

LUMI
recoveryMAX
COLD WATER THERAPY

USER MANUAL



MAX
|←→|

420
LT



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 MAX™ Ice Bath
- 6 x Durable Support Legs
- 1 x Drain Hose
- 1 x Foot Pump
- 1 x Inflatable Thermo UFO Lid
- 1 x All Weather Cover
- 1 x Dry Bag
- 1 x Thermometer
- 2 x Transparent Puncture Repair Patches

UNPACKING YOUR LUMI RECOVERY MAX

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

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 MAX

1. Insert the 6x support legs into the 6x holes around the base of your Recovery MAX.
2. Ensure the feet are at the bottom and fully supported on a stable surface.
3. Inflate the Recovery MAX 'Top Ring' and 'Thermo UFO 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 MAX, 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.





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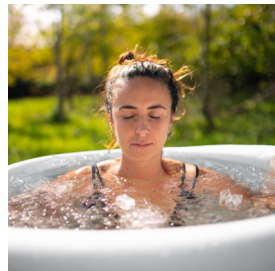
USAGE & SAFETY NOTES

MAINTENANCE, CLEANING & STORAGE

- Before using your Recovery MAX for the first time, please wash with **warm soapy water**, rinse and wipe down with a clean dry cloth.
- **Never** clean your Recovery MAX with strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Recovery MAX, 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 MAX every two to three weeks.

WHEN FILLING WITH WATER

- Your Recovery MAX 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 Recovery MAX gets closer to full.
- **Never** fill your Recovery MAX 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

90cm diameter

75cm height

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

UNIT SPECS

420 litre capacity

5x Thermal insulated TPE layers

Rip-stop Polyester fabric strengthened layer

UV resistant skin-friendly PVC inner lining

WARRANTY

Recovery MAX body - 1 year limited warranty

Recovery MAX top ring - 1 month limited warranty

Thermo UFO Lid - 1 month limited warranty

All Weather Cover - 1 month limited warranty

The Recovery MAX 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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