

LUMI
recovery**POD**
COLD WATER THERAPY

USER MANUAL



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TRUST THE PROCESS

We always end up
right where we are
supposed to be, right
when we are meant
to be there.

Sometimes we just
need a little time to
recover.

#lumitherapy

Follow this QR Code for our
product guides and videos
YOUR JOURNEY BEGINS!



TAKE A MOMENT TO FIND OUT WHAT'S INCLUDED

- 1 x Recovery Pod with Inflatable Top Ring & Drain Tap
- 6 x Durable Support Legs
- 1 x Thermo Lid
- 1 x Foot Pump
- 1 x Drain Hose
- 2 x 'Transparent' Puncture Repair Patches
- 1 x All Weather Cover (if purchased as an optional extra)

UNPACKING YOUR LUMI RECOVERY POD

1. Find a suitable area and flat solid surface to unpack and set up your Lumi Recovery Pod.
2. Complete the steps in the **QUICK START GUIDE** (page 3) to assemble your Lumi Recovery Pod.
3. Read carefully through this user manual before using the Lumi Recovery Pod.

CUSTOMER SUPPORT 24/7

If you have any questions about setting up or using your Lumi product, please visit our website for further information, FAQs, troubleshooting and customer support.

QUICK START GUIDE

ASSEMBLE THE RECOVERY POD

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 and hand-tight before filling 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 with cold water until roughly 15 cm (6 inches) below the underside of the top ring.



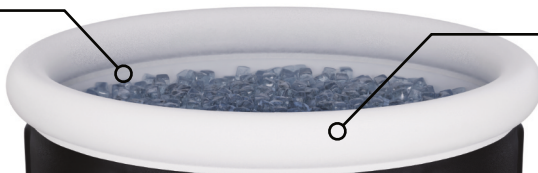


THERMO LID

This insulated lid is designed to add a thermal bridge between the ice bath water and the external elements, keeping the water at a steady temperature.

INFLATABLE 'TOP RING'

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

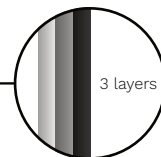


EASY CLEAN

The Recovery Pod is 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.



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DRAIN TAP

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

REMOVABLE LEGS

The Recovery Pod has 6 removable support legs, making for quick assembly / disassembly.

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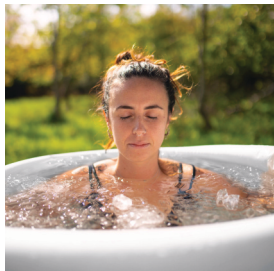
USAGE & SAFETY NOTES

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 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.





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WARNINGS

FOR YOUR SAFETY

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 risk of drowning.

DO NOT USE if you are - Under 18 years of age, Pregnant, have history of heart disease or high blood pressure, have diabetes, complications such as neuropathy or retinal damage, you 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 dramatically decreases your body core temperature. Immersing yourself 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.

RECOMMENDATIONS

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.

PRODUCT SPECIFICATIONS



DIMENSIONS

80cm diameter

75cm height

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

UNIT SPECS

320 litre capacity

3 x Thermal insulated TPE layers

Rip-stop Polyester fabric strengthened layer

UV resistant skin-friendly PVC inner lining

WARRANTY

Recovery Pod Body - 1 year limited warranty

Recovery Pod Top Ring - 1 month limited warranty

Thermo Lid - 1 month limited warranty

The Recovery Pod Body warranty covers any manufacturing defects or leakages 1 year from delivery date. Please see the Lumi website for full details.



Access our library of free personal training videos and guides on our website to learn how to get the most out of your LUMI product and achieve the results you want.

**THERE
ARE NO
LIMITS**



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