid
- Puncture Repair Patches (4)
- 39" Drain Hose
- Air Pump
- Carrying Bag
- User Manual

UNPACKING THE COMPONENTS

1. Remove the hardware and components from the shipping box and inspect all items for shipping damage.
2. Read carefully through this user manual and all safety instructions before assembling and using the AllevaChill.
3. Follow the steps in the **5-MINUTE SETUP GUIDE** on page 7 to begin setting up your ice tube.
4. Go to **warranty.lifeprofitness.com** and register your product within 14 days of purchase to activate your two-year warranty.

CUSTOMER SUPPORT

If you have any questions about setting up or using your AllevaChill, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or support@lifeprofitness.com.

PARTS OF THE ALLEVACHILL



⚠️ SETUP WARNINGS

- Adult setup is required.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before setup.

SETUP NOTES

- Choose a suitable location near a water source and drainage. You will not be able to move the tub after filling it with water, as it will be extremely heavy. We recommend testing the drain pipe before filling the tub to make sure it can reach the drainage location. The drain pipe is about 39" long.
- Be sure to set up on a flat, sturdy, non-slip surface, free of obstructions.
- We recommend using the tub outdoors or using indoors over sealed or waterproof flooring to avoid water damage during filling, draining, entering, or exiting the tub.

5-MINUTE SETUP GUIDE

1 UNFOLD THE TUB AND INSERT THE LEGS

1. Gather the ice tub and eight support legs.
2. Locate the holes for the support legs, near the bottom edge of the tub.
3. Insert a support leg through each hole. Make sure the foot is outside of the hole. See *Figure 1*.
4. Set the tub upright. Pull the legs apart, so the bottom of the tub is flat on the ground.
5. Located the deflated headrest at the top of the tub and pull it up so that it is ready for inflation in the next step.

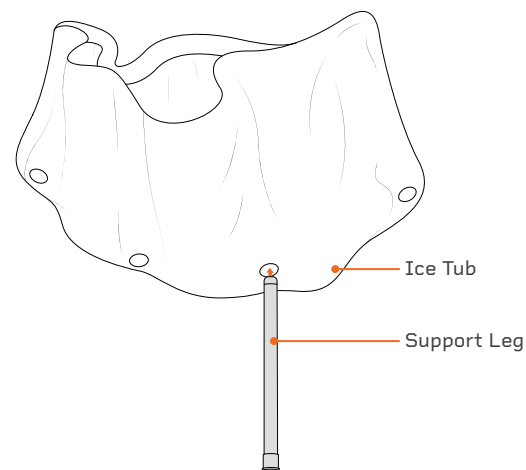


Figure 1

2 INFLATE THE HEADREST

1. Locate the air pump.
2. Locate the air-valve plug on the headrest.
3. Pull the tab on the stopper to open the air valve and insert the air pump hose. See *Figure 2a*.
4. Move your foot up and down on the foot pump to pump air into the headrest. See *Figure 2b*.
5. When fully inflated, the headrest will be firm and have no creases. Be careful not to overinflate it.
6. Reinsert the stopper to close the air valve. Press the air valve gently into the inflated ring.

NOTE: If the headrest is overinflated, the air valve will stick out. If this occurs, just release a little bit of air and then reinsert the stopper.

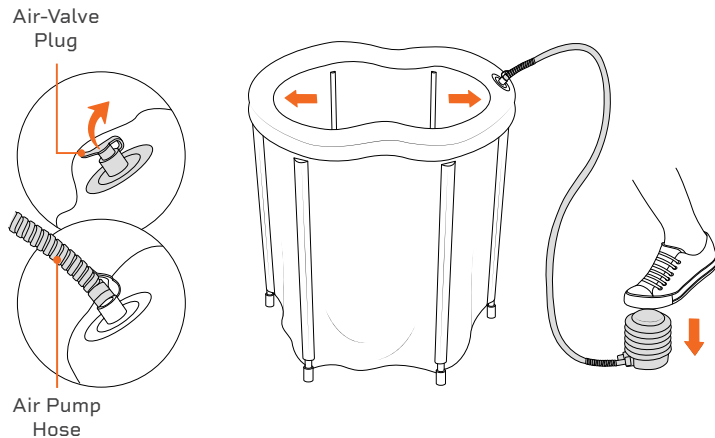


Figure 2a

Figure 2b

3 CHECK THE DRAIN STOPPER AND TIGHTEN THE DRAIN PIPE VALVE

1. Locate the drain on the inside of the tub, at the bottom.
2. Pull the tab on the drain stopper to open the drain. Then press the stopper in firmly to ensure the drain is properly sealed. See *Figure 3*.
3. Locate the drain pipe on the outside of the tub.
4. Rotate the drain-pipe valve handle clockwise one $\frac{1}{4}$ turn, so that it is perpendicular to the drain pipe (closed). The handle should be just hand-tight, so stop tightening when you start to feel resistance. Do not overtighten as this can damage your ice tub.

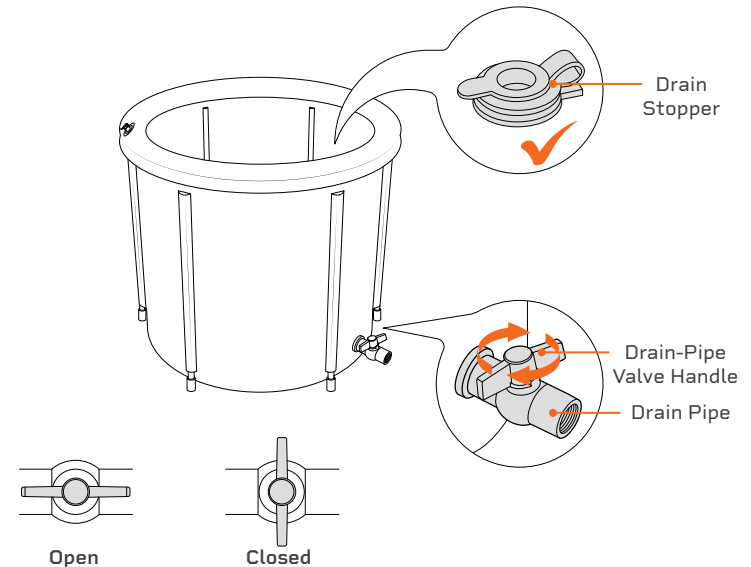


Figure 3

BEFORE USING THE TUB FOR THE FIRST TIME

Before using the ice tub for the first time:

1. Wash the inside of the tub with warm, soapy water. Rinse the tub thoroughly and wipe it down with a clean, dry cloth
2. Then, add room-temperature water to the tub using a hose or a bucket. Add ice if desired.
 - We recommend filling the tub about halfway full and adjusting the water level a little at a time if needed.
 - Never fill the tub more than $\frac{2}{3}$ of the way full. Your body will displace water when you get in, which can cause the tub to overflow if it's too full.
 - It will take about 25 minutes to fill the tub.

DRAINING THE TUB

1. Locate the included drain hose.
2. Pull the ends of the drain hose apart to extend it.
3. Slide the end of the drain hose over the drain pipe.
4. Direct the other end of the drain hose to a suitable drainage location, such as a nearby sink, bathtub, or a suitable area of your yard if your ice tub is set up outside.
5. Remove the stopper from the drain at the bottom of the tub.
6. Open the drain pipe by turning the handle counterclockwise one $\frac{1}{4}$ turn, until it is in line with the drain pipe. See *Figure 4*.
 - Please note, the drain hose is not pictured in *Figure 4*. Always be sure to attach the drain hose to the drain pipe before draining the ice tub.
 - It will take about 20 minutes to drain the tub.
7. When the water is completely drained, always remember to close the drain pipe by turning the knob clockwise.

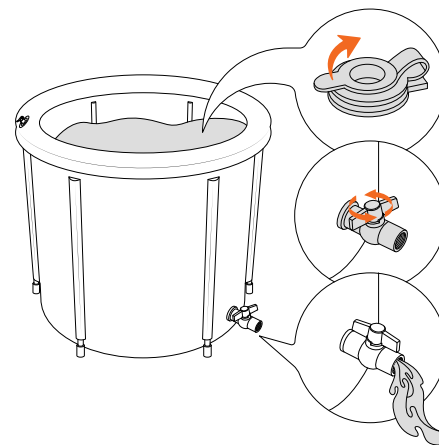


Figure 4

CLEANING THE TUB

1. Drain the tub.
2. Wash the inside of the tub with warm water and mild soap.
3. Rinse the tub thoroughly and allow it to completely dry before using it again, or folding and storing it.

NOTES:

- Wash the tub once a week with mild soap and water.
- Regularly clean your ice tub to prevent bacteria growth and deterioration of the tub materials. Regularly cleaning your tub also helps keep the water hygienic.
- Do NOT use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners.
- Do NOT add chlorine or bromine to the water as they will damage or degrade the tub. Use of such chemicals is forbidden and will void your warranty.
- Be sure to regularly clean the drain pipe, drain hose, and other accessories with mild soap and water.

KEEPING YOUR ICE TUB WATER CLEAN

- Shower or bathe with soap and water before each use.
- Always cover the tub with the all-weather lid when not in use to keep your water clean and keep out bugs, dirt, and debris.
- If using your tub outdoors, make sure to wear shoes on your walk to the ice tub, or carefully rinse your feet before getting in.
- Do not add soap, oil, bath salts, or other products to the water.

STORING THE TUB

1. Deflate the headrest by removing the stopper from the air-valve plug.
2. Tuck the headrest inside the tub.
3. Remove the support legs and set them aside.
4. Lay the tub flat on the ground and fold the bottom edge of the tub up.
5. Fold each side of the tub toward the center. Fold the tub in half, left to right. Then fold in half top to bottom.
6. Store the folded tub and all accessories together in the included carrying bag.

NOTES:

- We recommend thoroughly washing the tub before storing it.
- Always make sure the tub is completely dry before storing. If the tub is damp when stored, mildew can grow.
- The carrying bag is 30.7" x 17.7".
- We recommend storing the tub if you won't be using it for a long time.
- Store indoors, in a cool, dry location.
- Do not store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.

REPAIRING THE TUB

Self-adhesive repair patches are included in case your tub gets punctured, torn, or begins to leak.

To repair the tub:

1. Drain and wash the tub.
2. Allow the tub to completely dry.
3. Remove the backing from a repair patch.
4. Press the patch firmly to the punctured or torn area for at least two minutes.

TIPS FOR USING THE ALLEVACHILL

- We recommend using the ice tub outdoors near a suitable drainage location and out of direct sunlight. Use only on flat ground, preferably grass, or use over a tarp to protect the bottom of the tub from rocks or sticks that could puncture it. Do not use over concrete, asphalt, hardscaping, rocks, gravel, or other hard or hot surfaces.
- If using indoors, set up the tub on a flat, sturdy floor, near a sink, drain, or bathtub. We strongly recommend only using the ice tub over waterproof or sealed flooring.
- Shower or bathe with soap and water before use to keep your tub and water clean.
- You can take cold showers in the days before beginning cold immersion therapy to help prepare your body. Try to extend your time in the shower by 30 seconds to a minute every day.
- Wear a swimsuit, swim shorts, or other comfortable, light clothing.
- Get into the tub as slowly as you need to. You can put some water on your chest and the back of your neck to help adjust to the cold water.
- You may find yourself gasping for breath or breathing rapidly when you first get into the ice tub. Focus on breathing slowly and deeply.
- If you begin to feel uncomfortable, get out of the ice tub. If you want to try again, make sure to warm up first.
- You can sit or kneel in the tub—whichever is most comfortable.
- Start with 2–3 minutes and slowly increase your session time to 5–10 minutes as your body gets used to using the ice tub. Always listen to your body and never push beyond what your body can handle.
- Never use the ice tub for longer than 10–15 minutes to avoid hypothermia and frostbite.
- Get out of the ice tub as soon as you start to shiver or shake.
- Place a suitable thermometer directly into the water to ensure optimal temperature before getting into the tub, and adjust the temperature of the water as needed.
- We recommend starting with room-temperature water (~75–80 °F). You can reduce the water temperature by 1 or 2 degrees each time you use the ice tub, over time working your way to 55–65 °F. Never use an ice bath with a temperature lower than 53 °F.
- After your ice tub session, wait a few minutes before showering or bathing.
- Slowly increase the water temperature of your shower/bath. A rapid temperature change could shock your system and cause you to pass out.

- Tips for keeping your water cool:
 - Set up your ice tub outside, in a shady area. You will find that overnight temperatures will help cool your ice tub each night.
 - You may add ice cubes or blocks, as needed.
- You may use Epsom salts for soaking; however, be sure to clean the ice tub after use to remove any residue.
- Do NOT add chlorine or bromine to the water as these chemicals will damage or degrade the tub materials and void your warranty.
- Do not add soap, oil, bath salts, or other products to the tub water.
- Do not bring glassware in or near the ice tub to avoid damaging the tub.
- Do not bring electronic devices in the tub with you, such as a smartphone, tablet, or earbuds, to avoid damaging them in the water.
- Always close the drain pipe and drain valve after draining the ice tub. Double-check that both are properly closed before filling the tub with water.
- Always cover the tub with the lid when not in use to keep your water clean and keep out bugs, dirt, and debris.
- Drain the tub and wash it with warm water and mild soap once a week.
- Store the tub if you won't be using it for a long time.

WARNING

- Never leave children unattended near the product.
- Never use for longer than 10–15 minutes to avoid hypothermia.
- Get out of the tub and move to a warm location at the first sign of discomfort or if you experience any of the following, shivering or shaking, rapid breathing, clumsiness or lack of coordination, difficulty concentrating, sleepiness, pale skin color, or sense of discomfort or pain. Drink a warm beverage and wrap yourself in a blanket. Seek medical attention if your symptoms worsen or do not improve. Consult with your physician before using the product again.
- If someone in your household experiences any of the following symptoms of moderate to severe hypothermia, help them exit the tub and move to a warm location if safe to do so: slurred speech, confusion, body temperature below 96 °F, dilated pupils, slow shallow breathing, absence of shivering/shaking, drowsiness or fatigue, slow reflexes, or loss of consciousness. Hypothermia is a medical emergency; seek immediate medical attention.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and setup and operating instructions. Failure to do so may result in electric shock, serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Never use the product while under the influence of drugs or alcohol.
- Do not use during or immediately after eating or when you feel tired.
- Do not use this product if you:
 - Are pregnant, if you suspect you may be pregnant, or if you have recently given birth.
 - Have a pacemaker, defibrillator, or other cardiac implant.
 - Have a history of heart disease, vascular disease, high blood pressure, angina pectoris, heart arrhythmia, undiagnosed chest pain, recent heart attack, aortic stenosis, venous thrombosis, or other severe cardiac disease.
 - Have a condition that makes you hypersensitive to cold temperatures, such as epilepsy, Raynaud's disease, hypothyroidism, hypopituitarism, hypoglycemia, cold urticaria, cryoglobulinemia, paroxysmal cold hemoglobinuria, anorexia nervosa, sepsis, or recent stroke.
 - Have diabetes (type 1 or 2), diabetes complications such as neuropathy or retinal damage, or if you have impaired blood circulation, peripheral neuropathy dysfunction, or peripheral vascular disease.
 - Have abnormal or altered skin sensation or other sensory deficiencies, including an impaired ability to sense external temperature or decreased body temperature, or if you have insensitivity to cold.
 - Have a nerve disorder, including Parkinson's disease, spinal cord injury, peripheral neuropathy, or any condition that compromises nerve sensation or blood circulation are susceptible to accidental injuries from overexposure to cold temperatures.
 - Are over the age of 60. The body's ability to regulate temperature declines with age which can result in hypothermia, fainting, and falls.
 - Have a history of frostbite.

- Have a fever, infection, open or bleeding wound, broken skin, or if you have recently had surgery.
- Consult your physician before using this product if you:
 - Have a pre-existing health condition.
 - Have a condition that may cause sensitivity to cold, such as anemia and Fibromyalgia.
 - Are taking any prescription medications or if you are receiving steroid injections. Some medications may affect heart rate, blood pressure, circulation, or the ability to regulate temperature. It is important to talk with your doctor about whether you can safely use this product with your prescribed medication.

DISCLAIMER

- The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper setup, neglect, or inadequate or improper maintenance of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

WARNING: DROWNING HAZARD

Never leave children or vulnerable adults unattended near the tub. Children and vulnerable adults must be supervised at all times.

WARNING

To reduce the risk of serious injury or death:

- Never use for longer the 10–15 minutes to avoid hypothermia.
- Get out of the tub and move to a warm location at the first sign of discomfort or if you experience any of the following symptoms, shivering or shaking, rapid breathing, clumsiness or lack of coordination, difficulty concentrating, sleepiness, pale skin color, or sense of discomfort or pain. Drink a warm beverage and wrap yourself in a blanket. Seek medical

attention if your symptoms worsen or do not improve. Consult with your physician before using the product again.

- If someone in your household experiences any of the following symptoms of moderate to severe hypothermia, help them exit the tub and move to a warm location if safe to do so: slurred speech, confusion, body temperature below 96 °F, dilated pupils, slow shallow breathing, absence of shivering/shaking, drowsiness or fatigue, slow reflexes, or loss of consciousness. Hypothermia is a medical emergency; seek immediate medical attention.
- Do not place electrical appliances, such as a computer, radio, TV, or phone, within 6 feet of the tub to avoid the risk of electric shock, injury, or death.
- Do not use during severe weather conditions, such as electrical storms or high winds.
- Keep away from heat and open flames; the material will burn or melt when in contact with open flames or heat.
- Do not sit or stand on the edge of the tub.
- Never jump or dive into or out of the tub.
- Use the product only on a flat, sturdy, non-slip surface. Do not use on hills, slopes, or near stairs or bodies of water.
- Drink plenty of liquids before and after use to avoid dehydration.
- Stop using the product immediately if you feel pain or discomfort.
- This product is for adult use only. Keep children, pets, and vulnerable adults away from the product at all times. Never leave children, pets, and vulnerable adults unattended near the product.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

CAUTION

To reduce the risk of minor or moderate injury, or damage to the product or property:

- Always inspect the product for damage, wear and tear. Check the drain pipe and drain stopper to ensure they are both securely closed. Do not use if damaged, worn, malfunctioning, or missing parts. Do not use the product again until the problem has been fixed.
- Do not allow more than one person to use the product at a time.

- Only inflate the headrest with the included air pump, or another low-pressure device designed to inflate air beds and inflatables. Do not use an air compressor, shop vacuum, vacuum cleaner, or compressed air to inflate, as this could cause the headrest to burst which may result in injury.
- Do not fill the headrest with water or other liquids. Fill with cold air only; do not fill with hot air.

NOTICE

- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product and all parts according to local and federal regulations.
- Prolonged exposure to sunlight can damage or degrade the product.
- Keep sharp objects away to avoid damaging the product.
- Remove all items, especially sharp objects, from your hands and pockets before using.
- Do not wear jewelry, belts, or other accessories that could puncture the product.
- Do not wear jewelry that could become tarnished.

PRODUCT SPECIFICATIONS

UNIT SPECS

Dimensions: 3.05' W × 2.46' H

Tub Inside Diameter: 2.62'

Folded Dimensions: Approx. 27" × 14" × 4.5"

Carrying Bag Dimensions: 30.7" × 17.7"

Tub Weight When Empty: 6 lb

Tub Weight When Full: ~ 770 lb

Height Max: Suitable for people up to 6'7"

Capacity: ~92.5 gallons

Maximum Temperature: 122 °F

Minimum Temperature: -4 °F

Materials:

Interior: PVC

Insulation: 5 Layers of thermal-insulated EPE

Exterior: Rip-stop polyester

WELLNESS RECOVERY

ALLEVACHILL

RECOVERY ICE TUB

MADE IN CHINA



TWO YEAR LIMITED WARRANTY

Lifepro warranties this product against defects in material and workmanship for normal use following the published product manual for a period of TWO (2) years following the date of purchase. This warranty does not cover damage caused by negligence, misuse, abuse, accident, use inconsistent with the product manual, or unauthorized repair or modification. Any defective product meeting the above limited warranty requirements will be repaired or replaced at no charge. Register your AllevaChill at warranty.lifeprofitness.com to activate your warranty within 14 days of purchase.

CRYOFROST

COMPRESSION SYSTEM

The CryoFrost Compression System is your new fitness go-to. Use it post-workout to speed up your workout recovery or pre-workout to enhance your performance. Use the CryoFrost to reduce pain after an intense workout, treat injuries, or soothe tired legs and feet after long hours of standing or walking. The CryoFrost system comes with an ankle compression wrap and a thigh compression wrap, which can be applied to the thigh, knee, calf, or arm. Each wrap comes with a custom heavy-duty, non-toxic gel ice pack that fastens securely to the inside of the wrap. The CryoFrost's control pump allows you to set a custom treatment time and choose from five compression intensity levels for each area being treated. Up to two areas, or two people, may be treated at one time.

Use the CryoFrost while connected to a standard power outlet, or with two rechargeable batteries (not included). The CryoFrost is also highly portable—all the accessories fit easily in the included carrying bag.

CRYOFROST BENEFITS

- Increase workout effectiveness
- Recover from injury
- Decrease pain and inflammation
- Boost the immune system
- Improve circulation
- Loosen tight muscles and fascia

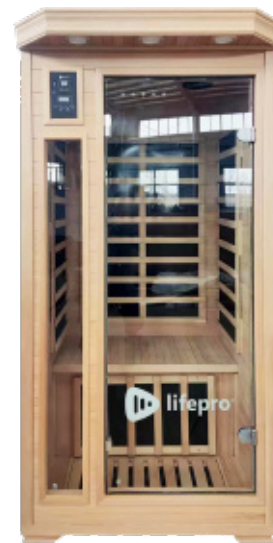


REJUVACURE

FAR INFRARED SAUNA

The Rejuvasure is a full-size sauna made from solid Canadian hemlock and is heated by energy-efficient, zero-EMF carbon fiber heaters. Carbon heaters distribute heat evenly, heat up quickly, are more technologically advanced, and last longer than ceramic heaters. When heated, the carbon heaters emit far infrared waves (5.6–15 microns) which penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a traditional sauna and safer for sensitive skin. The Rejuvasure is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches around the waist, and reduce stress.

The Rejuvasure Far Infrared Sauna has a built-in chromotherapy module that provides seven color therapy modes, each with a range of therapeutic benefits. You can connect a mobile device to the built-in speakers via Bluetooth to listen to music or podcasts during your sauna session.



REJUVACURE BENEFITS

- Alleviate pain & stiffness
- Increase metabolism
- Boost mood
- Rejuvenate skin
- Reduce inflammation



Access Lifepro TV, our library of free personal training videos on the web at allevachill.lifeprofitness.com to learn how to get the most out of your Lifepro® AllevaChill and achieve the results you want.



**YOU'VE
GOT
THIS**