

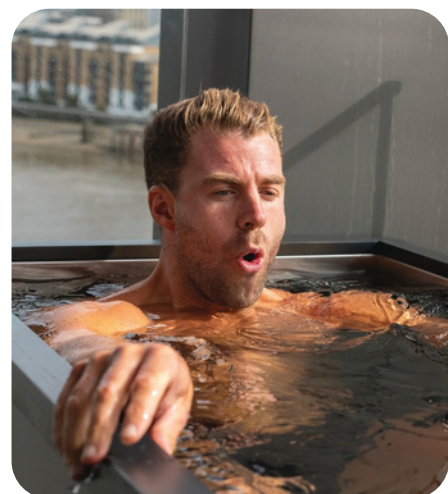


FITNESS

CHILL TUBS°



ENG



EMBRACE THE COLD

Unlock your potential.
Break through mental
barriers. Feel invigorated.

A Chill Tub will change your outlook on life and allow you to break through your own boundaries and make you feel you can take on the world.

Cold water therapy is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. Some potential benefits of taking a Chill Tub include:

Reducing muscle soreness

Cold water immersion can help reduce muscle soreness by constricting blood vessels and reducing inflammation.

Improving recovery time

By reducing muscle soreness, the Chill Tub may also help athletes recover faster and be ready for their next workout or competition.

Decreasing inflammation

Cold water immersion may help reduce inflammation in the body, which can be beneficial for individuals with chronic inflammation or inflammatory conditions such as arthritis.

Improving circulation

Cold water immersion can stimulate blood flow and improve circulation, which may help with recovery and reduce the risk of injury.

It's important to note that the Chill Tub is not suitable for everyone and can be uncomfortable or even dangerous for some individuals. It's always best to consult with a healthcare professional before starting any new recovery routine. Start your cold journey with Chill Tubs.

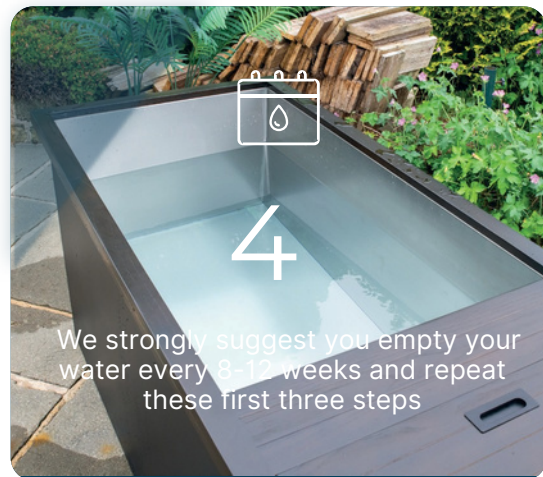
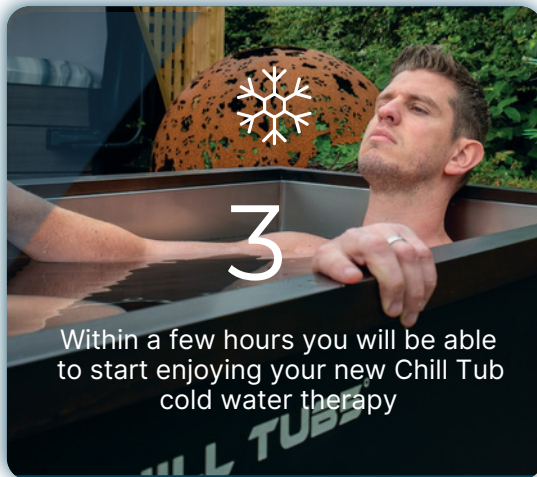


QUICK SET UP

Before installing the Chill Tub, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan.

If there are obstacles blocking the vents, it will cause the compressor to self-protect and the Chill Tub water temperature cannot drop. Once your Chill Tub is in a position you are happy with please leave it laid flat for 24 hours for the refrigerant to settle in the compressor (Chill Tubs are the same as a fridge or freezers and the gas needs to settle before use).

The Chill Tub can then be filled with water but it should not be turned on for 24 hours. We do recommend that you read the full manual though in particular the safety information before you use.



CHILL TUBS[®]

PRO

Power Supply

13 Amp / 220v-240v
50/60hz

Materials

Aristech Acrylic

Weight

130 Kg

Water Capacity

700 Litres

Temperature

Settings as low as
3° degrees or as
high as 40° degrees

Controls

Touchscreen controls
with built in Wifi

Draining

Hose Pipe
connection

Antifreeze function

Prevents the formation of
ice or frost

Ozone + Filtration

Built in ozone and filter
system for clear water

Cover Included

Insulated for reduced
running costs

Lighting

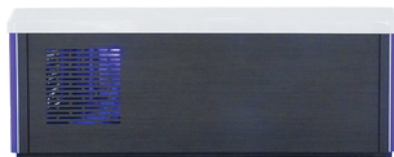
Base LED Light
LED Corner Lighting

Jets

Circulates water to
eliminate thermal barrier



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F I T N E S S

CHILL TUBS[®]

ORIGINAL

Power Supply
13 Amp / 220v-240v
50/60hz

Materials
Stainless Steel 316,
Aluminium, Composite Top

Weight
125kg

Water Capacity
400 litres

Temperature
Settings as low
as 3° degrees

Draining
Hose Pipe
connection

Antifreeze Function
Prevents the formation of
ice or frost

Ozone + Filtration
Built in ozone and filter
system for clear water

Cover Included
Insulated for reduced
running costs

4

3

1

2



F I T N E S S

CHILL TUBS[®]

LITE

Power Supply
13 Amp / 220v-240v
50/60hz

Materials
Roto
Mould

Weight
85kg

Water Capacity
400 litres

Temperature
Settings as low
as 3° degrees

Draining
Hose Pipe
connection

Antifreeze Function
Prevents the formation
of ice or frost

Ozone + Filtration
Built in ozone and filter
system for clear water

Cover Included
Insulated for reduced
running costs

Lighting
Base LED Light

4

3

1

2



F I T N E S S

COLD WATER THERAPY

An ice tub is a therapeutic treatment that can provide a range of health benefits.

Some of the benefits of an ice tub include:



Reducing
muscle soreness



Improving circulation



Improving your
recovery time



Improves
immune system



Decreasing
inflammation



Fights depression
and anxiety



HEALTH BENEFITS

Norepinephrine Boost

Cold exposure can significantly increase the production of norepinephrine in the body, with a consistent increase of 200-300% that does not diminish over time. The colder the temperature, the more pronounced the body's response to the increase in norepinephrine production. In fact, a 20-30 second immersion in near freezing water can elicit the same level of increase as a 6 hour walk in 16°C weather.

Protein Power

Cold exposure can stimulate the production of a protein called PGC-1 alpha, which can increase metabolism at a cellular level. PGC-1 alpha is being targeted by pharmaceutical companies in the development of treatments for obesity, diabetes, and cardiomyopathy. In muscle tissue, the increased energy released from the production of PGC-1alpha can improve aerobic capacity and endurance, as well as increase resistance to fatigue.

Increased Killer T Cells

Cold water immersion, particularly in the winter, can challenge the immune system and the way hormones communicate with the body. Studies have shown that regular winter swimmers experience adaptive reactions, including an increase in the production of the antioxidant glutathione. Just a few cold water sessions over a 6 week period can increase the number of lymphocytes, a type of immune cell. Some research has even found that males exposed to 4°C for 30 minutes had an increased number of "killer T cells," which are cells that help to eliminate viruses. These findings suggest that cold water immersion may have immune-boosting effects on the body.

Immune Boost

There is widespread anecdotal evidence that suggests that cold water immersion can boost the immune system. Many people report feeling healthier and less prone to illness after regularly taking ice tubs. While the immune system is complex and difficult to study, it is believed that the cold can help to adapt and harden the body to disease and infection. Despite the lack of robust scientific studies on this topic, many people believe in the immune-boosting benefits of cold water immersion.



WARRANTY AND REPAIRS

Our Chill Tubs warranty provides coverage for defects in workmanship and defects or malfunctions that arise during normal use conditions for a period of 2 years from the date of delivery.

This warranty applies to commercial and residential use of the Chill Tub and only to the original purchaser or original owner if the product was purchased as a gift.

The use of any hot tub/multi-functional tablets is prohibited and will invalidate your warranty, as this may cause problems with the stainless steel structure.

We recommend you only use the Chill Tabs Sanitiser tablets. The warranty does not cover damage resulting from the addition

of chemicals to the water, (excluding our recommended Chill Tabs Sanitiser) neglected filter care and replacement, power outages, low water flow, restricted air flow, or any other form of neglect, misuse,

or abuse. There may be other exclusions to this warranty, as described in the Limited Warranty. It is important to carefully read

and understand the terms of the Limited Warranty in order to fully understand the coverage provided.

Warranty Limitations

0 The warranty period starts upon delivery of the Chill Tub

0 The warranty does not cover damage caused by misuse, lack of maintenance, or lime scale deposits. Chemical abuse or poor water chemistry. Fully Functional Fitness Ltd reserves the right to replace the defective parts with factory or re-manufactured parts.

0 Fully Functional Fitness Ltd is not responsible

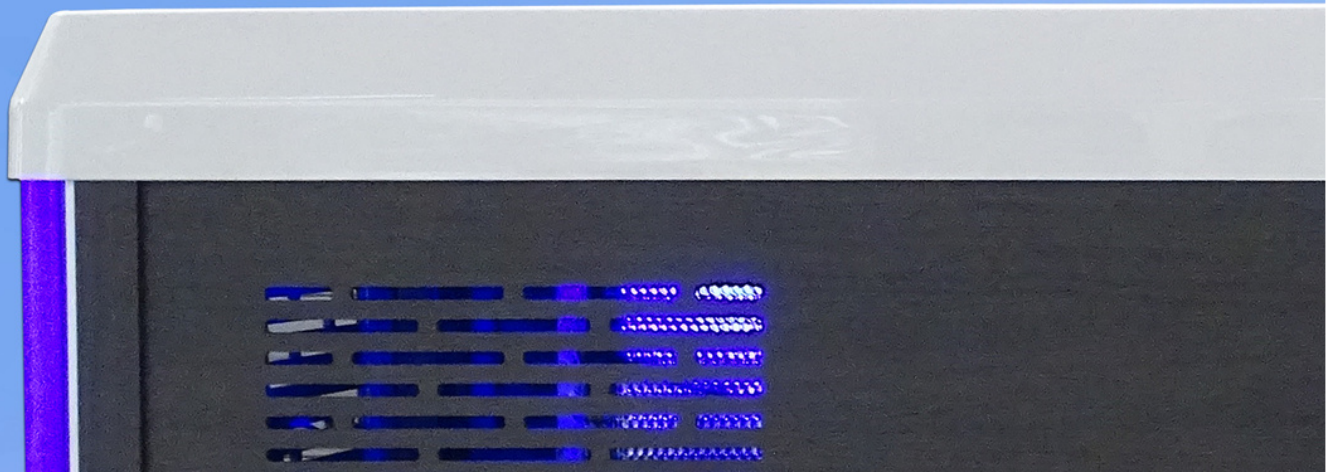
for any damage caused by alterations or

0 modifications by the consumer.

The warranty of the Chill Tub does not cover defects, damage or failure caused by the common carrier, installer, user or other persons, pets or rodents, or resulting from, without

limitation, any of the following: careless

handling (lifting unit by plumbing, abrading finish, etc) including its own negligence; modification of any type for any reason) including modification to meet local codes); Improper installation (including installation not in accordance with instructions and specifications provided with the unit); connections supplied by the installer of the equipment; improper voltage supply or unauthorized electrical modification; misuse; incorrect operation, or lack of proper routine maintenance; operation of the unit without specified minimum amount of water or at inappropriate water temperature; use of abrasive or improper cleaners; or acts of God, such as lightening, floods, earthquakes etc.



In addition Fully functional fitness Ltd will not

be responsible for incidental or consequential damages or losses arising from any cause (e.g. water damage to carpet, ceiling, tiles, marbles, loss of use etc.) including its own negligence; damages to, respecting or resulting from:

chemicals/misuse are used in the unit or hard water conditions; optional equipment not manufactured by the company but supplied with the dealer, installer or Company; the units prior usage as an operational of display; or defects that should have been discovered before installation.

This warranty does not include labour, transportation, crane, or any other costs incurred in the removal and or re-installation of the original unit and/ or installation of a replacement unit; any costs relating to obtaining access for repair; or loss of use damage, including loss of sales, profit, or business under any circumstances. Chill Tub units are excluded of any warranty coverage if any addition, deletion, or modification of any kind whatsoever has been made to the unit (or to any component).

The warranty does not cover defects of damage due to normal wear and tear, improper installation, alterations without the manufacturer written consent, accident, misuse, abuse, commercial or industrial use, the use of an accessory not approved by the manufacturer, failure to follow the user manual, or repairs made or attempted by anyone other than an authorized representative of the manufacturer.

Fully functional fitness Ltd will not provide compensation for delays in resolving warranty claims, or loss of use whilst the claim is in process.

Registering the product warranty

All products require registering using the product registration form within 7 days of installation. Failing to register may

invalidate

the warranty. Please fill in all information requested. To register your Chill Tub, please contact your supplier

Extent of Warranty

This warranty extends only to the original consumer purchaser of the Chill Tub when invoiced and delivered. The warranty terminates upon any transfer of ownership prior to the expiration of the warranty period. Any modifications to the Chill Tub will void the warranty.

How to make a claim.

If you are a Chill Tubs customer, please contact your Chill Tubs retailer who will make the claim on your behalf.



TALK TO US

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EMBRACE
THE COLD