

POLAR DRY PLUNGE



BENEFITS

- Helps the body feel recharged and revitalized
- Supports post-workout recovery
- May help soothe sore, stiff muscles after exercise
- Feels great on sore, tired muscles



HOW TO USE

- Press the Start button and review the health and safety tips on the touchscreen
- Then, gently pull the cold pads over your chest and waist areas and press the Confirm button
- Adjust arm and neck temperature as needed
- Turn optional arm and leg compression on/off
- You can keep your arms inside or outside the arm openings, whatever feels best
- A 3 minute session is recommended for first time users

Session Length: 7 minutes maximum per day

PRE- AND POST-SESSION CARE

- Before and after your session, please wipe down any frost or moisture from the waterproof surface

Scan &
learn how
to get
started

