

# USER GUIDE

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## ICE PLUNGE



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# What's Included

The Morozko Suds Skimmer kit is included with every Morozko Ice Plunge.

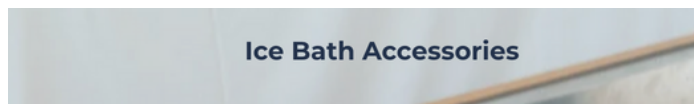


**Skimmer Net** for removing debris.



**Intex Pool Vacuum** for sucking debris from the tub.

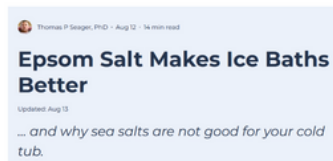
Your ice bath may require additional accessories, including ice bath salts, meters, filters, spa supplies, cleaning supplies & other replacement parts such as filter gaskets or bleed valves.



- [Ice Bath Salts](#)
- [Meters](#)
- [Filters](#)
- [Spa Supplies](#)
- [Cleaning Supplies](#)



Epsom Salt  
\$33.99



For further resources, browse our [Accessories page](#), or read "[Epsom Salt Makes Ice Baths Better](#)" on our website.

[www.morozkoforge.com/accessories](http://www.morozkoforge.com/accessories)

# Safety Precautions

There are some potential contraindications & dangers of cold plunging to keep in mind. Some of the most common dangers involve drowning, hypothermia, hypertension, heart arrhythmia, complications from anorexia, cold urticaria, anti-depressants & heart attack.

Contraindications may include cardiovascular diseases, neurological irregularities, cold allergy, and adverse interactions with some medications.

You should consult with your doctor before beginning any cold therapy practice.

## To minimize these risks follow these ice bath safety protocols:

- 1) avoid contraindications,
  - cardiovascular diseases,
  - neurological irregularities,
  - cold allergy,
  - adverse interactions with some medications,
- 2) plunge sober,
- 3) supervise children,
- 4) go feet first,
- 5) breathe, and
- 6) allow time to rewarm.



**WARNING: Never combine hyperventilation with cold water swimming. Do not attempt breath holds while in the water.**

# Set Up

## Site Requirements

*The ideal spot to put your Morozko Ice Bath will have:*

- Hard Flat Surface
- 120V Power Access (220V for International)
- Water Hose and Drain Access
- 2" Clearance Around the Mechanical Area
- Weight support requirements vary by model, but range from 370-420lb when empty & 1000-1200lb when full.

*Tip: Placing the ice bath in the shade and protected from the elements will help to preserve the wood finish.*



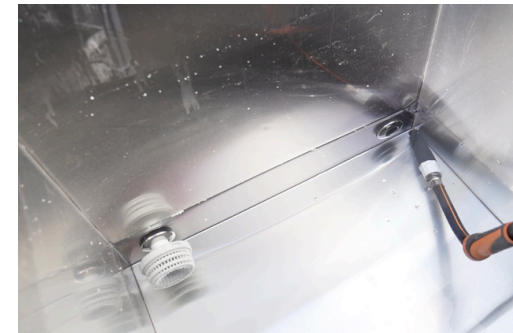
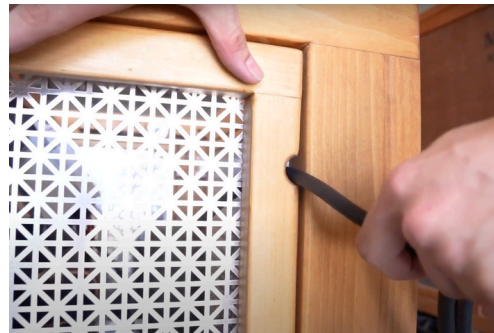
## Set Up Your Ice Bath

*Once you have placed your Morozko in it's final location, do the following:*

### Step 1: Fill the tub

Using a garden hose, fill the tub. Run the power cord through the perforated screens. Once the water is over the bulkhead ports, plug in the ice bath to the power outlet.

**Warning:** Do not overfill. Turn the hose off when the water level is 6"-8" from the top of the tub.



## Step 2: To Change Between Fahrenheit and Celsius



Hold down the “SET” button for 5 seconds to reset the Inkbird.



Press the “SET” button 7 times.



You will now see the “CF” screen. Press the “Up” and “Down” buttons to change between Fahrenheit and Celsius.

## Step 3: Change The Temperature

Note: Morozko Arktika Ice Break are all delivered set to 35 degrees Fahrenheit.



Press the “SET” button again. You will now see the “tS” screen. Press the right “Up” button to raise the temperature. Press the left “Down” button to lower the temperature.



Hold the “SET” button for 5 seconds to save your new temperature setting.

### Step 3: Bleed The Air Out Of The Filter



Turn off your filtration using the silver button on the side of your unit.



Open the bleed valve on the filter. Close it when a little bit of water comes out.



Wipe off excess water. After 2 minutes of running the filtration, check the mech space for any water leaks. Turn your filtration on.

For videos on How To Set Up Your Morozko Ice Bath, go to [www.morozkoforge.com/maintenance](http://www.morozkoforge.com/maintenance).



## Your Morozko Ice Plunge is now set up!

# How To Use Your Ice Plunge

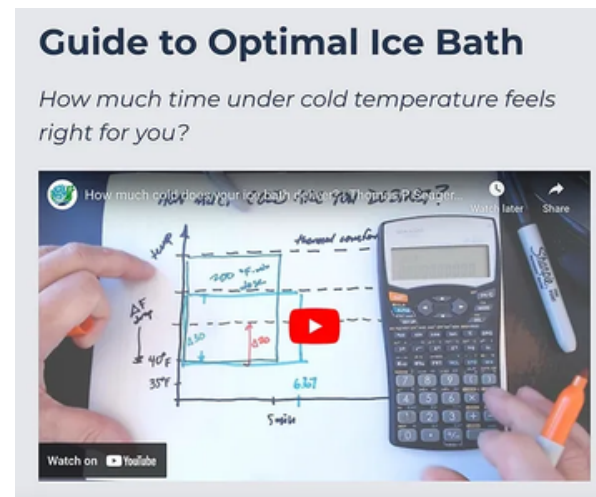
When beginning your ice bath practice, go cold enough to gasp and long enough to shiver.

The mechanisms of thermoregulation are the same in all people, but the extent of cold training determines the dosage. Physiological health, vasoconstriction, subcutaneous fat, metabolic flexibility, shivering and non-shivering thermogenesis all factor in cold tolerance and acclimation. However, the psychology of cold is also an important variable - especially in cold water.

Morozko recommends when starting to go cold enough to gasp & long enough to shiver. The gasp reflex, initiated by the cold shock response, tells us that the sympathetic nervous system has been activated. Once the muscle begins shivering, we know that the body has been signaled to recruit brown fat.

To figure out your personal optimal ice bath, read our article “[Guide To Optimal Ice Bath](#)” on our website.

[www.morozkoforge.com/post/optimal-ice-bath-time](http://www.morozkoforge.com/post/optimal-ice-bath-time)





# Adjust Your Ice Plunge

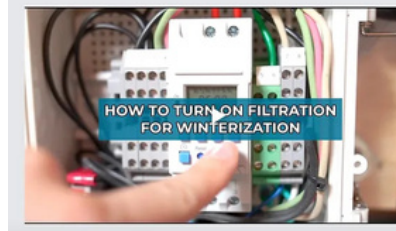
Your ice plunge may need occasional modifications, whether it be to prepare for upcoming winter conditions, or adjusting settings such as reprogramming your filtration clock.

For more resources, visit our [Winter Protocol](#) page, or our [Maintenance](#) page for additional videos regarding ice bath settings. You may also find additional information reading "[Safety Protocols for Winter Ice Bath](#)."

[www.morozkoforge.com/ice-bath-owners](http://www.morozkoforge.com/ice-bath-owners)

## Safety Protocols for Winter Ice Bath

*Morozko is equipped for outdoor use.*

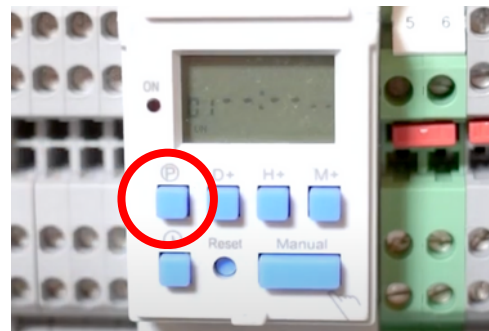


## Reprogramming Your Filtration Clock

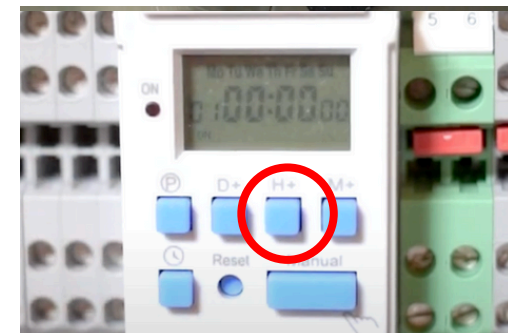
*Filtration is automatically programmed to run from 12am to 2 am Arizona time.*



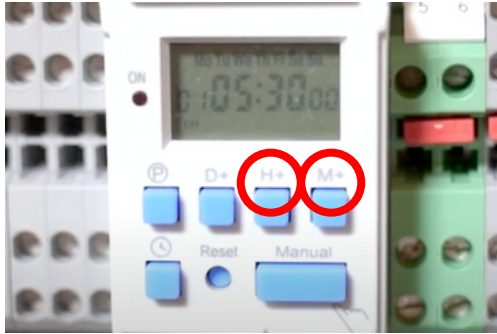
Locate the filter control box in the mech space and open it.



Press the "P" PROGRAM button. When the screen says "01 ON", you can change the start time of your filtration.

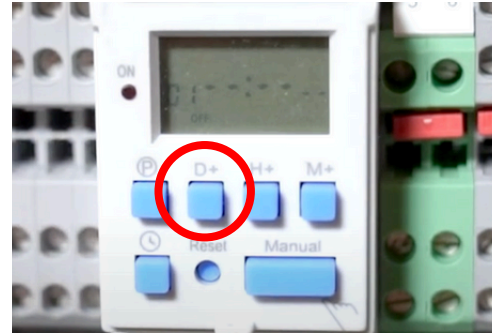


Press the "D+" button.

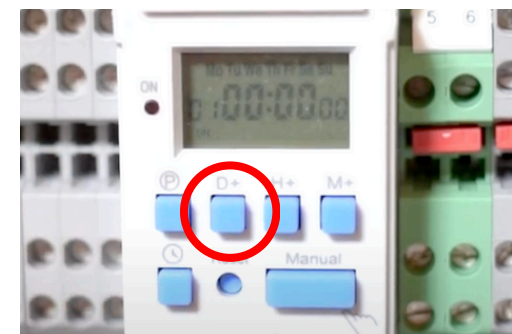


To change your filter start time: Press the “H+” button to change the hour. Press the “M+” button to change the minutes.

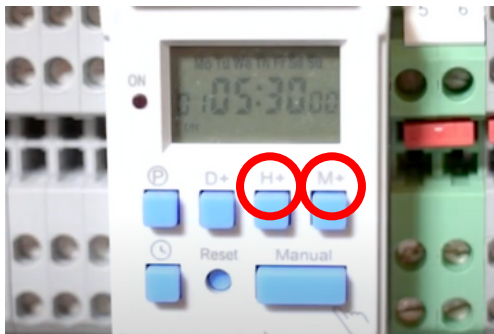
Note: Timer clock is set to 24hr military time.



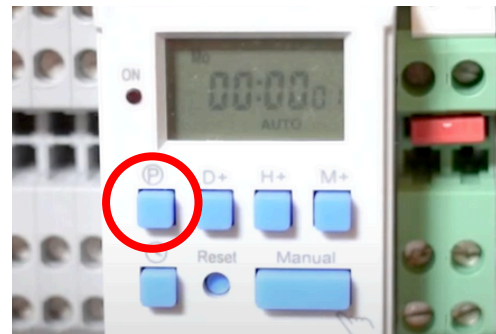
Press the “P” PROGRAM button. When the screen says “01 OFF”, you can change the end time of your filtration.



Press the “D+” button.

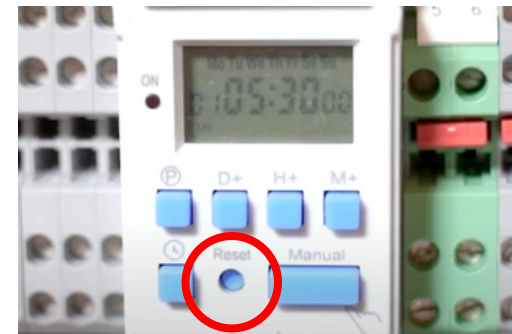


To change your filter end time: Press the “H+” button to change the hour. Press the “M+” button to change the minutes.



Press the “P” Program button to save your settings.

Saving make take a couple of minutes.



If you make a mistake: use a pen to press the “Reset” button to reset the unit. Screen will go blank and then reset.

# Cleaning Your Ice Plunge

Your Morozko ice plunge is disinfected through a built-in ozone filtration system. You can also monitor the ozone levels in your ice bath & the amount released into the air by using an ORP (oxidation-reduction potential) meter.

## To Keep Your Morozko Ice Plunge Clean

### Change Or Clean Your Filter

*Change or clean your filter every month or as needed.*



Turn off your filtration using the silver button on the side of your unit.



Turn the shut off valves closed.



Twist off the collar and take off the lid of the filter canister.



Take out the filter and bring it to a place to clean it. Or replace it with a new filter.



Use a garden hose to clean the filter. Put the clean filter back into the filter canister.



Put the lid on and screw on the collar. Bleed the air by opening the bleed valve and closing it when water comes out. Turn on filtration.

## Change The Water

*Change the water every 2-3 months or as needed.*



Turn off your filtration using the silver button on the side of your unit. Use a sump pump to drain the water.



OR locate the drain spigot in the mech space. Attach a garden hose to it and open the spigot. When the water is drained close the spigot and detach the hose. Gravity draining takes about an hour.



Use a garden hose to refill the tub with water. Stop when the water level is 6"-8" from the top of the tub.

# Your Warranty

If anything on your Morozko breaks within your warranty period, you're covered.

Morozko Forge - 2-year warranty covering manufacturing defects and malfunction.

Ice Bath & Ice Plunge - 3-year warranty covering manufacturing defects and malfunction.

XL, PRO, ARKTIKA & ICE BARREL models: 5-year warranty covering manufacturing defects and malfunction. XL, PRO, ARKTIKA & ICE BARREL models also come with a 72-hour on-site service guarantee. If your issue can't be fixed over the phone, we will have a Morozko tech at your site within 72 hours to minimize downtime at your business.

## Return and Refund Policy

If you are not ecstatic with your purchase within 30 days of taking delivery, you may return your Morozko for a refund of the purchase price, minus initial shipping costs. With the exception of custom orders, there are no extraneous fees or "restocking" charges.



# Service

We are available for any questions that you may have. If you have any concerns, feel free to reach out to our service team.



(602) 502-7061



[service@morozkoforge.com](mailto:service@morozkoforge.com)

If you have any shipping damages, please reach out to our shipping team.



(480) 904-4743



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