



# EMBRACE THE TUBBY

*Info@soaknz.com*

*www.tubbytubs.co.nz*



# *UNBOX THE CHILL*

---

Important Note: If you see any damage to the crate or the Ice Bath upon arrival, do not accept the delivery.

Take photos of the damage and contact Tubby Ice Baths immediately at [info@soaknz.com](mailto:info@soaknz.com).

Tools Needed:

- Pliers (or a similar tool)
- Several people (to lift the Ice Bath)

## *FROM CRATE TO GRATE*

---

- **Safety First:** Before you begin, ensure you have enough people to safely lift the Ice Bath. Be mindful of your back and knees when lifting.
- **Inspect the Crate:** Carefully examine the crate for any signs of damage during transport. Look for cracks, holes, or crushed wood.
- **Locate Crate Clips:** Identify the metal clips that hold the crate together. These will be on the sides and top of the crate.
- **Unbend Clips:** Using pliers or a similar tool, carefully bend the clips straight. Be cautious while doing this and keep your fingers clear to avoid pinching.
- **Remove Crate Top & Sides:** Once all the clips are straightened, you can remove the sides of the crate. The sides should slide out easily.
- **Lifting the Ice Bath:** Now that you have full access to the Ice Bath, carefully lift it out of the crate with the help of several people.
- **Move to Desired Location:** Carefully carry the Ice Bath to its final resting place. Make sure the path is clear and free of obstacles.

# RECOMMENDED FOUNDATIONS

---

To ensure a stable and long-lasting foundation for your Ice Bath, we suggest considering one of these three options:

## 1. Concrete Pad:

- A solid concrete slab
- Proper curing time is crucial to prevent settling and cracking. Factors like concrete type, weather, and slab size influence curing time.

## 2. Paving Blocks:

- A visually appealing and cost-effective option.
- Level the area with sand or gravel before installing pavers to avoid settling.

## 3. Crushed Gravel Pad:

- A quick and budget-friendly solution.
- A thick layer of compacted gravel is necessary.
- Consider using a wooden frame to contain the gravel and prevent settling.

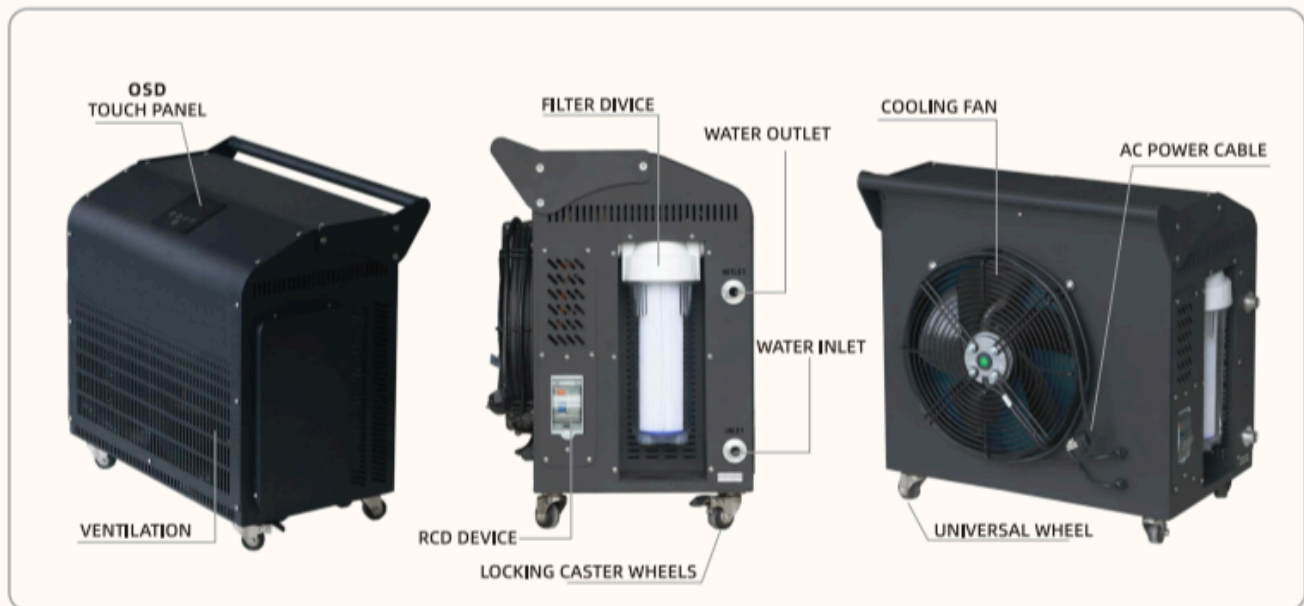
**unwind,  
recharge  
soak**

---

# TAKE THE PLUNGE









Once you've successfully liberated it from its crate, the next crucial step is ensuring it receives the lifeblood it needs: electricity.

It comes with a standard three point plug ready to go!



## DISPLAY PANEL



- Switch mode, tap Function to switch between heating, Auto, and cooling modes.
- Heating mode:  icon lighting.
- Automatic mode:  icon lighting.
- Cooling mode:  icon lighting.
- Function or mode key: 
- Timing key: 
- "+" "-" key:  
- ON/OFF key: 

# *FILL THE TUB*

---

To fill your Ice Bath, start by ensuring it's clean and free of debris.

Then, fill your tub from the garden hose. This will take approximately less than an hour to fill, depending on your pressure.

Fill the tub slowly and steadily, checking the water level regularly to ensure it's consistent. Once the tub is filled, cover it to help prevent debris from entering.

# *DON'T BATHE IN SOUP*

---

You've embraced the chilly embrace of your Tubby Tubs ice bath, complete with its fancy filter – no more gritty surprises! But let's be real, even with a filter, your ice bath isn't a magical self-cleaning wonderland. Think of it this way: if you wouldn't dive headfirst into a lukewarm bowl of yesterday's noodle soup, you probably don't want to marinate in your own ice bath runoff. While your Tubby Tubs does have a filter to catch the big bits (like that rogue toenail clipping – gross!), you'll still need to change the water regularly and maintain it to avoid turning your invigorating dip into a lukewarm broth. How often? Well, that depends on how much "you" gets into the tub, but a good rule of thumb is to change the water every 1-2 weeks with regular use, and perhaps a bit longer if you're only dipping occasionally. Just remember, a clear mind comes from clear water, and nobody wants to ponder life's big questions while swimming in a murky, human-flavored consommé!

# *TUBBY-ING*

---

Before entering your Ice Bath, shower to remove body oils and lotions. Limit your soak time to 15-20 minutes to avoid overheating. If oils and lotions are on your body they will create a film on the water.

Stay hydrated by drinking plenty of water before, during, and after your soak. Avoid consuming alcohol before or during your soak, as it can increase your risk of dehydration and accidents.

## *UNLEASHING WATER*

---

First, locate that mysterious end cap. It's the guardian of your glorious water. Now, engage in a delicate twisty dance with it until you're rewarded with a glorious CLICK! This click is the secret handshake of the drainage world. Once you feel it, give that end cap a good, confident yank straight out. At this pivotal moment, you'll discover you can now unscrew the cap entirely. With the cap liberated, the grand finale: give that newly uncapped pipe a firm push back in. Voila! The watery floodgates shall open, and your Tubby Tub will begin its journey back to emptiness. You can attach a garden hose to the fitting to dump the water further away from the tub.



# COOL RUNNINGS

---

## 1. Setting Up Your Ice Bath

- **Placement:** Ensure your Tubby Tubs unit is in a well-ventilated area. Leave at least 50 cm (20 inches) of clearance behind the chiller fan for proper ventilation. This is crucial for efficient heating and cooling.
- **Filter Installation:** Make sure the filter element is installed before use.
- **Power:** Verify that the rated voltage of your Tubby Tubs unit matches your home's power voltage.

## 2. Wire Control Operation

Your Tubby Tubs unit is controlled by a wire control panel. Here's how to operate it:

- **ON/OFF Key:** Press the ON/OFF key to turn the unit on or off.
- **Function/Mode Key (Sauna-Spa):** Tap the Function key to switch between operating modes:
  - **Heating Mode:** The heating icon will light up.
  - **Automatic Mode:** The automatic icon will light up.
  - **Cooling Mode:** The cooling icon will light up. For an ice bath, you'll primarily use Cooling mode.
  - **Temperature Setting (+/- Keys):** On the main screen, press the "+" or "-" keys to adjust your desired water temperature. For an ice bath, you'll want to set a low temperature.

# THE ART OF THE FREEZE

---

## 3. Advanced Settings (User Parameters)

You can query and set user parameters for more control.

- Enter User Query Interface: From the main interface, long press the "Function" key for 3 seconds.
- Browse Parameters: Use the "+" or "-" keys to scroll through various parameters.
  - Set Parameters: Select a parameter by pressing the "Function" key. The parameter will start flashing.
  - Use the "+" or "-" keys to change the value.
  - Press the "Function" key again to confirm the change.
- Exit/Save: If no keys are pressed for 30 seconds, changes will be automatically saved, and the unit will return to the main interface. You can also press the ON/OFF key to return directly.

## 4. Real-time Clock Settings

You can set the internal clock of your unit.

- Enter Clock Settings: On the main interface, long press the "Timing" key for 5 seconds. The hour and minute digits will flash together.
  - Set Hour: Click the "Timing" key. The hour digit will flash, and the minute digit will stop flashing.
  - Use the "+" or "-" keys to adjust the hour.
  - Set Minute: Click the "Timing" key again. The minute digit will flash, and the hour digit will stop flashing.
  - Use the "+" or "-" keys to adjust the minute.
  - Confirm: Click the "Timing" key one more time to confirm and return to the main interface.
  - Alternatively, press the "ON/OFF" key to confirm and return to the main interface.



# ICE, ICE, MAYBE

---

- Automatic Save: If no keys are pressed for 30 seconds, the current clock setting will be confirmed, and the unit will return to the main interface.
- 5. Timing On/Off Settings (Scheduled Use)
- You can program your Tubby Tubs to turn on and off at specific times.
- Enter Timing Settings: From the main interface, gently press the "Timing" key. Timing group 1 will start blinking. Your unit has two timing groups.
- Set Startup Hour (Group 1): When segment 1 is blinking, press the "Timing" key. The hour part of the startup time will flash.
- Use the "+" or "-" keys to set the startup hour for group 1.
- Set Startup Minute (Group 1): After setting the hour, click the "Timing" key again. The minute part of the startup time will flash.
- Use the "+" or "-" keys to set the startup minute for group 1.
- Set Shutdown Hour/Minute (Group 1): After setting the startup time, press the "Timing" key again to enter the shutdown hour setting for group 1. The setting method is the same as above.
- Confirm/Save/Next Group: After setting the shutdown time, press the "Timing" key again to confirm and save the current group's settings.
- You can then press the "+" or "-" keys to enter the next timing group's settings.
- Invalid Timing: If the scheduled startup and shutdown times for a group are the same, that group's timing will be invalid.
- Activate/Deactivate Timing: When timing segment 1 or 2 is blinking, hold down the "Function" (mode) button for 3 seconds to activate the timing switch icon.
- To close (deactivate) the current timing setting, hold down the "Function" (mode) button for 3 seconds again when timing segment 1 or 2 is blinking and the timing switch icon is displayed. The icon will disappear. is no water in the internal pipeline of the chiller when storing.

# DIAL IT DOWN COWBOY

---

- Automatic Save/Exit: If no key is pressed on the timing screen for 30 consecutive seconds, the current timing time will be confirmed, and the unit will return to the home screen. You can also press the "ON/OFF" key to confirm and return.
- 6. Lock Key and Unlock
  - The display screen will enter a dormant state and automatically lock after 60 seconds of no input. The "lock button" icon will light up.
  - Unlock: In the locked state, click any key to light up the screen. Then, long press the "ON/OFF" (switch) key for 5 seconds. After a "Di" sound, release the key, and the "lock key" icon will turn off.
- 7. Filter Maintenance
  - Regularly check and clean your unit and filters.
  - Disassembly: Use a special wrench to remove the filter.
  - Loading Filter Paper: Install the filter paper.
  - Installation: Use a special wrench to install the filter.
  - Replacement Frequency: Replace the filter according to water quality requirements:
    - Frequent Use: Replace once a week.
    - Infrequent Use: Replace once every two months.
- 8. Important Precautions
  - Ventilation: Always ensure adequate ventilation around the unit.
  - Do Not Turn Chiller Upside Down.
  - Do Not Use Without Filter Element Installed.
  - Ensure at least 100cm (3.3 feet) of free space around the chiller.
  - Working Temperature: 1°C ~ 45°C (34°F ~ 113°F)
  - Storage Temperature: -20°C ~ 55°C (-4°F ~ 131°F)
  - Storage Relative Humidity: 20% ~ 85%
  - Empty Internal Pipeline for Storage: Ensure there is no water in the internal pipeline of the chiller when storing.

# WAX ON, CEDAR STRONG

---

Maintaining the wood cladding of your soak Ice Bath is essential for its longevity and aesthetic appeal. To protect the wood, it should be re-oiled every 12 months.

We strongly recommend using Wood-X, specifically the "Hessian" color, for optimal protection and to preserve the wood's natural beauty. You can find more information about Wood-X on their website: <http://www.wood-x.co.nz>.

Before applying the Wood-X, ensure the wood is clean and dry, removing any dirt, debris, or old oil residue. Follow the Wood-X manufacturer's instructions for proper application, applying the oil evenly and ensuring thorough coverage of all wood surfaces. Pay close attention to end grains and areas exposed to direct moisture.

Several factors can influence the frequency of oiling. Exposure to direct sunlight, rain, and humidity can accelerate wood deterioration, potentially necessitating more frequent oiling in harsh climates. Regular inspections of the wood cladding are also crucial, allowing you to identify any signs of cracking, splitting, or discoloration. Address any damage promptly to prevent further deterioration. Clean the wood cladding regularly with a soft brush or cloth to remove dirt and debris, avoiding harsh chemicals or abrasive cleaners that could damage the wood. Wood-X is recommended because it is designed to penetrate deep into the wood, providing long-lasting protection against moisture and UV damage, helping to maintain the wood's natural appearance and prevent warping, cracking, and splitting. As a product designed for the harsh environmental conditions found in New Zealand, it is a great option.

By consistently adhering to these wood cladding maintenance guidelines, you can ensure your Tubby Ice Bath remains a beautiful and functional addition to your outdoor space.



## **Quality Craftsmanship. Affordable Price**

We started Tubby Tubs because, let's face it, adulting is hard enough without the added stress of an overpriced Ice Bath. We were tired of the industry's obsession with luxury that only the elite could afford. We wanted to create a Ice Bath experience that was both indulgent and accessible.

---



*Info@soaknz.com*  
*www.tubbytubs.co.nz*