



HIT FITNESS

HIT00851

Hit Fitness Barrel Pro Ice Bath | 470L

User Manual



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

What's included?

1x Insulated Hard-wall Ice Bath

1x FREE Carry Bag

1x FREE Lid

1x Hand Pump

1x Repair Kit



Quick Start Guide

1. Lay out the Hit fitness Recovery Ice Bath on a steady surface and unpack it.
2. With the provided floor pump, inflate both the Hard-Wall Tub and the Protective Top Lid.
3. Make sure the pump is securely plugged into the valve and inflate until it reaches the advised 8 PSI pressure.
4. After inflation, secure the valves by attaching the safety caps.
5. It's now time to fill the Hit fitness Recovery Ice Bath with cold water. Pour using a hose until the water level is about 15 cm (6 inches) from the underside of the top band.
6. How to empty the Ice Bath? Remove the 'Water Out' drain plug to allow the water to flow out.

Usage & Safety

Maintenance cleaning & storage

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

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

To empty your Recovery Ice Bath, use the water out 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 Ice Bath every two to three weeks.

When filling with water

Never fill your Recovery Ice Bath more than 2/3 full to compensate for your body mass and displacement of water when you enter. It's always best to start 1/2 full and adjust afterwards.

Usage & Safety

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 = 3mins Submersion

5 °C = 5mins Submersion

10°C = 10mins Submersion

Usage & Safety

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 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

Model	Outside Dimension	Water capacity	Weight
Ice Barrel Pro	D100 X95 cm	125Gal/470L	33lb/15kg

Please note – inside diameter is 80cm

Materials

Durable Fibreglass Reinforced skin-Friendly PVC

Solid Wall & Insulated Construction

High Pressure Structure -8 PSI

Ice Bath Wall Thickness 10 cm

Thank You for Joining the Ice Bath Family!

We know you'll enjoy your Ice Bath for years to come.

Please share your experience with us !

Feel free to contact us with any questions.