

USER GUIDE



XL ICE PLUNGE



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



(480) 904-4743



shipping@morozkoforge.com

What's Included

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

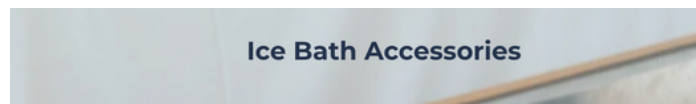


Skimmer Net for removing debris.



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

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 400-450lb 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.



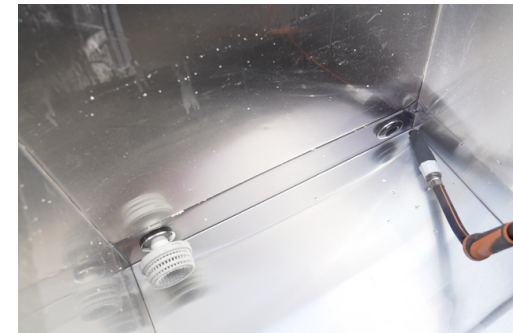
Set Up Your Ice Bath

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: 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.



Your Morozko XL Ice Plunge is now set up!

How To Use Your XL Ice Plunge

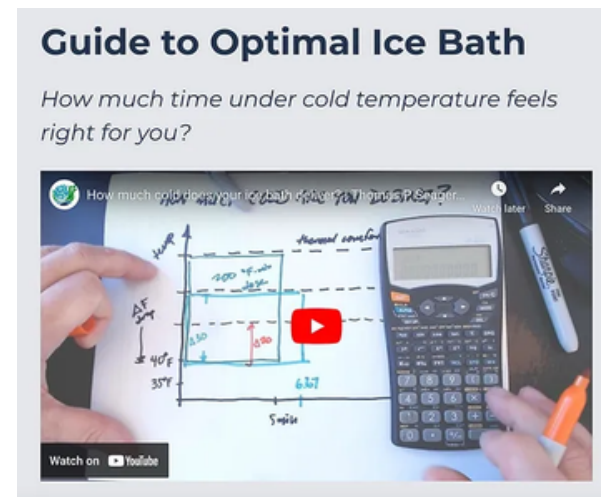
When beginning your ice bath practice, go cold enough to gasp and long enough to shiver.

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](https://www.morozkoforge.com/post/optimal-ice-bath-time)” on our website.

www.morozkoforge.com/post/optimal-ice-bath-time



Adjust Your XL Ice Plunge

Your XL 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

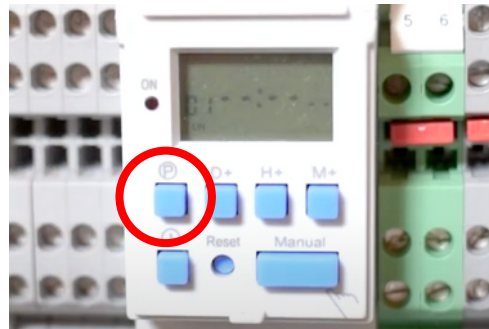


Reprogramming Your Filtration Clock

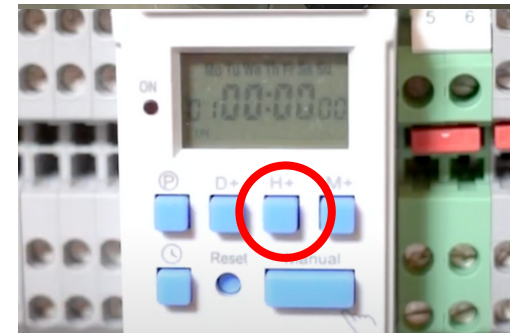
Filtration is automatically programmed to run from 12am to 4 am Arizona time.



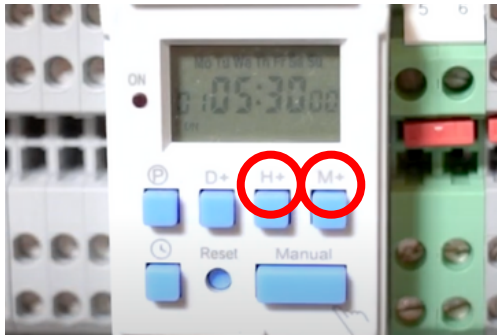
Locate the filter control box in the mech space and open it.



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

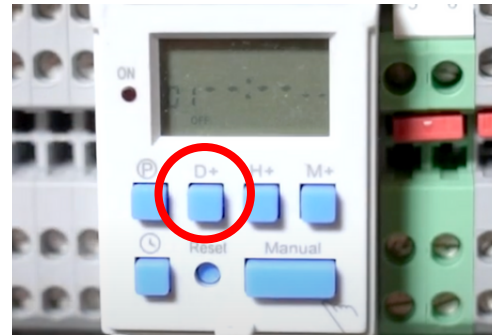


Press the "D+" button.

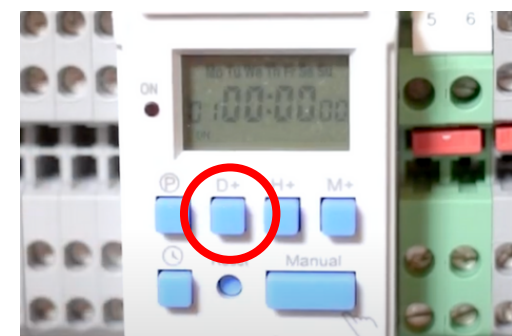


To change your filter start time: Press the “H+” button to change the hour. Press the “M+” button to change the minutes.

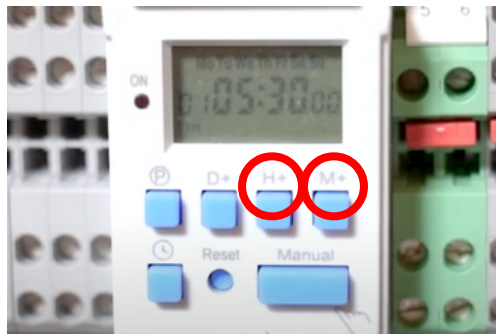
Note: Timer clock is set to 24hr military time.



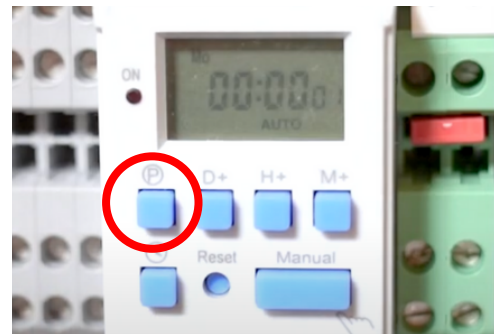
Press the “P” PROGRAM button. When the screen says “01 OFF”, you can change the end time of your filtration.



Press the “D+” button.

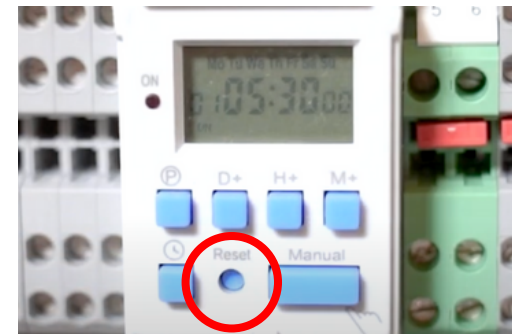


To change your filter end time: Press the “H+” button to change the hour. Press the “M+” button to change the minutes.



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 XL Ice Plunge

Your Morozko XL 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 XL 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.



Take off the plastic collar. Press down to close the shut off valves.



Lift the gray tab, 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 slowly so water doesn't spill. Put the lid on and screw on the collar.



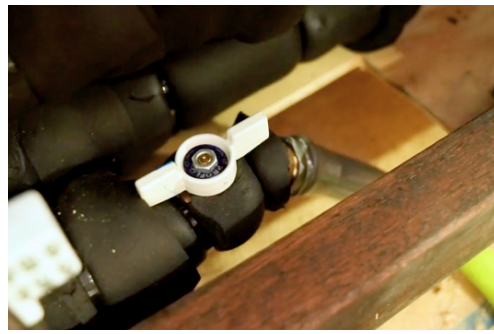
Bleed the air by opening the bleed valve and closing it when water comes out. Turn on filtration.

Change The Water

Change the water every 2-3 months or as needed. Change every month for commercial units.



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.



FAQs

Where can I purchase replacement filters?

You can purchase new filters from our website at www.morozkoforge.com/accessories. Find the filter that matches yours and select the correct replacement filter.

Why is my water getting cloudy?

More times than not a contaminant like lotion, body oils or butters, or even soap enter the tub. The ozone filtration is designed for disinfection and not mass reduction. These types of things can turn a sparkling clean bath into a murky cloudy one in one plunge. (This is very common in commercial settings and signage mandating clients be free of oils and lotions, body wipes, and reminders when making appointments work the best).

Should I shower before plunging?

As stated it is important to remove any contaminants such lotions, soaps, and oils. This helps in keeping the water clean. It will also limit the frequency of water changes.

What is ozone generation filtration?

The most powerful and safe disinfecting agent available for water treatment systems is ozone -- more powerful than chlorine and bromine, and safer because it consists only of pure oxygen. In short, ozone is terrific for cleaning water, which is why it is used in the most advanced drinking water treatment plants in the world. You can read more about Ozone here: www.morozkoforge.com/post/ozone-cold-water-a-perfect-match

How do I offset the ozone odor smell?

For the smell you can utilize your timer to let the filtration run at night for the minimum necessary (2 hour per day). Also, make sure your filtration is off before getting in, and removing your lid for a little while before plunging might help let the smell dissipate if you find it to be that strong.

FAQs

How do I clean up debris on the bottom of the ice bath?

Use a net to scoop up big pieces of debris. For smaller pieces, use the hose that comes with the forge to vacuum the debris into the filter.

Can I add additives to my water to keep it cleaner?

You can add up to 10 lbs of Epsom salt when you fill up your bath. Refer to our “Epsom Salt Ice Bath Guide” on our website for more information.

www.morozkoforge.com/maintenance

How cold does it get?

Our ice baths are the only ice baths in the world that make their own ice. You can set your preferred temperature, whether that is 55 degrees, 40 degrees, or 32 degrees which is how we like it! Here is a video on how to set your desired temperature:

www.youtube.com/watch?v=IDxNLzdr1lc&feature=youtu.be

How long does it take to get cold and make ice?

It will vary based on your location and the temperature of your tap water. If you want it to get cold immediately, you can jump start it by adding 100-200 lbs of ice. Otherwise, it will take approximately 24- 48 hours to start cooling.

Can I keep my ice bath indoors?

It is designed for indoor or outdoor use. If you live in a snowy climate, you will leave your filtration on 24/7 to keep the water moving and avoid freezing. We use a marine grade spar urethane to protect your ice bath in any environment.

FAQs

What do I do in freezing weather?

If you have your forge outside in freezing weather we recommend setting your forge to 40° and leaving the filter running at all times until the weather is warm again in the spring.

How do I maintain the wood on my ice bath?

Dry off any area where water sits after use.

What should I use to clean the wood?

When cleaning the wood we want to make sure to Use only light soap and water. You want to make sure to dry the wood completely upon completion. Do Not Use any cleaners with solvents, these may damage the wood finish.

How much power (watts) does my ice bath use?

The Forge uses about 650W, which is less than a small hair dryer (800W). It runs on a standard three-pronged 110v power cord, no need for additional wiring or dedicated circuit. Like your home refrigerator, most of the power goes to run the compressor that pumps the refrigerant. Some power runs the fans that cool the hot side coils, and on filtered models a small amount goes to run the filter pump and generate ozone.

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

