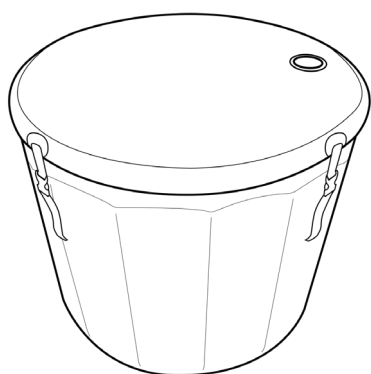


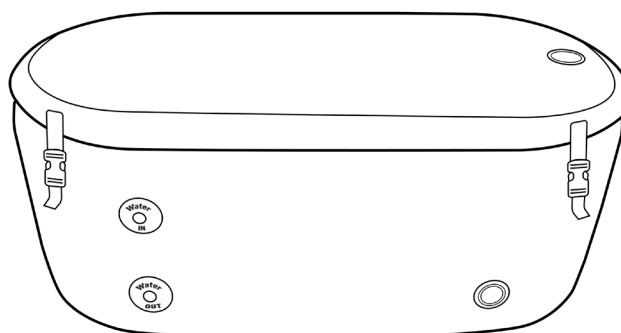


RG022 Polar Barrel Cold Plunge Ice Bath / RG023 Polar Tub Cold Plunge Ice Bath / RG024 Polar Chill Cold Plunge Ice Bath

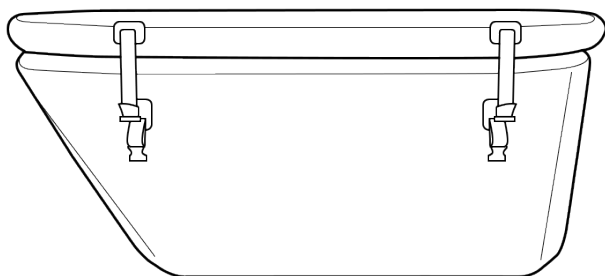
USER MANUAL



**RG022 Polar Barrel Cold
Plunge Ice Bath**



**RG023 Polar Tub Cold
Plunge Ice Bath**



**RG024 Polar Chill Cold
Plunge Ice Bath**



Find the
Digital Manual
Online



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

I. What’s in the Box? 03

II. Care & Maintenance 04

III. Setup Guide 05

IV. Leak Detection & Repair 07

V. Warranty 08

I. WHAT'S IN THE BOX?

- 1 x Cold Plunge Tub with Insulated Cover
 - 1 x Hand Pump
 - 1 X Carry Bag
- 1 X Utility Kit
 - Repair Patches
 - Repair Glue
 - Air Valve Wrench
 - Water Port Plugs



II. CARE & MAINTENANCE

Retain this manual for future reference. This model is designed for home use and is not warranted for commercial use.

Cleaning Instructions

- To clean your tub, use a soft cloth or sponge with a solution of water and mild dish soap to remove any dirt or residue.
- Rinse thoroughly with clean water.

Draining and Drying

- After cleaning, completely drain the tub.
- Wipe down the interior with a clean, dry towel to absorb any remaining moisture.
- Allow the tub to air dry completely before deflating and storing.

Storage

- When not in use, store the tub in a cool, dry place away from direct sunlight and heat sources.

General Care

- For child safety, always secure the lid with the provided locks when not in use.
- Avoid using abrasive cleaners or solvents, as they may damage the tub material.
- Do not expose the tub to sharp objects or rough surfaces that could puncture or tear the material.

III. SETUP GUIDE

Unpack Your Tub

- Choose a smooth and clean surface devoid of sharp objects for unpacking and setting up your tub.
- Unfold the tub and lay it flat with the top side facing up.
- You may use this outdoors however ensure to protect the base from rough surface, high temperature or debris. If temperature outdoor exceeds 35 Degrees Celsius, do not use outdoors and use indoors only. Hot ground temperatures can damage the tub base.

Air Valve Operation

- The default position of the air valve is closed with the valve pin in the “up” position. To open the valve, press down on the valve pin.
- Do NOT rotate the valve pin by turning it.
- Keep the area around the valve clean and clear of sand or other particles when inflating and deflating the tub.
- Always remember to attach the air valve cover when you are not inflating or deflating the tub.



Inflating Your Tub

- Remove the valve cap by unscrewing it.
- Connect the pump and hose.
- Connect the pump hose to the tub's air valve by inserting the hose, depressing the valve pin, and turning the hose 180° clockwise.



- Begin inflating by moving the pump handle up and down. The ideal and maximum pressure for the tub is 7 PSI.
- After the tub is at the correct pressure:
 - Remove the hose from the tub by turning it
 - 180° counterclockwise.
 - The valve pin should automatically return to the “up” position.
 - Install the valve cover by hand tightening it.

Inflation Tips & Precautions:

- It is normal for the tub to experience slight deflation after a few days due to changes in ambient temperature. If this occurs, simply use the hand pump to restore the appropriate pressure and desired firmness.
- DO NOT use an air compressor to inflate the tub. Using an air compressor can cause damage to the tub that is not covered by warranty.
- DO NOT overinflate the tub. The maximum air pressure for the tub is 7 PSI.

Deflation Tips & Precautions:

- Remove valve cover.
- Press down on the valve pin and hold it in this depressed position. Air will begin draining from the valve as the tub deflates.
- Once deflated, release the valve pin. It will spring back to the closed “up” position.

IV. LEAK DETECTION & REPAIR

If the tub is losing air pressure, it is important to investigate whether or not the tub has leaks.

Leak Detection:

- Create a leak detection solution by mixing together water and mild dish soap in a spray bottle.
- Start by checking for leaks at the air valve by spraying the mixture on and around the valve. If you see bubbles forming, check that the valve pin is in the correct position and that the valve cover is screwed on tight.
- To find leaks around the rest of the tub, listen for escaping air and visually inspect surfaces for punctures. Use the leak detection mixture to find small punctures by spraying it on the tub surface and checking for air bubble formation.

Prepare for Repair:

- Before beginning any repairs, it is important to:
 - Mark the area to be repaired.
 - Deflate the tub and lay it flat.
 - Allow the tub to dry out before beginning any repairs.

Air Valve Leak Repair:

- The black wrench in the utility kit can be used to tighten or remove the air valve.
- If there is a leak found around the edges of the air valve, gently hand tighten the valve with the wrench.
- If the leak persists, please contact customer support.

Patch Repair:

- Cut the patch material so that it is 2" larger than the punctured area on all sides.
- Clean and dry the repair area:
 - Remove debris with a soft brush or cloth.
 - Use rubbing alcohol to remove any dirt or oils.
- Apply a thin coat of adhesive to both the patch and tub surfaces. Wait for the adhesive to become tacky (~2-3 minutes) before placing the patch flat over the punctured area.
- Use a heat gun or hair dryer to gently warm the repair area. While heating, smooth out any air bubbles with a hard, flat tool such as a roller or spatula.
 - **Note:** Avoid directly applying high temperatures. Only heat the repair area.
- Let the repair area stand undisturbed for 24 hours.

Optional: Use with T1 or T2 Chiller

- Everdrive T1 Chiller model can be used with Regen8 PolarBarrel Ice Bath.
- Everdrive T2 Chiller model can be used with Regen8 PolarBarrel, Regen8 PolarChill and Regen8 Polar Tub Ice Bath.
- Follow the instructions on Chiller to install to the tubs inlet and outlet valves.
- Manual is inside the Chiller box.

V. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



WARRANTY AND SUPPORT



WWW.LIFESPANFITNESS.COM.AU