

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



NOT RECOMMENDED FOR USE

Anyone with one or more of the following conditions, or with a condition upon which heat or light sensitivity may have an adverse effect, should consult a medical provider prior to use.

- Pregnancy
- Cardiovascular conditions (heart disease, hypertension, or coronary artery disease)
- Peripheral vascular disease or deep vein thrombosis
- Respiratory conditions
- Neurological disorders (seizure disorders or nerve damage)
- Raynaud's disease
- Diabetes
- Cold agglutinin disease
- Cancer
- Poor sensation or hypersensitivity to cold
- Poor skin condition, cold urticaria, open wounds or infections
- History of severe allergies
- Taking any medications that affect the heart rate or blood pressure
- Fever or infection
- Pacemaker or defibrillator
- Elderly individuals or children under the age of 16
- Alcohol or drug intoxication