



## Cold Plunge Chiller Operating Instructions



[Click here to View the assembly process or scan the QR code.](#)



## Contents



Safety Labels



Chiller Hoses (x2)



Rubber Washers (x8)



Quick Connectors (x2)



Filter (x2)



Filter Wrench

## Product Description

<b>Product Name</b>	<b>Cold Plunge Chiller</b>
<b>Model No.</b>	<b>SY-10-HC (cooling + heating)</b>
<b>Power Supply</b>	<b>AC100-127V 60Hz</b>
<b>Input Power</b>	<b>1170W</b>
<b>Compressor Power</b>	<b>945W</b>
<b>Cooling Capacity</b>	<b>3050W</b>
<b>Heating Function</b>	<b>Yes – 11260 BTU/H</b>
<b>Refrigerant</b>	<b>R410A</b>
<b>Water Temperature</b>	<b>3-42°C (37°-107° F)</b>
<b>Disinfection</b>	<b>Built-in ozone disinfection</b>
<b>Circulation Pump</b>	<b>Self-priming System</b>
<b>Water filter</b>	<b>External - 20 Micron</b>
<b>Remote control</b>	<b>iOS &amp; Android APP,WIFI</b>
<b>Net Weight</b>	<b>40kg (88lbs)</b>
<b>Dimension</b>	<b>21"x16"x22" (54*40*55cm)</b>
<b>*Water Volume &amp; Cooling Time (23°C to 5°C)</b>	200L=2.8H 500L=6.5H 1000L=15.5H 2000L=33.2H

( \*Data based on testing in closed insulated barrel, 30°C room temperature )



## READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Do not turn the chiller upside down.

Do not use without filter element installed

Make sure there is more 50cm free space around the chiller

When water is at desired temperature, (Hot or Cold), Always Turn off unit and unplug from the electrical outlet.

The chiller must be used and stored above 32°F/0°C to prevent chiller damage.

Working Temperature: 1 C~45 C

Storage Temperature: -20 C~55 C

Storage Relative Humidity: 20%~85%

(Make sure that there is no water in the internal pipeline of the chiller)

This product must only be used by competent and responsible persons or those placed under the direct and visual control of a competent and responsible person. If you are not able or not in a position to assume this responsibility, or if you do not fully understand the instructions for use, do not use this product.

Elderly persons, children, pregnant woman and persons suffering from heart disease, diabetes, high or low blood pressure should not use the cold plunge until they consult with their physician. This product is not intended for use by Children under the age of 18.

Cover the tub when not in use, This will help to discourage unsupervised children from entering the cold tub. There is no representation that the cover, will prevent access to the cold tub.

The use of alcohol, drugs, or medication before or during cold plunge use may lead to unconsciousness with the possibility of drowning.

Display Panel



Cooling Holes

Water Outlet

Handle

Ground Fault  
Interrupter  
(GFI) Switch

Water Inlet

Cooling Fan

AC Power  
Cable

Condensation Drain

Water Filter

Water will be discharged when  
heating

## Touch Panel Overview



### 1. Power :

Press the power switch button on the control panel for 1 second to power the chiller on or off.



### 2. Settings:

Press the settings button to enter the settings second menu screen. See settings page for detailed instructions.



### 3. Lock :

Press the lock button for 3-5s to lock or unlock the interface.



### 4. Wi-Fi :

See Wi-Fi connections page for detailed instructions.



### 5. Ozone :

If Ozone is turned on, this icon will be highlighted while ozone is running.

## Touch Panel Overview



### 6. Cooling :

Cooling icon will be highlighted when chiller is cooling.



### 7. Heating :

Heating icon will be highlighted when chiller is heating.



### 8. Defrosting :

Defrost is automatic and icon will highlight if operating.



### 9. Room Temperature :

Defrost is automatic and icon will highlight if operating.



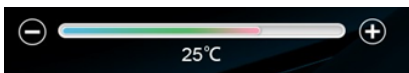
### 10. Water Flow :

Displays the current water flow.



### 11. Warning Fault :

Displays if there is a failure with unit. (Refer to fault code troubleshooting)



### 12. Temperature Adjustment :

Slide the temperature bar to set the desired water temperature.



### 13. Temperature :

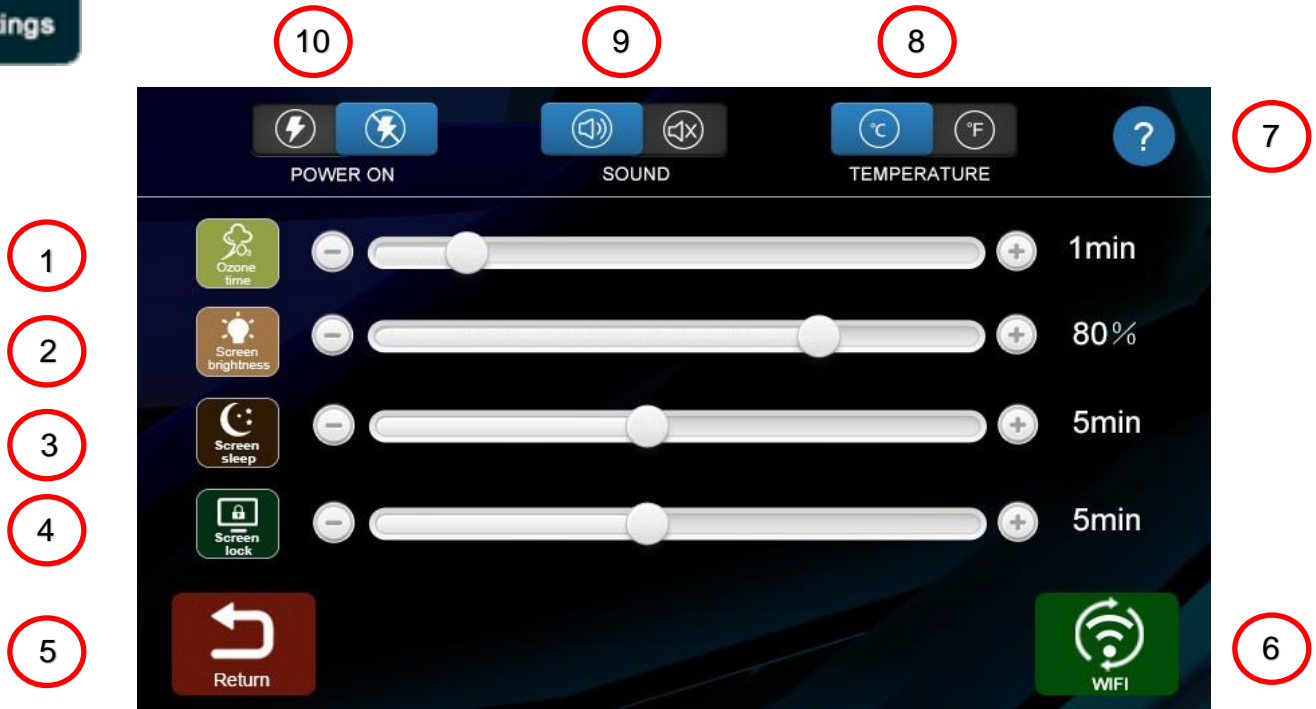
Shows the current tub temperature.

## Settings



### Settings:

Press the settings button to enter the settings second menu screen.



1. **Ozone Generator** – Adjust the Ozone operating time. 0 – 5 mins (The ozone generator will run for the selected time and then shut off for 15 minutes before starting again.)
2. **Screen Brightness** – Adjust the screen brightness. 10% - 100%
3. **Screen Sleep** - Adjust the Screen sleep time. 0 min (off) to 5 minutes
4. **Screen Lock** – Adjust the Screen lock time. 0 min (off) to 5 minutes
5. **Return** – Press to return to the main user interface.
6. **Wi-Fi** – Press and hold to enter the Wi-Fi function.
7. **Help** – Click to scan the QR code for technical support.
8. **Temperature** - Press to convert temperature units between Celsius and Fahrenheit
9. **Sound** – Press to turn sound on/off.
10. **Auto Start** – Press to turn auto start on/off. (If the auto start button is on, when local electricity shuts off and turns on again, the chiller will start to work automatically without press the switch button)

## Connecting to Wi-Fi



Smart Life



Tuya Smart

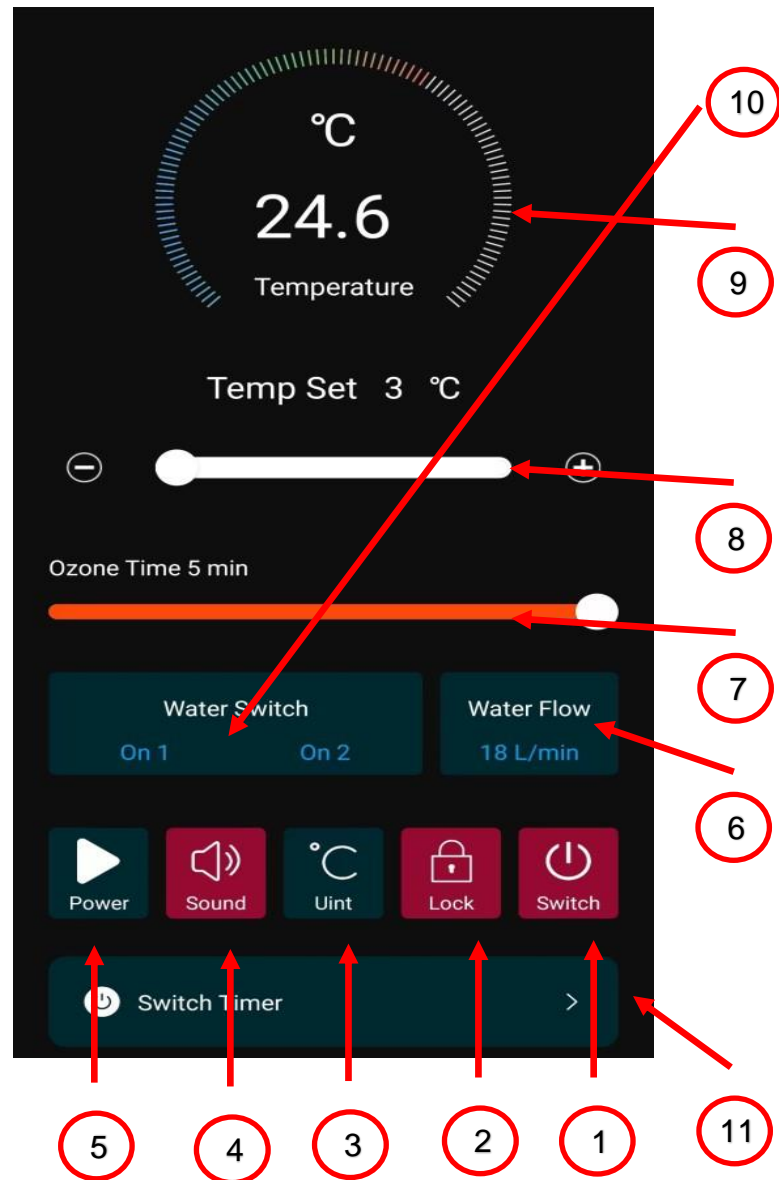
1. Scan one of the QR codes above and follow the prompts to download and install either the Smart Life or Tuya Smart App.
2. Follow the prompts to register an account (Recommended) or continue as a guest.
3. Turn on the Bluetooth of the mobile device.
4. Turn the chiller on.
5. Click the settings key, Press and hold the wi-fi button on the control panel of the chiller for 3-5 seconds, you will hear a “beep” and the wi-fi icon (will flash).

For V1 chillers, With the chiller turned on, press and hold the “W” button on the chillers' touch panel until the Wi-Fi symbol flashes on the display screen.

6. Open the app on your mobile device.
7. Click on “add a device”. (May need to go in the settings of mobile device and allow app permissions to “nearby devices”)
8. When prompted, enter wi-fi password, click next and wait for device to be added.
9. Click finish. You can now enter the App Control Panel.

## Smart Life or Tuya App Control Panel

1. **Switch** - Turn the chiller On/Off
2. **Lock** - Touch panel Lock/Unlock
3. **Temperature** - Press to convert temperature units between Celsius and Fahrenheit
4. **Sound** - Press to turn sound on/off
5. **Auto Start** - Press to turn auto start on/off. (If the auto start button is on, when local electricity shuts off and turns on again, the chiller will start to work automatically without press the switch button)
6. **Water Flow** - Displays the current water flow.
7. **Ozone Generator** - Adjust the Ozone operating time. 0 - 5 mins (The ozone generator will run for the selected time and then shut off for 15 minutes before starting again.)
8. **Temperature Adjustment Dial** - Slide the dial to set the tub temperature. (3-42°/37-107°)
9. **Current Tub Temperature**
10. **Water Switch Monitors**
11. **Switch Timer**- Schedule the chiller to turn On/Off



## Draining and Storing the Chiller

1. Unplug the chiller from the electrical source.
2. Disconnect both chiller hoses from the chiller.
3. Remove the water filter housing.  
If the housing does not want to turn by hand, you may use the included filter housing wrench.
4. Remove the water filter from the filter housing.  
If the filter is still clean, you can keep it for future use.
5. (For V1 chillers with externally mounted inlet filters, Remove the inlet filter housing and filter from the chiller inlet and store in a safe place.

For V2 chillers, the inlet filter is located inside the chiller behind a removable panel located behind the main filter.

Once the panel is removed, the filter can be located just inside the chiller case on the right-hand side while facing the panel opening.

To remove the filter, unscrew the foam-insulated filter housing cap **CLOCKWISE** and remove the filter housing cap and mesh filter together through the panel opening.

5. Carefully tilt the chiller backwards to drain any remaining water from the chiller inlet/outlet.
6. Attach the protective white chiller inlet/outlet caps.
7. Insert a dry filter into the filter housing and reinstall the filter housing onto the chiller by turning the housing clockwise until it is hand tight.

**NOTE:** Do not store the chiller with a wet filter to prevent the formation of mold/mildew.

8. Store the chiller in a dry, sheltered area above 32°F/0°C.

**WARNING:** The chiller must be used and stored above 32°F/0°C to prevent chiller damage. Chiller damage caused by freezing conditions is not covered by warranty.

## Chiller Start Up

### 1. Hook up the Chiller to the Cold Plunge Tub

Follow the assembly instructions for the chiller and plunge tub

### 2. Fill the Cold Plunge Tub with water

Clean water is essential when filling up your cold plunge tub.

Using a hose filter is a great way to help remove chlorine, dirt and bacteria from the water.

(Run the garden hose for several minutes to flush out accumulated bacteria caught in the residual of the hose before filling the tub.)

( If using a filter, Rinse for 2-3 seconds before putting in tub to remove any carbon)

### 3. Starting the Chiller

Once the water level is above the inlet and outlet connections of the tub, turn on the chiller unit and place the garden hose into either of the inlet or outlet holes of the tub to ensure the chiller hoses and all components are full of water.

Once the bubbles have stopped, the air is out of the lines and the unit is full of water.

Note: The above step is not mandatory as the chiller has a self primer built-in but doing this will make the self primer work easier and cause less wear and tear on the chiller unit.

Continue to fill the plunge tub with water to the desired depth, if tub is inside, fill water to about 4 ½" from the top of the tub. If tub is outside, fill water to about 3" from the top of the tub.



## Guidelines

Please be aware that these are guidelines only and can be adjusted as required.

Besides offering these guidelines, Leisurecraft customer support is not available to troubleshoot water quality.

All maintenance intervals are based on 1-2 regular users 3-5x per week.

For additional users, adjust maintenance intervals accordingly.

You should always enter your cold plunge clean (rinsed off)

You can choose to use chlorine or other sanitizers as desired.

If the water gets murky, always drain and start the fill up procedure from the start.

If the chiller stops filtering, empty the tub, chiller and filters, ensure everything is clean and no clogs in line etc. Refill the tub using the initial startup procedure.

When using in hotter ambient temperatures, it is recommended to place the chiller in a shaded area to maximize chilling capabilities and longevity of the chiller unit.

Your chiller unit is equipped with filtration and ozone sanitation to help keep your water clean.

Without the use of a water sanitizer, you can expect approximately 2 weeks of use before needing to drain and refill your tub with fresh water.

Your results may vary depending on usage and conditions.

To extend water change intervals, we recommend following the cleaning and maintenance schedule.

## Cold Plunge Tub Residential Water Maintenance

### Initial Start-up of Cold Plunge Tub

- a. Fill the Cold Plunge Tub with Water.
  - b. Add 3 oz of oxidizer.
  - c. Add 1 oz of sanitizer.
  - d. Test water with test strips- Adjust pH as needed, based on information below.
- If pH is too high, (over 7.8, add ½ tsp of pH down.
- If pH is too low, (Under 7.2, add 1 ¾ tsp of pH Up.

### Weekly Water Treatment of Cold Plunge Tub

- a. Add 1 oz of oxidizer.
  - b. Wipe water lines and inlets with sponge or cloth as needed.
  - c. Clean inlet chiller filter. (V1 Chillers)
- On V1 chillers, the mesh strainer is located inside a metal housing attached to the chiller inlet on the back of the chiller.
- d. Test water with test strips and adjust based on information below.

#### Sanitizer Reading

0 – Add 1 Tbsp Sanitizer

15 – Add 2 tsp Sanitizer

30-50 – Leave as is

Over 50ppm - Empty Cold Plunge Tub  
and follow start up procedure.

#### pH Reading

7.3 – 7.7- Leave as is.

7.2 or below – Add 1 ¼ tsp ph Up.

7.8 or higher – Add ¼ tsp ph down.

## Cold Plunge Tub Residential Water Maintenance

### Monthly Water Treatment of Cold Plunge Tub

- a. Empty Cold plunge Tub and Chiller unit.
- b. Replace Filter on chiller.
- c. Clean inlet chiller filter.

On V2 chillers, the inlet filter is located inside the chiller behind a removable panel located behind the main filter.

Once the panel is removed, the filter can be located just inside the chiller case on the right-hand side while facing the panel opening.

To remove the filter, unscrew the foam-insulated filter housing cap CLOCKWISE and remove the filter housing cap and mesh filter together through the panel opening.

- d. Clean the interior of the Cold Plunge using white vinegar or mild soap, warm water and a sponge or a cloth.
- e. Follow the initial start up procedure to refill your tub.

Prior to refilling with fresh water, ensure complete removal of soap residue for optimal results

# Cold Plunge Tub Sessions

## Benefits of Cold Plunge Sessions.

- Reduce joint pain
- Boost mental and physical resilience
- Boost metabolism
- Optimize digestion productivity
- Lessen muscle soreness
- Elevate mood
- Increase energy and
- Reduce inflammation

### Disclaimer

*The following protocols are for reference only!*

Leisurecraft Inc. will not be liable for injury, disability, death, or loss or damage to person or property arising out of the use of the following cold plunge protocols.

### Fat Loss Protocol

The goal of this protocol is to activate shivering, which triggers the release of succinate from muscle tissue. Succinate activates brown fat thermogenesis and increases metabolism and fat loss.

#### Step 1

Set the water temperature to a level that will cause you to start shivering after 1-3 minutes of submerging or exposure.

#### Step 2

Submerge your body to your shoulders. Don't Fight the shiver. Achieve shiver and maintain the shivering for 60-120 seconds.

#### Step 3

Once you have been shivering for 60-120 seconds, exit the tub and stand near it. Do not cross your arms or dry off.

Continue shivering outside the tub for 60-120 seconds.

#### Step 4

Once the shivering stops or slow down, return to the Cold Plunge Tub and repeat step 2.

#### Step 5

Repeat for 2-5 sets with 1 plunge and 1 exit counting as a rep.

# Cold Plunge Tub Protocols

## Energy Protocol

This protocol is designed to increase energy, boost metabolism, reduce inflammation, elevate your mood and aid in smoother digestion.

### Step 1

Start with a 30 session in a Leisurecraft sauna.

### Step 2

Quick exercise to increase the internal body temperature.

Ex. 20 squats or jumping jacks.

### Step 3

Enter the cold plunge and submerge your body so your ears are below the surface while your mouth stays above. Stay in for 60-120 seconds, dunk your head for a few seconds and exit the tub.

### Step 4

Dry off and do another quick set of exercises. Repeat as desired.

The above are guidelines to help with your Cold Plunge Tub sessions.

Enjoy your Leisurecraft Cold Plunge Tub as desired.

Only do what you are able and if inexperienced, have someone watching you in case of any problems that may arise.

Children must be supervised by an adult.

## Cold Plunge Tub Tips

### **Start Cool, Then go Colder!**

The theory behind cold plunge therapy is to not let your body get accustomed to the water temperature.

You should feel uncomfortable in the cold plunge as your body is designed to naturally defend against extreme temperatures.

If new to Cold Plunge therapy, start your sessions with cool water and as you progress you can adjust the water temperature to get colder.

### **Don't Stay in Too Long!**

Once you've acclimated yourself to the feeling of when your body contacts cold water, the goal is a minimum of three minutes in cold plunge tubs.

Three minutes is approximately the amount of time it takes for most of those starting out to begin shivering in cold water.

In water that's 45 to 55 degrees, you might be able to endure the cold for up to ten minutes safely.

But typically, it takes about four to six weeks for the human body to reach this level of tolerance for exposure to cold water temperatures.

### **Focus on Proper Breathing!**

When first establishing your ice bath routine, it helps tremendously to calm the nervous system.

This is one reason why cold immersion therapy demands a focus on proper breathing.

The parasympathetic nervous system is triggered by cycling through deep, full inhales and exhales.

This system can also be activated by humming, which boosts nitric oxide levels that make cells more receptive to oxygen.

## **Troubleshooting**

### **Chiller not switching from cooling to heating (v1 Chillers)**

If the chiller is not switching from cooling to heating, set the target temperature to 42° C by pressing the set button followed by the up key. Press the set key again to confirm. Press and hold the up key until you hear the beep. The fire symbol should appear, and the heating function should be operational.

*(scan QR code to watch video)*



### **Poor or no Water Flow**

If there is poor or no water flow in the chiller, ensure all hose fittings are tight and check to make sure all hoses are free from kinks and clogs.

Check inline filter to make sure it is not dirty or clogged preventing water from flowing smoothly.



*Clogged inline filter*



## **Cold Plunge Tub FAQ's**

### **Can I use it the Cold Plunge Tub outdoors?**

Leisurecraft Cold Plunge Tubs and Chiller are designed for outdoor use; however, we recommend purchasing the plunge cover for enhanced performance in outdoor settings.

**The chiller must be used and stored above 32°F/0°C to prevent chiller damage.**

**Chiller damage caused by freezing conditions is not covered by warranty.**

To maximize use of the chiller, it is advisable to provide shade from both sun and rain exposure.

### **How cold can the water get?**

The minimum water temperature is 3° celsius (37°F), however external factors such as high ambient temperatures can have an impact on this. To achieve a lower temperature and reduce energy usage, we recommend using an insulated cover. (sold separately)

### **How to keep the water clean?**

To keep your Leisurecraft Cold Plunge Tub water clean, it is recommended to purchase a sanitation kit and follow the cleaning steps and schedule, If not using any sanitation, ensure to change the water every 1-2 weeks depending on the number of users and the usages.

### **What are the electrical requirements?**

The Leisurecraft chiller is a standard 110v plug that uses a 20-amp breaker. It will draw about the same power as a typical refrigerator.

### **How long does it take to cool the water?**

Using the Leisurecraft chiller will cool the water at a rate of 2-6 degrees per hour, again depending on external temperatures.



## Warranty

Dundalk LeisureCraft Inc. warrants our Cold Plunge Chiller against defects in materials and workmanship under normal/residential use for a period of one (1) year, as applicable, from the date of receipt of the product by the original end-user consumer.

This warranty does not apply to normal wear and tear and/or natural weather conditions. This warranty does not cover misuse or negligence and the manufacturer and associated retailers are not liable for any injury or damage caused by the product. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 1-year warranty.

**The chiller must be used and stored above 32°F/0°C to prevent chiller damage. Chiller damage caused by freezing conditions is not covered by warranty.**

Purchaser Name: \_\_\_\_\_ Date: \_\_\_\_\_

Purchased From: \_\_\_\_\_