



HOT & COLD PLUNGE MANUAL

SCAN FOR INSTALL VIDEO



READ FIRST BEFORE SETTING UP THE PLUNGE!

CHILLER INSTRUCTIONS

We are very excited for you to plunge, but we ask that you leave the chiller in an upright position and unplugged for three hours before you turn it on. The refrigerant may have been shaken up in transit and needs time to settle. We appreciate your patience and look forward to hearing about your Plunge experience! Give us a call if you have any questions at (916) 249-0397.

INCLUDED WITH YOUR PLUNGE



PHONE / TABLET MOUNT

Affix this to your Plunge to hold your phone or tablet.



HOSE FILTER

Put this on the end of your hose to filter out impurities. Run water through it before using it to fill the Plunge.



FILTER WRENCH

Use this to change your filter.



COVER KEYS

Use these to lock your cover to keep kiddos out.



SKIMMER NET

Scoop any floating debris out of your Plunge.



GUIDED PLUNGE VIDEO CONTENT

Access our guided plunge content at theoldplunge.com/pages/videos or scan the QR code.



PLAY VIDEO

READ FIRST BEFORE SETTING UP THE PLUNGE!

IMPORTANT WARRANTY INFORMATION

Please note that damage caused by freezing conditions or improper water chemistry are not covered under our warranty.

WATER SHOULD FLOW 24/7

If your Plunge is plugged in and water is not flowing properly, please watch this video on how to purge air from your system.



If the air purge doesn't work and your Plunge stops filtering for more than 12 hours, **you must empty the Plunge, the filter canister, and the chiller.**

This is very important for 3 reasons:



Stagnant water is not sanitary for the system.

Solidified bio-matter can form inside the pipes and requires a deep clean with hot water to fix. This can also appear if no sanitation is done. Please follow the maintenance protocol included in the manual.



If the chiller is on, but no water flowing, ice will form and can break the chiller. **Please turn the chiller off immediately if water is not flowing.**



If the temperature in your area drops below freezing and water isn't flowing, your plumbing system will crack and break. **Please monitor your Plunge daily when the outside temperature is below freezing to ensure constant flow. If your Plunge doesn't have a heater and temp is below 0°F for 12 hours, you must drain the Plunge, filter and chiller.**



QUICK START GUIDE

SCAN FOR VIDEO



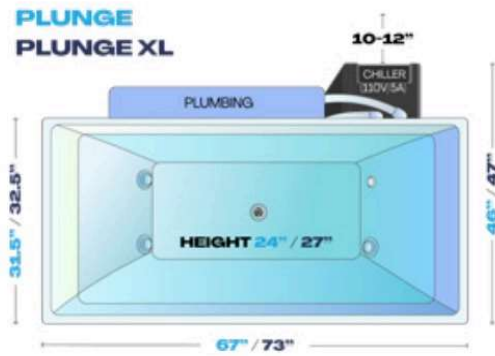
QUICK START GUIDE

1

Place the Plunge on a flat surface with 12" behind and in front of the chiller for proper air flow. Make sure it can support 1,200 lbs and keep it 5 feet from any appliances.

Place the chiller behind the tub.

Let the chiller rest for 4 hours before turning on. Not doing so will result in a failed chiller.



2

Screw on the "In" connection from the water pump to the "In" connector on the chiller



3

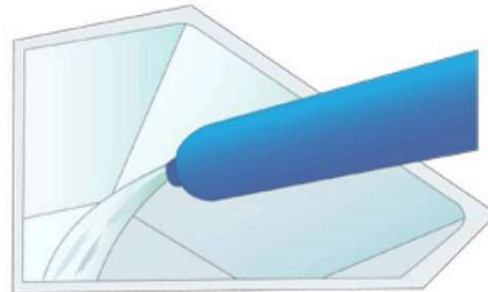
Attach the included carbon hose filter to a hose. Run water through it into a drain until the water turns clear.

Then, fill the Plunge with water.

Recommended water level;

Indoor = 4.5" from top

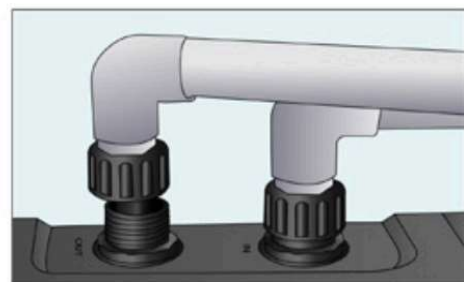
Outdoor = 3" from top



4

Screw on the "Out" connection from the water filter on the "Out" connector on the chiller.

DO NOT connect the "Out" connection until the Plunge is half full.



QUICK START GUIDE

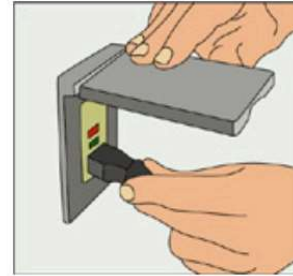
5

Plug the main power cord from the electrical box into a GFCI outlet (110-120v).

Standard = 15 Amp breaker
Pro/XL = 20 Amp breaker

Check for water flowing out of jets.

DO NOT move onto the next step if no water is flowing from jets.



6

Plug the chiller into the outlet labeled "Cooling" in the electrical box.



7

You'll control the temp with the Inkbird WiFi thermostat on the back of the tub.

(PV = Present Temp, SV = Set Temp).

Press "Set" (do not hold), then use up and down arrows to set your desired temperature.

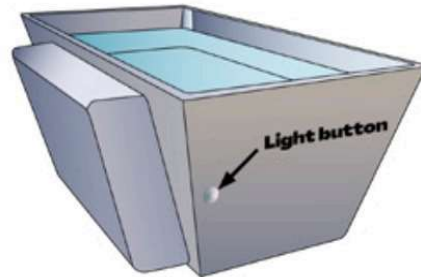
The Inkbird will power off the chiller or heater when the SV is reached. It will turn back on when the PV is 4 degrees from the SV.

Note: WiFi only works with 2.5GHz modem

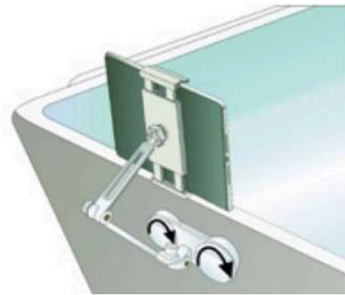


QUICK START GUIDE

8 Turn the light on/off via the silver button on the left side of the tub.



9 Install the phone/tablet mount by attaching the two suction cups to the Plunge and rotating each one clockwise until fully secure.



10 To keep your water clean and Plunge working well long-term, please purchase a maintenance package from thecoldplunge.com/collections/supplies and follow the instructions given with the package.



PLUNGE RITUAL

Watch our “Fundamentals to Cold Plunging” and our “Guided Plunge” video series to create a consistent cold plunge ritual at thecoldplunge.com/videos.



PLAY VIDEO

QUICK START GUIDE

PLUNGERITUAL

Watch our “Fundamentals to Cold Plunging” and our “Guided Plunge” video series to create a consistent cold plunge ritual at thecoldplunge.com/videos.



PLAY VIDEO

PLUNGE

MAINTENANCE PROTOCOLS

WATER MAINTENANCE PACKS

Purchase water maintenance packs at
thecoldplunge.com/collections/supplies
or scan the QR code.

Note: Instructions for water maintenance
are given with the package.



MAINTENANCE PROTOCOLS

MONTHLY

Change your filter. (Easiest to do when empty). If full, follow instructions below:

1. Pull up the white diverter valve to the side.
2. Use the filter wrench to loosen the filter canister.
3. Replace the filter.
4. Make sure the O-ring is still in place.
5. Tighten filter back on.
6. Pull the white diverter valve back to the down position.



PLAY VIDEO

YEARLY OR AS NEEDED

Clean out Pump

1. Drain the Plunge
2. Remove all four screws so the Pump can come completely off
3. Unplug the pump cord from the electrical box.
4. Twist the end piece and remove to exposes the impeller.
5. Clean out the impeller. It can be fully removed and cleaned out.
6. Make sure O ring is put back in place if it was removed.
7. Reinstall all pieces back together and plug the pump back in.



PLAY VIDEO

Deep Clean Plumbing

1. If you have hot water, fill the plunge with hot water.
2. Put in a teaspoon of plumbing and jet cleaner (e.g. AHH-some).
3. Let the system run for at least 30 minutes.
4. Drain and refill.



PLAY VIDEO

Clean Chiller Screens

1. Pop out the two side screens and clean them out.
2. Unscrew the screw on the front / bottom of the chiller.
3. Pop out the plastic grill, pull out the screen, and clean it.



PLAY VIDEO



SAFETY PRECAUTIONS

SAFETY PRECAUTIONS

PLEASE READ ALL OF THE SAFETY PRECAUTIONS & FOLLOW ALL INSTRUCTIONS CAREFULLY

1. **WARNING:** To reduce the risk of injury, do not permit children to use this product unless they are closely supervised at all times.
2. **DANGER:** Risk of accidental drowning. Extreme caution must be exercised to prevent unauthorized access by children. To avoid accidents, ensure that children cannot use this product unless they are supervised at all times.
3. **DANGER:** Risk of Injury. The suction fittings in this Plunge are sized to match the specific water flow created by the pump. Should the need arise to replace the suction fittings or the pump, be sure that the flow rates are compatible. Never operate the Plunge if the suction fittings are broken or missing. Consult Plunge for assistance to get replacement suction fitting.
4. **DANGER:** Risk of electric shock. Install at least 1.5 meters (5 feet), from all electrical devices.
5. **DANGER:** Risk of Electric Shock. Do not permit any electrical appliance, such as a light, telephone, radio, television, etc. within 1.5 meters (5 feet) of a Plunge.
6. **ELECTRICAL SUPPLY:** The electrical supply for this product must include a suitable circuit breaker. The plug must be readily accessible and visible to the Plunge occupant but installed at least 1.5 meters (5 feet), from the Plunge water.
7. **WARNING** To Reduce the Risk of Injury:
 - a) Before entering the Plunge, the user should measure the water temperature with an accurate thermometer since the tolerance of water temperature regulating devices may vary as much as +/-2°C (5°F).
 - b) The use of alcohol, drugs, or medication before or during Plunge use may lead to unconsciousness with the possibility of drowning.
 - c) Persons suffering from obesity or a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before using a Plunge.
 - d) Persons using medication should consult a physician before using a cold plunge since some medication may induce drowsiness, while other medication may affect heart rate, blood pressure and circulation.
8. **WARNING:** ONLY plug your Plunge into a GFCI outlet. If you don't have a GFCI outlet, a new one must be installed by a licensed electrician before using your Plunge.
9. Use the cover straps and clip tie downs to secure the cover when not in use. This will help to discourage unsupervised children from entering the Plunge. There is no representation that the cover, clip tie downs, or actual locks will prevent access to the Plunge.
10. Save these instructions

SAFETY PRECAUTIONS

WARNING: THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY. **WARNING:** CHILDREN SHOULD BE SUPERVISED TO ENSURE THAT THEY DO NOT PLAY WITH THE APPLIANCE. **WARNING:** CLEANING AND USER MAINTENANCE SHALL NOT BE MADE BY CHILDREN WITHOUT SUPERVISION.

WARNING: CHILDREN SHOULD NOT USE THE PLUNGE.

WARNING: PEOPLE WITH INFECTIOUS DISEASES SHOULD NOT USE THE PLUNGE.

WARNING: TO AVOID INJURY, EXERCISE CARE WHEN ENTERING OR EXITING THE PLUNGE.

WARNING: DO NOT USE DRUGS OR ALCOHOL BEFORE OR DURING THE USE OF PLUNGE TO AVOID UNCONSCIOUSNESS AND POSSIBLE DROWNING. THE USE OF ALCOHOL OR DRUGS CAN ALSO GREATLY INCREASE THE RISK OF FATAL HYPOTHERMIA.

WARNING: PREGNANT OR POSSIBLY PREGNANT WOMEN SHOULD CONSULT A PHYSICIAN BEFORE USING THE PLUNGE.

WARNING: WATER TEMPERATURE IN EXCESS OF 38°C (100°F) MAY BE INJURIOUS TO YOUR HEALTH.

WARNING: BEFORE USING THE PLUNGE, MEASURE THE WATER TEMPERATURE WITH AN ACCURATE THERMOMETER.

WARNING: PROLONGED IMMERSION IN THE PLUNGE MAY BE INJURIOUS TO YOUR HEALTH.

WARNING: DO NOT PERMIT ELECTRIC APPLIANCES (SUCH AS LIGHT, TELEPHONE, RADIO, TELEVISION, ETC.) WITHIN 1.5 METERS (5 FEET) OF THIS PLUNGE.

CAUTION: MAINTAIN WATER CHEMISTRY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS.

Prolonged immersion in cold water may induce hypothermia. While it is important to keep our bodies properly warm, it is equally important for us to be able to cool down. But in certain environmental conditions our bodies cool down too much. Our temperatures drop too far when they dip into hypothermic internal temperatures of 95 degrees and lower. There are four main ways that our bodies give off heat and cool themselves: conduction, convection, radiation and evaporation. Each of these processes helps us sustain healthy internal temperatures. They also give us a better understanding of how hypothermia happens. When someone's warming reactions, like shivering, aren't enough to overcome the cooling process, hypothermia can set in. Look for several important signs indicating the different stages of hypothermia. Mild hypothermia: shivering, goose bumps, difficulty with complex motor skills moderate hypothermia: violent shivering, sluggish, speech problems, difficulty with fine motor skills severe hypothermia: rigid muscles, dazed, shivering has stopped, blue skin, erratic heart beat, unconscious.

WARNING: We recommend that the Plunge be installed above ground. Consult a licensed building contractor to design or evaluate your custom decking requirements.

WARNING: The use of alcohol or drugs can greatly increase the risk of fatal hypothermia in cold plunges.

OUTDOOR GROUND LEVEL INSTALLATION WARNING

No matter where you install your new Plunge, it's important that you have a solid foundation for support. If using patio stones, they should be at least two inches thick and twelve inches square. Even with stones in place, the Plunge will possibly settle and become uneven, and may require re-leveling over time.

Deck Installation: To be certain your deck can support your Plunge, you must know the deck's maximum load capacity. Consult a qualified building contractor or structural engineer. This weight per square foot must not exceed the structures' rated capacity, or serious structural damage could result. The Plunge with water is 1,000 lbs.

ELECTRICAL INSTALLATION REQUIREMENTS

PLUNGE MUST BE WIRED IN ACCORDANCE WITH ALL APPLICABLE LOCAL ELECTRICAL CODES. ALL ELECTRICAL WORK SHOULD BE DONE BY AN EXPERIENCED, LICENSED ELECTRICIAN AND APPROVED BY A LOCAL BUILDING/ELECTRICAL INSPECTION AUTHORITY. WE RECOMMEND THE USE OF APPROPRIATE ELECTRICAL CONDUIT, FITTINGS AND WIRE FOR ALL CIRCUITS.

WARNING: Removing or bypassing any Ground Fault Circuit Interrupter breaker will result in an unsafe Plunge and will void the Plunge's warranty.

WARNING: All electrical hookups (except where cords with built in GFCI are supplied by Plunge) must be performed by a licensed electrician.

WARNING: Do not turn on power to the Plunge until the Plunge is filled to the required level. Running the pump without water could cause immediate damage and void your warranty!

1 YEAR RESIDENTIAL LIMITED WARRANTY

1 Year Shell Structure - Your Plunge is warranted against water loss due to defects in the spa shell, blisters, cracks, or delamination of the interior surface of the spa shell due to defects in workmanship or materials for one year from the original date of purchase.

1 Year Equipment and Controls - Specifically the pumps, heater, and control system - are warranted against malfunctions due to defects in workmanship or materials for one year from the original date of purchase.

1 Year Plumbing Components - Plunge plumbing components are warranted against leaks due to defects in workmanship or materials for one year from the original date of purchase.

The factory installed Plunge Water Purification system is warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase, except the UV-C bulb and quartz tube. The UV-C bulb and quartz tube are warranted for ninety (90) days from the original date of the spa purchase. All other factory installed components not mentioned specifically, including, but not limited to the frame, jets, diverter valves, Lighting systems, filter shield, filter lid, and mechanical components are warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase. This Limited Warranty is void if Plunge or its designated representative determines that the spa has been subjected to damage or failure due to installation of aftermarket parts that are not Genuine Plunge branded Parts & Accessories. This disclaimer includes, but is not limited to filters, UV-C bulbs, ozone systems, repair parts and other accessories. Genuine Plunge brand Parts & Accessories are built to our highest standards of quality, durability and performance, and they are designed to work with your Plunge to ensure optimal performance and function.

PERFORMANCE

To obtain service in the event of a defect covered by this Limited Warranty, notify Plunge as soon as possible and use all reasonable means to protect the spa from further damage. Upon proof of purchase, a designated service representative will correct the defect subject to the terms and conditions contained in this Limited Warranty. There will be no charge for parts or labor to repair the defect, although providing access to affect the repair is your responsibility as the spa owner. You may be assessed reasonable repairman travel mileage charges. In the event that the spa is removed to a repair facility for repair and reinstalled, the cost of removal and reinstallation will be your responsibility as the Plunge owner. The Manufacturer reserves the right, at its sole option, to either repair or replace any covered part, and in the event it chooses to provide a replacement Plunge, it will be of equal value to the original Plunge. In such an event, reasonable costs for removal of the original Plunge, shipping costs from the factory for the replacement Plunge and delivery and installation of the replacement will be your responsibility as the Plunge owner. The replacement Plunge will carry the balance of the original Plunge's warranty. Spa covers are not included.

WARRANTY LIMITATIONS

This Residential Limited Warranty is void if: Used in a commercial setting, the Manufacturer or its designated representative determines that the spa has been subjected to alteration, neglect, misuse or abuse, or freight damage caused by the common carrier; any repairs have been attempted by anyone other than a designated representative; or if the failure is caused by accident, acts of God or other causes beyond the control of the Manufacturer. Neglect, misuse and abuse include any installation, operation or maintenance of the Plunge other than in accordance with the instructions contained in the owner's manual provided with the Plunge, including but not limited to the failure to maintain proper water chemistry and chemical balance and the use of abrasive or improper cleaners or non-genuine parts and accessories. This Limited Warranty does not provide coverage for the insulating cover, any item attached to or installed on the Plunge after the date of manufacture, or for gaining access to any component for repair or replacement. Plunge's used in commercial applications are excluded from any coverage whatsoever. The Plunge owner accepts liability for repair work performed by anyone other than the Manufacturer or a designated Plunge representative. Plunge is not responsible for work performed on any units outside of the contiguous United States.

LIMITATIONS ON IMPLIED WARRANTIES

This Limited Warranty takes the place of all other warranties, express or implied, in fact or at law. All warranty service must be performed by the Manufacturer or its designated representative using authorized Plunge parts. No agent, dealer, distributor, service company or other party is authorized to change, modify or extend the terms of this limited warranty in any manner whatsoever. The Manufacturer will not be responsible for any statements or representations made in any form that go beyond, are broader than, or are inconsistent with any authorized literature or specifications furnished by Plunge.

DISCLAIMERS

The MANUFACTURER AND ITS REPRESENTATIVES WILL NOT BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, and shall not be liable for any injury, loss, cost or other damage, whether incidental or consequential, arising out of any defect covered by this limited warranty, including without limitation, loss of use of the Plunge and cost for removal of defective product even if the Manufacturer was advised of the possibility of damage, and water damage. The liability of the Manufacturer under this limited warranty, if any, shall not exceed the original amount paid for the defective product. Coverage under this limited warranty shall commence as of the original date of purchase and the duration of such coverage shall not extend for any reason whatsoever beyond the stated time periods. These disclaimers shall be equally applicable to any service provided by the Manufacturer and its designated representatives.

LEGAL RIGHTS

This Limited Warranty gives you specific legal rights. There are no warranties applicable to Plunge products except as expressly stated herein or as implied by applicable state and federal laws. You may also have other rights that vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, disclaimer of certain warranties, or the exclusion or limitation of incidental or consequential damages so some of the above limitations