



# VIKING OWNER'S MANUAL





ELEVATE YOUR HEALTH™

Thank You

# WELCOME TO NORDIC WELLNESS

At Nordic Wave, we believe health is an experience—one that should feel intentional, grounding, and deeply personal.

By choosing the Viking Cold Plunge, you've invested in more than a product. You've chosen a tool that helps you reset, restore, and reconnect with yourself.

This is where clarity meets calm. Where resilience is built one breath, one plunge, one day at a time.

We're here to support you as you turn this practice into a lifestyle that carries into every part of your life. Welcome to Nordic Wave—we're glad you're here.



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# Welcome

# OUR STORY

At Nordic Wave, we set out with a singular mission: to bring the transformative benefits of cold water immersion into the lives of those who seek to elevate their wellness. We wanted to create more than just a product; we wanted to create a lifestyle—one rooted in holistic health and supported by modern innovation.

Inspired by the timeless traditions of Nordic culture, we embraced the power of nature to promote healing, strength, and clarity. Cold water immersion has been used for centuries to rejuvenate both the body and the mind, and we recognized its potential to support a healthier, more balanced life.

Nordic Wave is part of the larger vision of Nordic Wellness, a holistic approach to health that extends beyond cold plunging. We believe that true wellness is a journey—one that involves a commitment to mindful living, personal growth, and body preservation. Our dedication to supporting every aspect of your well-being led us to create Nordic Flow, a science-backed breathwork and meditation app designed to complement your cold plunge experience.

Together, Nordic Wave and Nordic Flow provide the tools and resources to help you take control of your health, energize your body, and calm your mind.

We understand that wellness is deeply personal, and we are here to guide and support you every step of the way. Thank you for trusting us to be part of your journey. Together, we can help you unlock your full potential and live a life of wellness and balance.

# Welcome FOUNDER'S NOTE

Welcome to the Nordic Wave family. I want to personally thank you for choosing Nordic Wave as your partner on your journey to elevate your health. At Nordic Wave, we believe in supporting your journey toward transformation—physically, mentally, and emotionally. This isn't just about cold plunging; it's about adopting a wellness lifestyle that empowers your mind, strengthens your body, and connects you to a community that's here to support you every step of the way.

For me, this journey began with my own battle of an autoimmune disease. Through the power of cold water immersion, along with other natural healing modalities, I found a path to better health and a renewed sense of well-being. This company was born out of my passion for sharing these transformative practices with others, and I'm honored that Nordic Wave can play a role in helping you achieve your wellness goals.

Whether you're facing specific health challenges or looking for ways to enhance your overall well-being, we're here for you. This is more than just a product line—it's a collection of tools that have deeply impacted my health and are now here to help you on your journey.

Thank you for being part of this community. Together, let's embrace the cold.

In good health,

A handwritten signature in black ink that reads "Warner Jenkins". The signature is fluid and cursive, with the first name "Warner" being more prominent than the last name "Jenkins".

Founder & CEO



# SAFETY INFORMATION & WARNINGS

## WINTERIZATION GUIDELINES

When chiller is not in use and temperatures drop below 32°F (freezing): completely drain all water from the chiller and move it indoors. Leaving it outside with water inside while it's off can cause serious freezing damage.

If running continuously (between 32°F and 14°F): Do not set the chiller temperature below 41°F and keep it running to prevent the water from freezing.

Below 14°F: The chiller cannot be operated. Drain all water in the chiller, filter housing and hoses – move the unit indoors for storage in a (temperature controlled environment.

**Important:** During operation at or near 14°F, insulated sleeves must be properly installed, fully covering both the inline hose strainer and filter canister.

Failure to follow these guidelines — including use of the insulated sleeves — will void the warranty.

# SAFETY INFORMATION & WARNINGS

## COLD PLUNGE SAFETY WARNING, DANGER NOTICE & LIABILITY WAIVER

PLEASE READ CAREFULLY — FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

### 1. IMPORTANT SAFETY INFORMATION

Use of this cold plunge system involves exposure to extremely cold water temperatures, which may cause sudden physiological stress.

- DANGER: Misuse can result in hypothermia, respiratory failure, or cardiac arrest.
- WARNING: Cold water immersion can exacerbate underlying medical conditions.

### 2. SAFETY INSTRUCTIONS: INSTALLATION & ELECTRICAL GUIDELINES

READ AND FOLLOW ALL INSTRUCTIONS BEFORE INSTALLATION OR USE.

- Do not permit children to use the cold plunge without active adult supervision.
- DANGER: To reduce the risk of accidental drowning, always cover the plunge when not in use. Covers are not guaranteed to prevent access.
- Follow Nordic Wave installation procedures precisely. Unauthorized modifications may void your warranty and compromise safety.
- DANGER: Risk of electric shock — maintain at least 5 feet (1.5 m) clearance from walls, metal objects, and other conductive surfaces unless properly bonded using approved copper conductors.
- DANGER: Do not place electrical appliances (e.g., TVs, radios, lights) within 5 feet (1.5 m) of the plunge.
- All controls accessible from within the plunge must be powered by no more than 12 VDC.
- Electrical supply must include a certified GFCI (North America) or RCD (Europe) and a manual disconnect switch, visible and located at least 5 feet (1.5 m) from the water.

### 3. CONTRAINDICATIONS: DO NOT USE IF YOU HAVE

- Cardiovascular disease, high/low blood pressure, arrhythmia, or stroke history.
- Respiratory conditions (e.g., asthma, COPD).
- Diabetes with neuropathy or circulatory complications.
- Open wounds, skin infections, or a compromised immune system.
- History of seizures or unexplained fainting.
- Are pregnant, unless specifically cleared by a physician.
- Recent surgeries or acute injuries.

WARNING: Always consult a physician before beginning cold plunge use, especially if you are uncertain about any medical condition.



# SAFETY INFORMATION

## & WARNINGS

### 4. ASSUMPTION OF RISK

By using this product, you voluntarily accept all risks associated with cold exposure, including but not limited to:

- Hypothermia
- Cold shock response
- Fainting or dizziness
- Circulatory or cardiac distress
- Nerve sensitivity or numbness
- Muscle stiffness or cramping
- Skin irritation or cold-induced injuries
- Exacerbation of dermatological conditions

**WARNING:** Full head submersion can significantly increase risks, including:

- Respiratory distress and breath-holding blackout
- Sinus pressure, migraines, and facial pain
- Inner ear irritation or infection
- Vertigo and vestibular imbalance
- Triggering or worsening of tinnitus

Individuals with ENT-related conditions, including tinnitus, ruptured eardrums, or chronic ear infections, should consult a physician before any head submersion and consider avoiding it entirely.

### 5. USER RESPONSIBILITIES

#### a. Medical Clearance

- Consult a physician before using this product, especially if you have cardiovascular, neurological, dermatological, or ENT conditions.
- Do not use if pregnant without physician approval.

#### b. Time & Temperature Limits

- **WARNING:** Water should never be below 37°F (2.7°C).
- First-time users: limit use to 1 minute.
- Experienced users: maximum 10-minute sessions.

#### c. Safe Usage Behavior

- Never use the plunge while alone, intoxicated, sedated, or drowsy.
- Enter and exit slowly to prevent falls or shock.
- Head submersion is optional and should be approached with caution.
- Avoid submerging head if prone to sinus, ear, or neurological issues.

#### d. Hygiene & Equipment Care

- Do not use with open wounds or contagious skin conditions.
- Clean and inspect the plunge regularly per Nordic Wave guidelines.

#### e. Emergency Awareness

- **WARNING:** Exit immediately if you experience shivering, numbness, confusion, chest pain, or difficulty breathing.

# SAFETY INFORMATION & WARNINGS

## 6. DISCLAIMER OF WARRANTIES

Except as expressly set forth in Nordic Wave's written Limited Warranty document:

- THE PRODUCT IS PROVIDED "AS IS" AND "WITH ALL FAULTS."
- NORDIC WAVE DISCLAIMS ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, NON-INFRINGEMENT, AND ANY WARRANTIES ARISING FROM COURSE OF DEALING OR USAGE OF TRADE.
- No oral or written statement by Nordic Wave, its agents, or dealers shall create any warranty beyond the Limited Warranty's terms.

## 7. LIMITATION OF LIABILITY

To the fullest extent allowed by law:

- Nordic Wellness is not liable for any direct, indirect, or consequential damages, including death, injury, or medical complications.
- This includes, but is not limited to, claims for emotional distress, lost income, or treatment costs.
- Your exclusive remedy is to discontinue use of the product.

## 8. INDEMNIFICATION

You agree to indemnify and hold harmless Nordic Wellness, its officers, employees, and affiliates from any claims, damages, or expenses (including legal fees) arising from your use or misuse of the product or violation of this waiver.

## 9. GOVERNING LAW & DISPUTE RESOLUTION

This agreement is governed by the laws of Delaware. Any dispute shall be resolved via binding arbitration, with no right to class-action suits.

## 10. SEVERABILITY

If any part of this waiver is found unenforceable, the remaining provisions shall remain in effect.

## 11. ACKNOWLEDGMENT & ACCEPTANCE

By using this product, you confirm:

- You have read and understood this document.
- You voluntarily accept all risks associated with use.
- You are medically cleared and agree to all terms and conditions.

**DO NOT USE THIS PRODUCT UNLESS YOU FULLY UNDERSTAND AND AGREE TO THESE TERMS.**

By Purchasing, you agree to these terms.

Refer to Pg. 42 for Safety Labels which are applied to each Viking.



# Product Disclaimer

## 1. IMPORTANT NOTICE

DANGER: Cold-water immersion can lead to hypothermia, cardiac arrest, respiratory failure, loss of consciousness, or drowning. Improper installation, maintenance, or use of the Product increases these hazards. If you do not understand or accept these risks, DO NOT USE THE PRODUCT.

## 2. NO MEDICAL OR PROFESSIONAL ADVICE

The Product and all related content are intended for recreational, athletic-recovery, and general wellness purposes only.

- WARNING: The Product is not a medical device and is not designed to diagnose, treat, cure, or prevent any disease or medical condition.
- Users must obtain independent medical clearance before first use and whenever health status changes.

## 3. SAFETY & USAGE DISCLAIMER

DANGER — RISK OF DROWNING: Never allow unsupervised children or incapacitated persons near or in the Product. Keep the safety cover secured when not in use.

DANGER — RISK OF ELECTRIC SHOCK: Install and bond the Product strictly in accordance with all local codes and Nordic Wave electrical specifications; maintain a minimum 5 ft (1.5 m) separation from conductive surfaces unless properly bonded.

WARNING: Do not use the Product alone, under the influence of alcohol, drugs, sedatives, or if drowsy.

WARNING: Water temperature must remain  $\geq 37^{\circ}\text{F}$  ( $2.7^{\circ}\text{C}$ ); initial exposure should not exceed 1 minute and experienced sessions must not exceed 10 minutes.

WARNING: Head-first submersion is optional and should be avoided by anyone with ENT disorders, sinus conditions, or vertigo.

Failure to follow these instructions voids all warranties and shifts all risk to the user.

## 4. INSTALLATION & MAINTENANCE DISCLAIMER

- The owner is responsible for routine inspection, sanitation, and water-chemistry management.
- Unauthorized repairs, modifications, or the use of non-Nordic Wave parts immediately voids the warranty and absolves Nordic Wave of all liability for resulting loss or damage.

## 5. ENVIRONMENTAL / PROPERTY DAMAGE DISCLAIMER

Nordic Wave is not liable for any damage to structures, flooring, furnishings, landscaping, or surrounding property resulting from water leaks, condensation, freezing, improper drainage, inadequate load-bearing support, or failure to maintain the Product.

## 6. PERFORMANCE & RESULTS DISCLAIMER

- Nordic Wave makes no express or implied guarantee regarding performance outcomes, recovery speed, athletic gains, weight-loss, pain reduction, or any other health or wellness benefit.
- Individual results vary; testimonials do not constitute a warranty or promise.

# Product Disclaimer

## 7. WARRANTY DISCLAIMER

Except as expressly set forth in Nordic Wave's written Limited Warranty document:

- THE PRODUCT IS PROVIDED "AS IS" AND "WITH ALL FAULTS."
- NORDIC WAVE DISCLAIMS ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, NON-INFRINGEMENT, AND ANY WARRANTIES ARISING FROM COURSE OF DEALING OR USAGE OF TRADE.
- No oral or written statement by Nordic Wave, its agents, or dealers shall create any warranty beyond the Limited Warranty's terms.

## 8. LIMITATION OF LIABILITY

To the fullest extent permitted by law:

- Nordic Wave, its officers, directors, employees, agents, and suppliers SHALL NOT BE LIABLE for any indirect, incidental, special, punitive, or consequential damages—including personal injury, death, property damage, lost profits, loss of data, or emotional distress—arising out of or related to the purchase, use, or inability to use the Product, even if advised of the possibility of such damages.
- Nordic Wave's total aggregate liability for any claim shall not exceed the amount paid for the Product giving rise to the claim.
- Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages; where prohibited, the above limitations apply only to the extent allowed by law.

## 9. ASSUMPTION OF RISK

By purchasing, installing, or using the Product you voluntarily assume all known and unknown risks, including those arising from negligence, product misuse, environmental factors, or acts of third parties.

## 10. INDEMNIFICATION

You agree to defend, indemnify, and hold harmless Nordic Wave and its affiliates from any and all claims, demands, actions, damages, losses, liabilities, costs, or expenses (including reasonable attorneys' fees) arising out of or related to:

- Your installation, maintenance, or use of the Product;
- Any breach of this disclaimer or other applicable Nordic Wave terms;
- Your negligence or willful misconduct.

## 11. GOVERNING LAW & DISPUTE RESOLUTION

This disclaimer—and any dispute or claim relating to the Product—shall be governed by the laws of the State of Delaware, without regard to conflict-of-law principles. All disputes shall be resolved by binding arbitration administered by [Arbitration Authority] in [County, State]. Class-action waivers apply; claims may be brought only on an individual basis.

## 12. SEVERABILITY

If any provision of this disclaimer is held invalid or unenforceable, the remaining provisions remain in full force and effect.

## 13. ENTIRE AGREEMENT

This disclaimer, together with Nordic Wave's Limited Warranty and any written sales agreement, constitutes the entire agreement between you and Nordic Wave regarding the Product and supersedes all prior or contemporaneous oral or written representations.

## 14. ACKNOWLEDGMENT

Nordic Wellness, Inc. is not responsible for any bodily injury or harm caused by the use of any products purchased on our website. By purchasing any of these products, you are acknowledging & accepting the risk of these products which may lead to severe injury or death in some cases. It is important you consult with a medical professional before you use our products. Please read our waiver for further details and contact us if you have any questions. By purchasing or using any Nordic Wave Product, you confirm that you have read, understood, and agreed to be bound by the terms of this Product Disclaimer.



# Support

## CUSTOMER SUPPORT TEAM

At Nordic Wave, we're dedicated to elevating your health and making every moment of your journey inspiring and seamless. From initial setup to maximizing your cold plunge experience, our support team is here to ensure you feel guided and supported at every step.

**Need help? We are just a call away.**

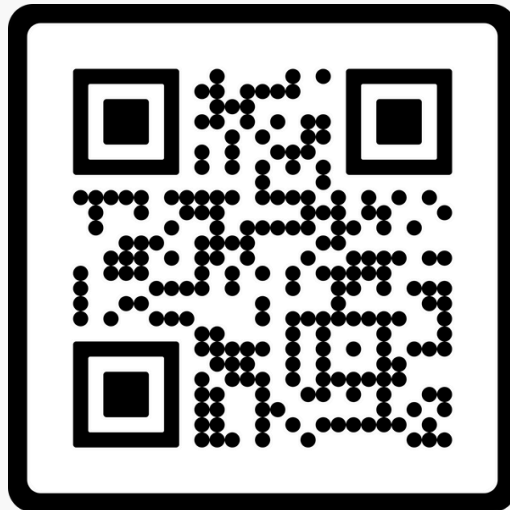


(+1) 843.202.4676



Support@thenordicwave.com

**Scan the QR code to access our contact form.**



# VIKING ASSEMBLY

# Support

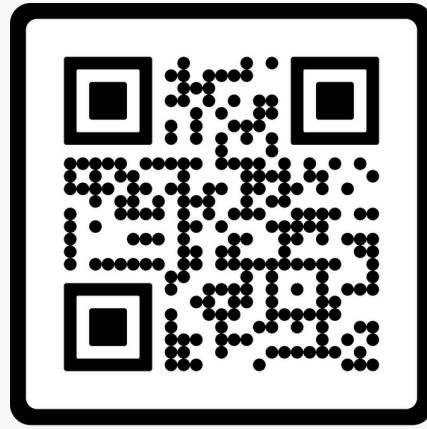
## VIKING

### SET UP & DIRECTIONS

Choose the QR code that matches the Viking model you purchased to access your step-by-step installation video.



Viking XL



Viking Hybrid

## NORDIC FLOW APP

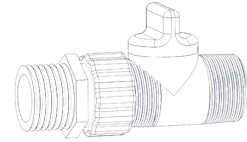
### BREATHWORK & CHILLER CONTROLS

Discover the benefits of modern mindfulness: daily breathwork, meditation, cold plunging, and chiller controls with Wi-Fi connectivity—all in one app.

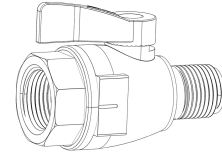


# ASSEMBLY PARTS

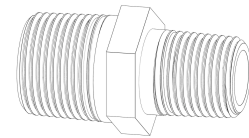
**A** Drain Valve (2)



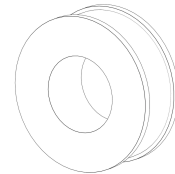
**B** Isolation Valve (2)



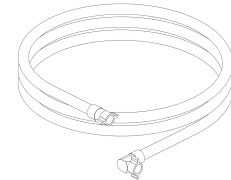
**C** Metal Thread Adapters (2)



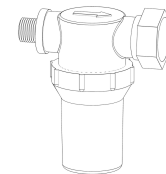
**D** Teflon Tape (1)



**E** Supply/Return Hoses (2)



**F** Hose Strainer (1)



**H** Water Filter (1)



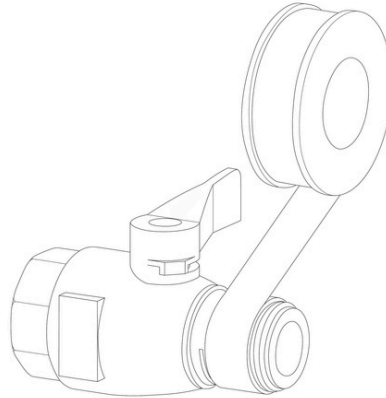


## Assembly

# PRE-INSTALLATION NOTES



Always wrap the Teflon Tape clock-wise as shown in this illustration.

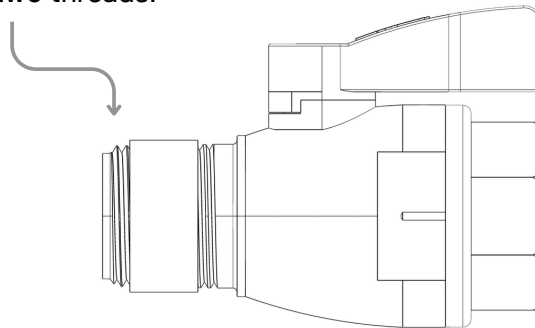


Always apply **4-5** full wraps of Teflon Tape, one directly over the other, and in the center of the threaded area.



Always avoid taping over the last two threads at the end of any fitting. This will help reduce the chance of accidentally cross-threading the fittings during installation.

Do not tape over  
last two threads.

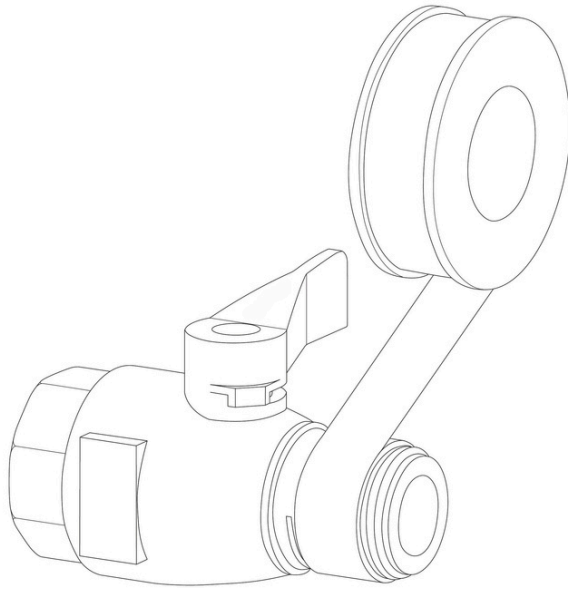


If you follow the steps above, then no tools should be needed in order to make leak free connections. Once taped, simply thread the fittings (clock-wise) in as tightly as you can by hand.

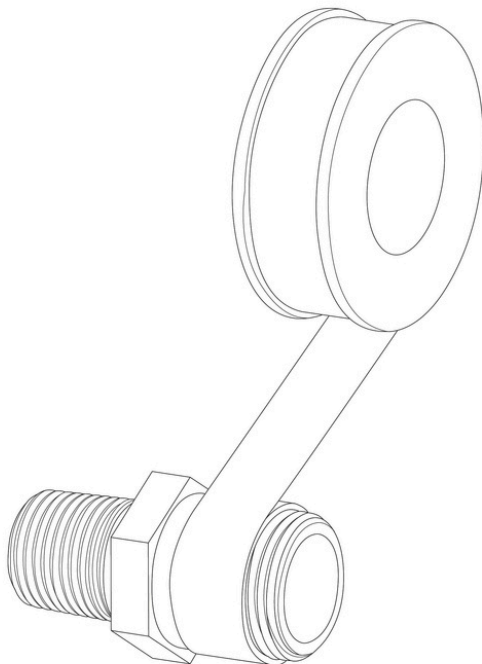
Let's Begin

# APPLYING TEFLON TAPE

- 1** Apply Teflon Tape **(D)** to **(2)** Hose Isolation Valves **(B)**



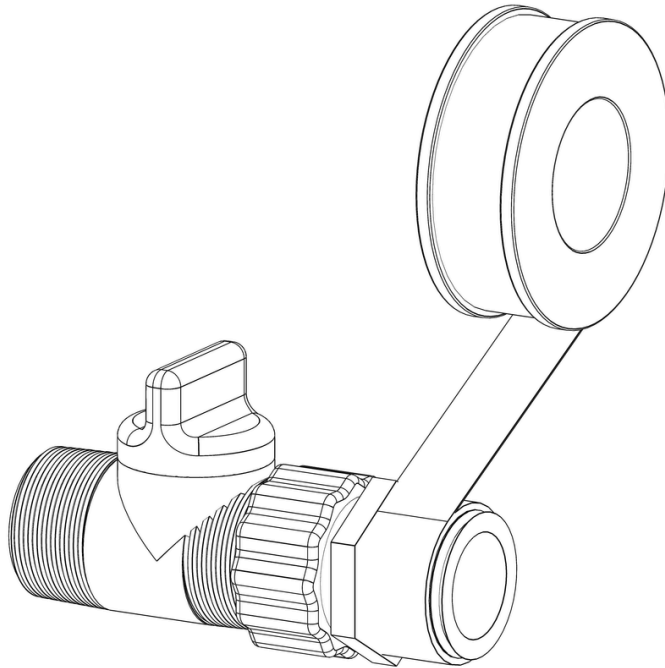
- 2** Apply Teflon Tape **(D)** on the larger diameter side of each of the **(2)** Metal Thread Adapters **(C)**



Let's Begin

## APPLYING TEFLON TAPE

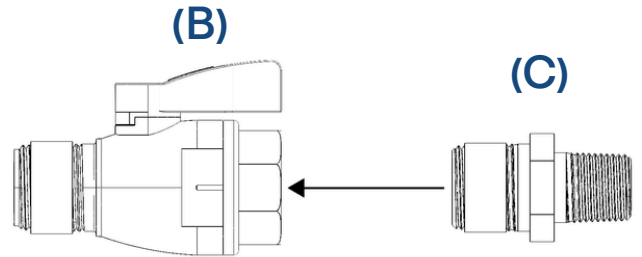
- 3** Apply Teflon Tape **(D)** to the finer threaded side of the Drain Valve **(A)**.



## Assembly

# INSTALLING THE FITTINGS

- 1 Thread the two taped Metal Thread Adaptors **(C)** into each Isolation Valve **(B)** and hand tighten securely.



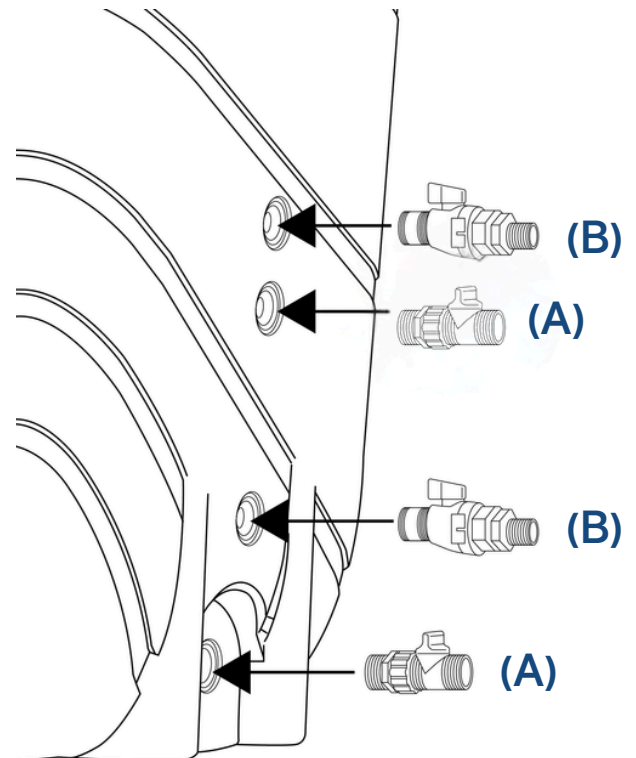
- 2 Install the two Drain Valves **(A)** into the second port and the bottom port on the rear side of the Viking.

\*Begin by slowly rotating the fittings counter clockwise until threading is seated, then proceed with clockwise rotation until tightened.

**\*HAND TIGHTEN ONLY\***

- 3 Install the Isolation Valves **(B)** into the top port and the third port on the rear side of the Viking.

**\*HAND TIGHTEN ONLY\***

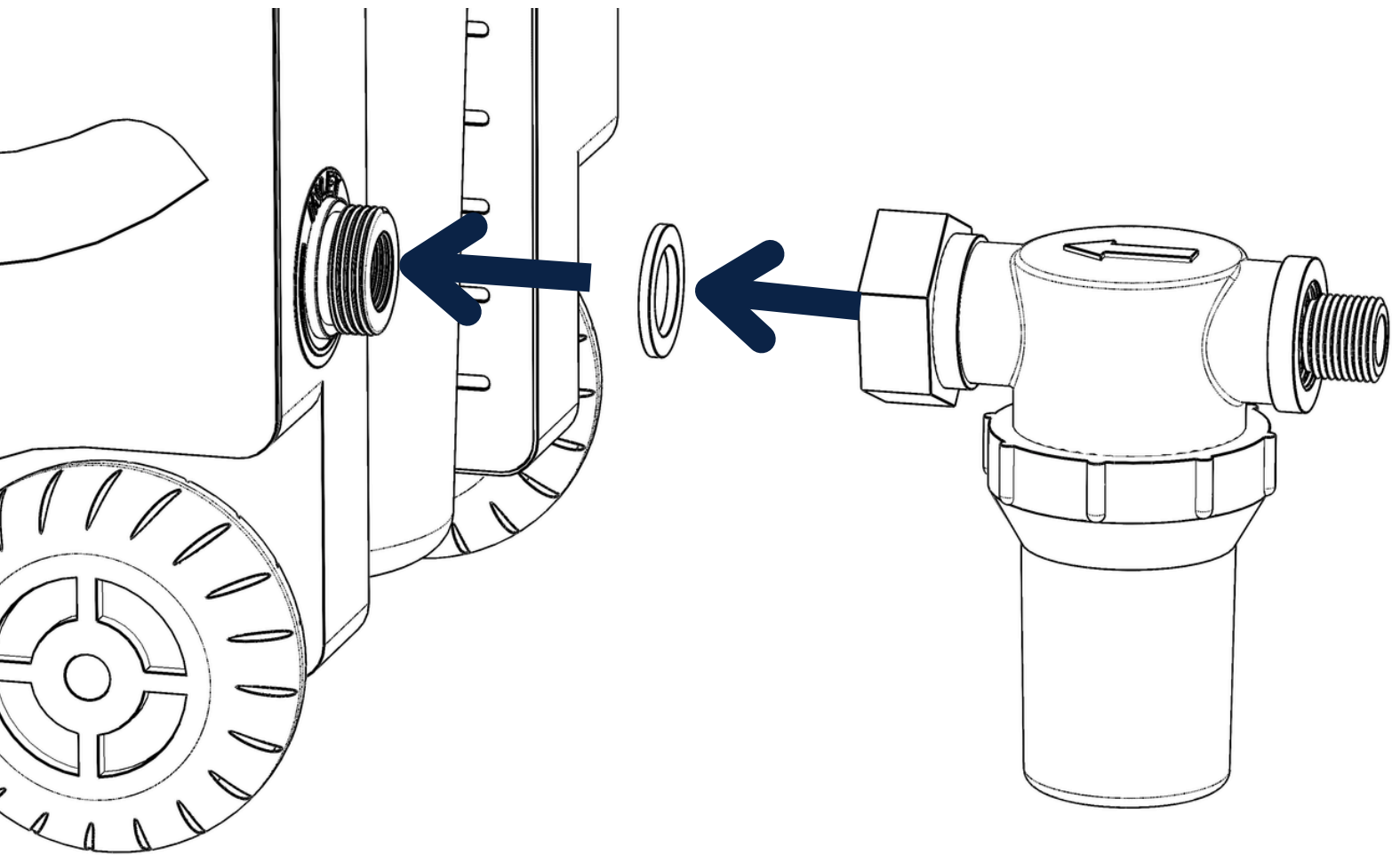




## Assembly

# INSTALLING THE HOSE STRAINER

Install the Hose Strainer **(F)** on the rear bottom port on the chiller unit. Be sure that the provided sealing washer is still present inside of the larger female port that connects to the chiller unit.

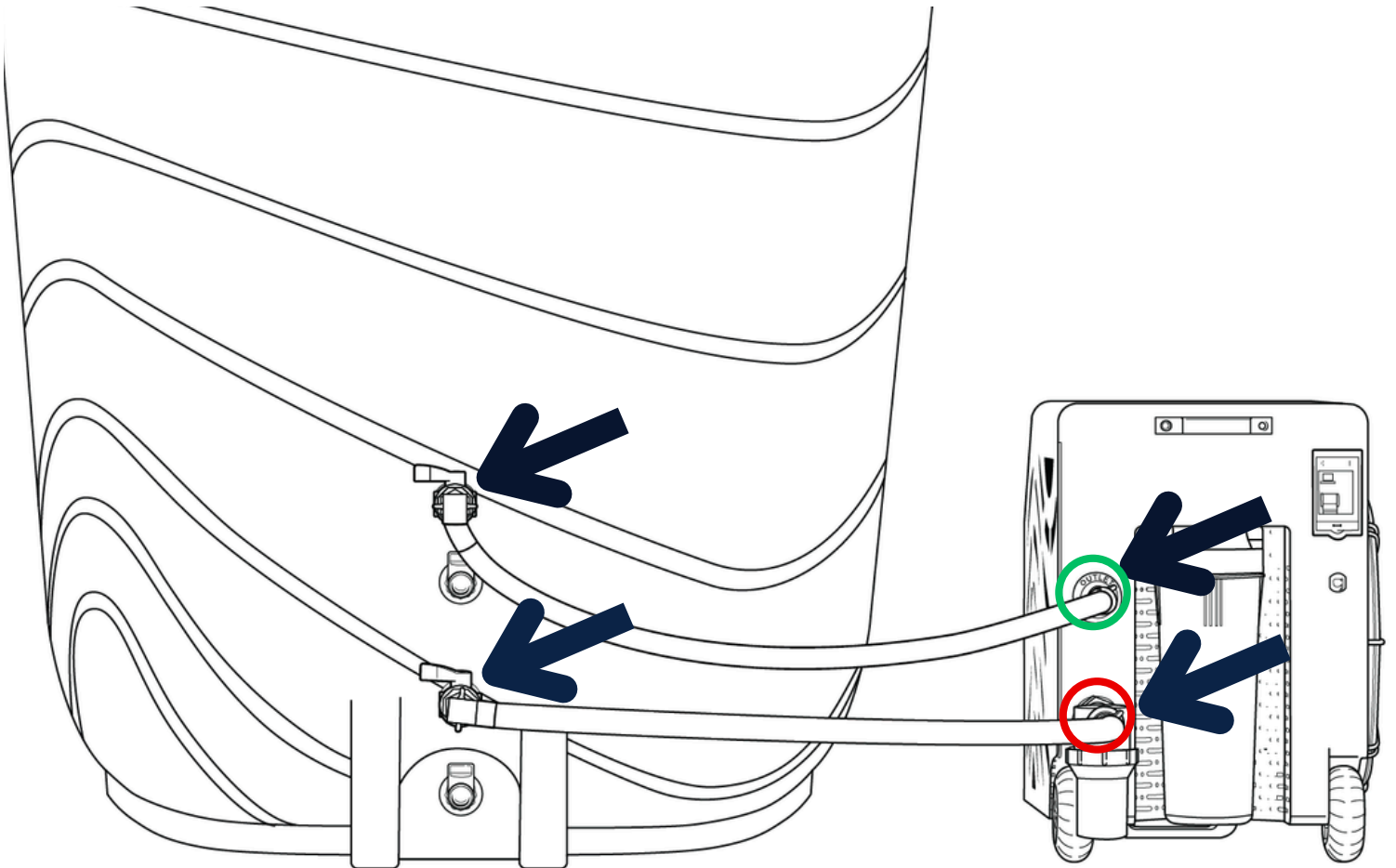


## Assembly

# INSTALLING THE HOSES

Attach the Inlet and Outlet Hoses **(E)** as shown in the figure below. Be sure that the provided sealing washers are still present in the fittings at each end of both hoses.

\*Right angle end of the hoses should be connected to the Viking Vessel.\*

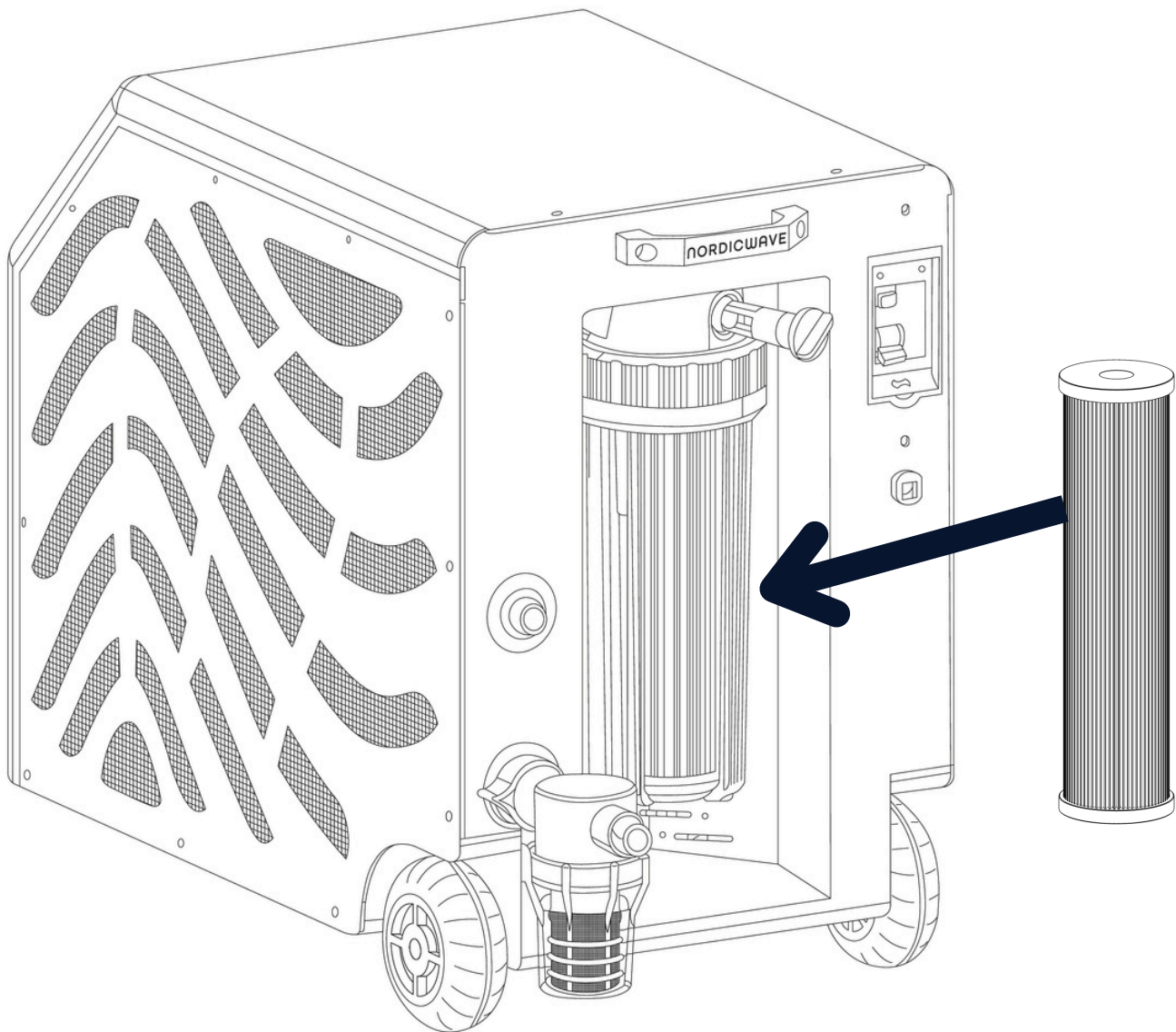


## Assembly

# CHECK FOR WATER FILTER



**Important:** Always ensure a water filter is installed inside the filter housing before operating the chiller. Running the chiller without a filter can cause damage to the system. Before using your chiller, double-check that a filter is in the filter housing and the housing is securely tightened.

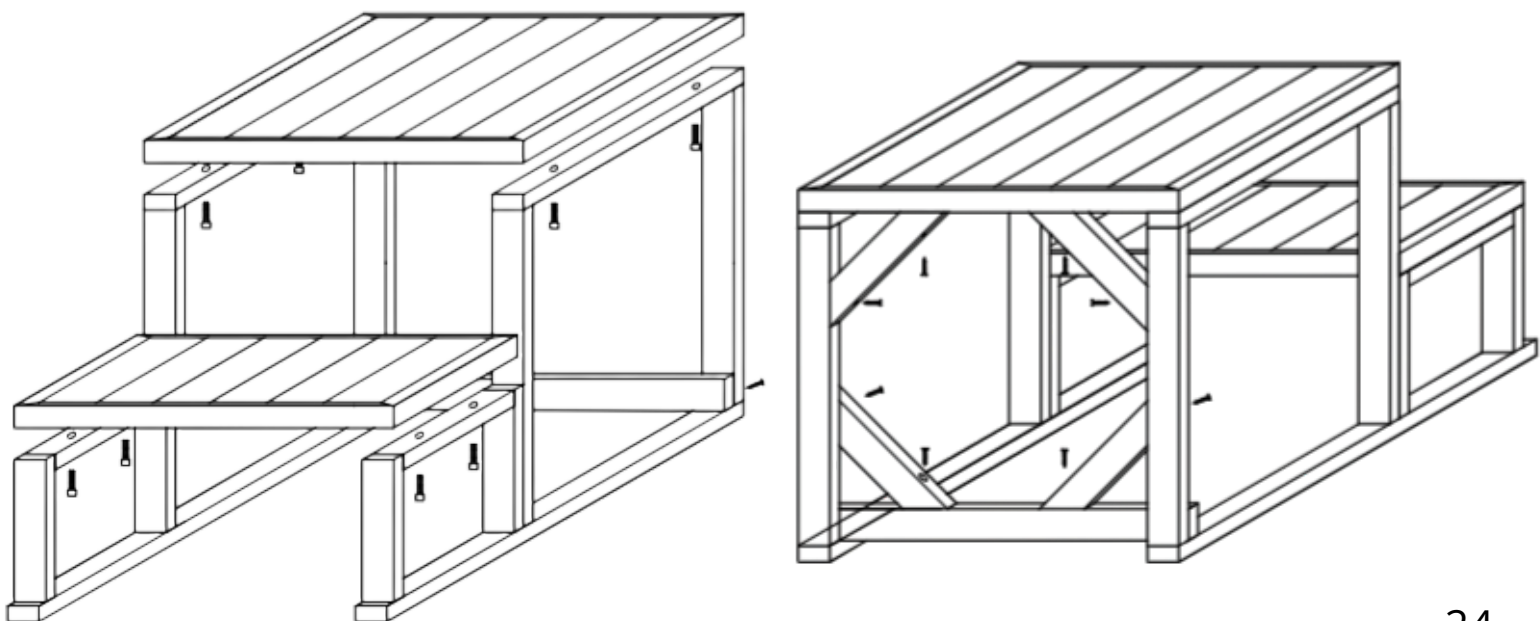
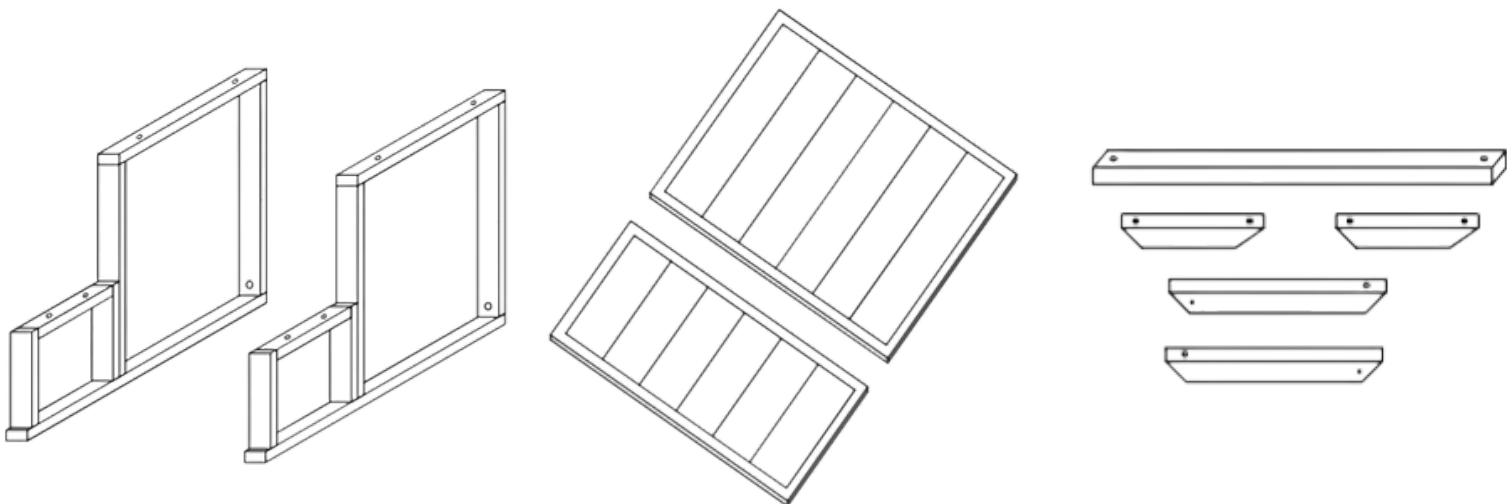
\*Use filter wrench to loosen and tighten the filter housing when changing the filter.



# VIKING XL

## STEP ASSEMBLY

Parts		
Parts name	Size	Piece
 Bolt	M8 x 40	8
 Screw Nail	M5 X 40	10





# VIKING STARTUP PROCESS

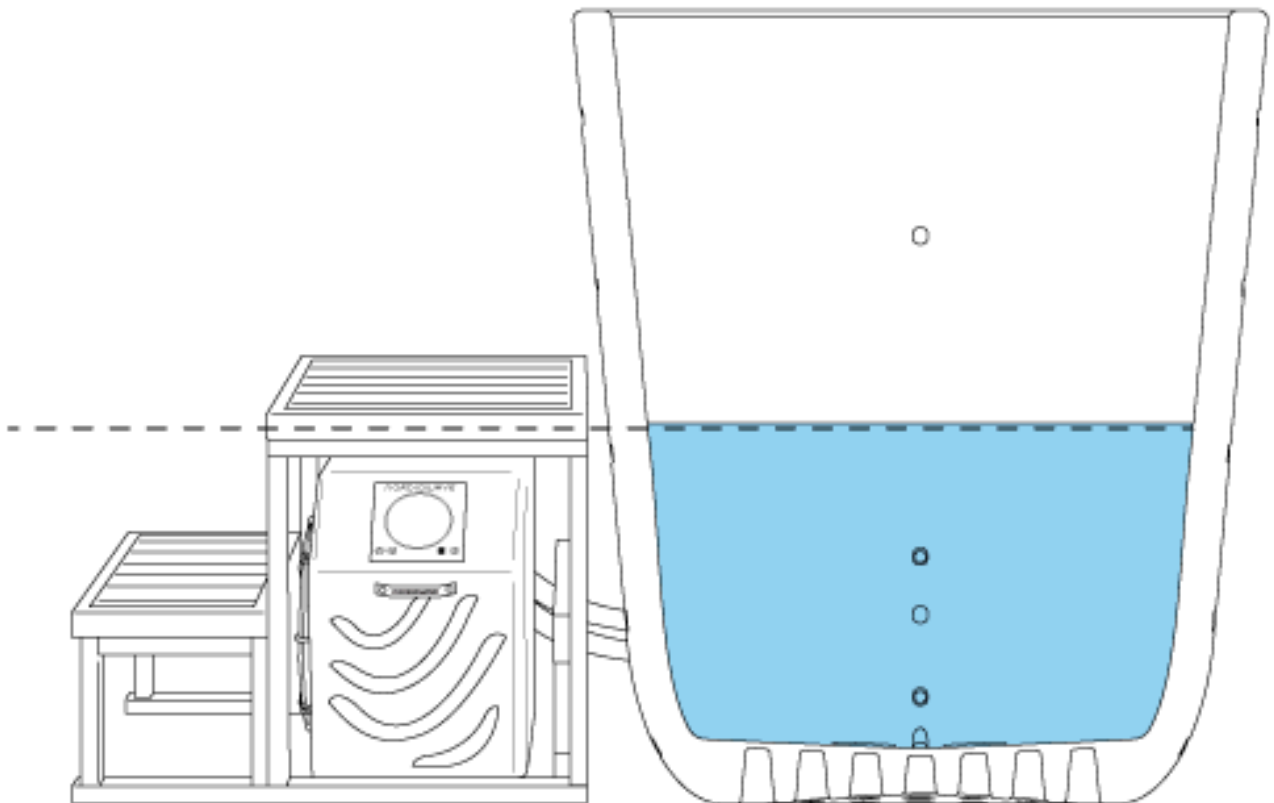
# Startup Process

## Step 1: Filling Your Viking

Apply your carbon filter to your hose if you purchased one and let water run through it for 10 seconds before you begin filling up your Viking.



**Before plugging in your chiller, please ensure that the water level in the Viking is above the top of the chiller unit at a minimum. To avoid permanent damage, never operate the chiller without adequate water, or without a filter.**

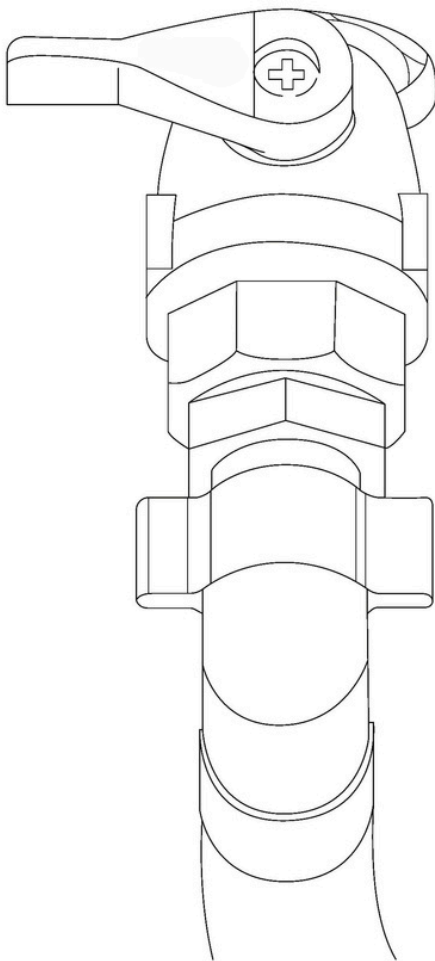


# Startup Process

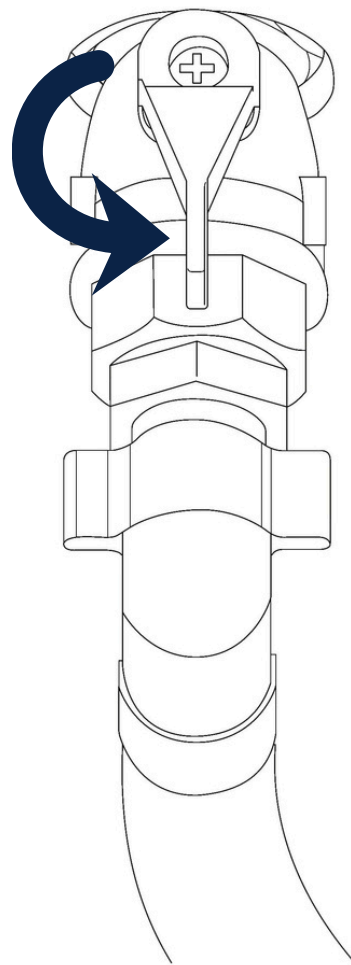
## Step 2: Open The Hose Isolation Valves

Position both isolation valves in the open position. When the valve is positioned parallel to the hoses, it allows water to flow freely through the system. If the valve is turned perpendicular to the hoses, it blocks the water flow.

### CLOSED



### OPEN

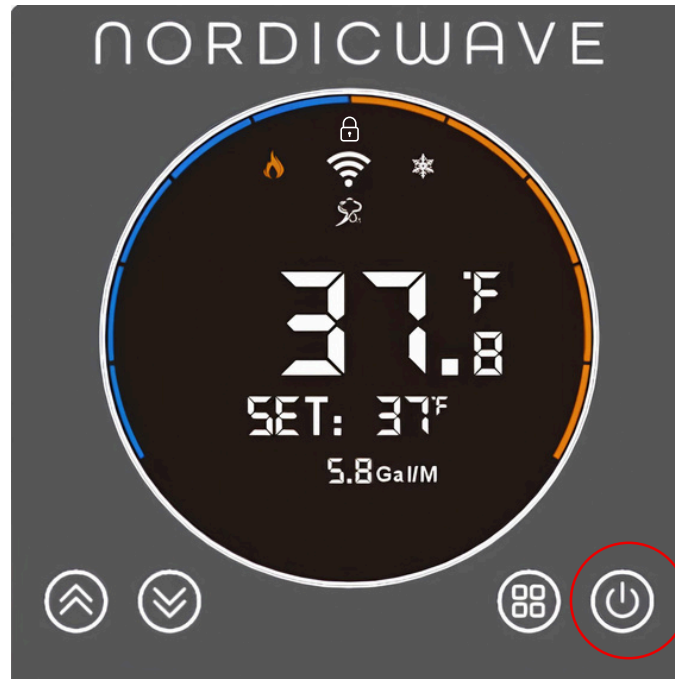


# VIKING OPERATING YOUR CHILLER

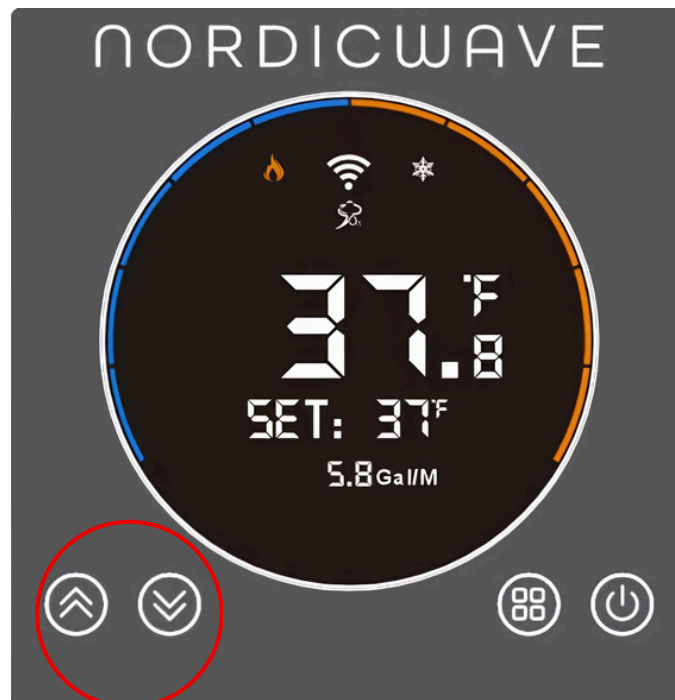
# STARTING YOUR CHILLER



Tap the ON/OFF button to power on your chiller.



Press and hold the UP and DOWN arrow buttons to unlock (or lock) the chiller controls.

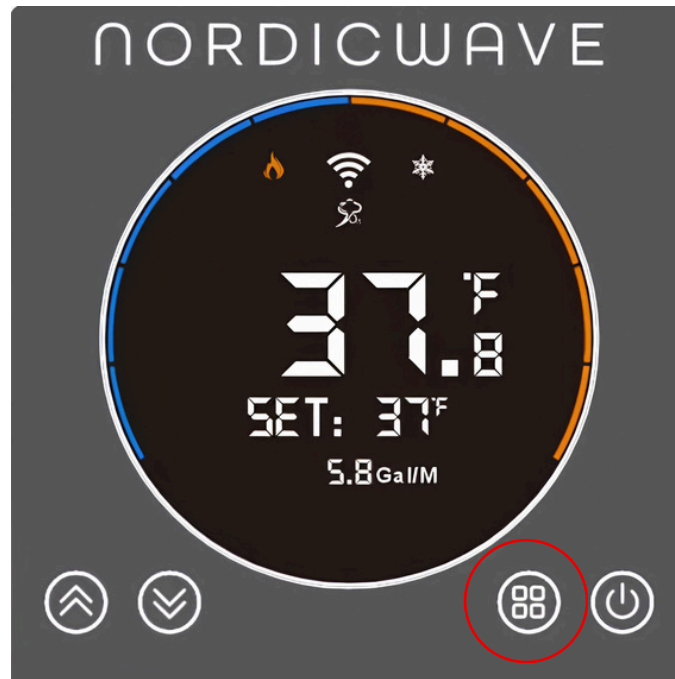




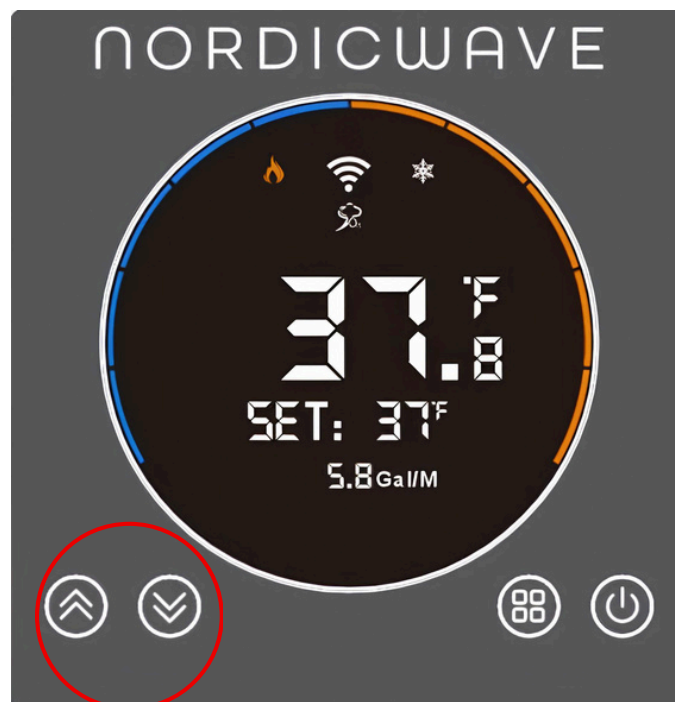
# SETTING THE TEMPERATURE



Tap the settings button.



Tap the UP and DOWN arrows to adjust the desired water temperature.



# VIKING TROUBLESHOOTING

# Troubleshooting

## CHILLER ERROR CODES

If the chiller controller detects any abnormal operating conditions it may flash an error code on the display. Below is a table of common error codes, their causes, and potential solutions.

Error Codes	Description	Solution
CLN	This error code appears when the water flow is lower than expected. "Clean"	<ul style="list-style-type: none"> <li>Clean out the in-line hose strainer on the back of the chiller unit.</li> <li>Replace the 20 micron cartridge filter mounted on the back of the chiller unit with a new clean filter.</li> </ul>
FL	This error code indicates that there is "no" water flow.	<p><b>Faulty Vacuum Priming Pump</b></p> <p>How to Check:</p> <ul style="list-style-type: none"> <li>Turn on the machine and listen for the vacuum pump. If no sound is heard, the vacuum pump may need to be replaced.</li> <li>If the vacuum pump runs but there are no bubbles or water at the outlet, the pump may be faulty, or the check valve may not be reset.</li> <li>If the pump runs and water flows and/or bubbles are flowing into the Viking then the Vacuum Pump is functioning properly.</li> </ul> <p><b>Faulty Primary Water Circulation Pump</b></p> <ul style="list-style-type: none"> <li>Try force-starting the water pump via the app. If this works and the pump starts running normally then the issue is not related to the main water circulation pump.</li> </ul>
FL	This error code indicates that there is "no" water flow. (Failure to prime, clogged strainer, clogged flow meter, failed pump)	<p><b>Air leakage in the supply circuit from the Viking causing failure to prime</b></p> <ul style="list-style-type: none"> <li>Check the hose connections to ensure that all sealing washers are installed and are not visibly damaged.</li> <li>Ensure the Viking water level is higher than the top of the chiller unit.</li> <li>Check the O-ring in the hose strainer and reinstall the cover securely.</li> </ul> <p><b>Flow Meter Jammed</b></p> <ul style="list-style-type: none"> <li>The flow meter may be clogged/jammed with debris. Follow the instructions on <a href="#">page 36</a> for removing and cleaning the flow meter.</li> </ul>

# MAINTENANCE & CARE

# Maintenance

## VIKING & CHILLER

To ensure your Viking Cold Plunge continues to perform at its best and to protect your warranty, please follow these essential maintenance guidelines:

### **Change Water Filter Monthly**

The water filter typically needs to be replaced once a month to maintain optimal water quality and chiller operation. Actual change intervals vary greatly with use conditions and other factors. Please note that, depending on the contaminants in your specific application, the filter may not “look” dirty even when it is completely clogged.

If your chiller display shows LESS than 4.8 Gal/M, CLN Error, or FL Error, it's time to replace your filter, rinse off the in-line hose strainer, and change your water.

### **Clean Inline Hose Strainer Monthly**

Clean the inline hose strainer at least once a month to prevent clogging and ensure proper water flow. Neglecting this maintenance can lead to chiller damage and may void your warranty.

### **Change Water in the Viking Vessel Monthly**

For cleanliness and sanitation, change the water in the Viking vessel at least once a month. The frequency of water changes may vary based on usage, the cleanliness of your body, the type of water, and the presence of minerals, lotions, or sunscreen on your skin.

By keeping up with these maintenance tasks, you'll ensure the longevity and effectiveness of your Viking Cold Plunge.

# Maintenance

## VIKING & CHILLER

### **Clean Before Entering**

If using the Viking outdoors, ensure individuals are clean before entering to prevent grass, twigs, and debris from contaminating the tub. A designated shower area with a hose or foot-washing station can help maintain cleanliness.

### **Cover with Stay Cool Lid & Viking Cover**

Using the Viking Stay Cool Lid is an effective way to keep your tub clean and minimize maintenance. The lid prevents debris like leaves and dirt from entering the tub and deters insects and wildlife, ensuring a cleaner and hassle-free experience.

### **Regular Cleaning**

Regular cleaning may eliminate the need for specialized products. Maintain a consistent cleaning routine to keep your Viking in excellent condition.

### **Cloudy Water**

If the water becomes cloudy, drain and replace both the water and the water filter. If filtration or operation is interrupted, ensure to empty the vessel, filter, and chiller, as stagnant water can be unsanitary. Additionally, if the chiller is running without water circulation, there is a risk of freezing, which may cause damage.

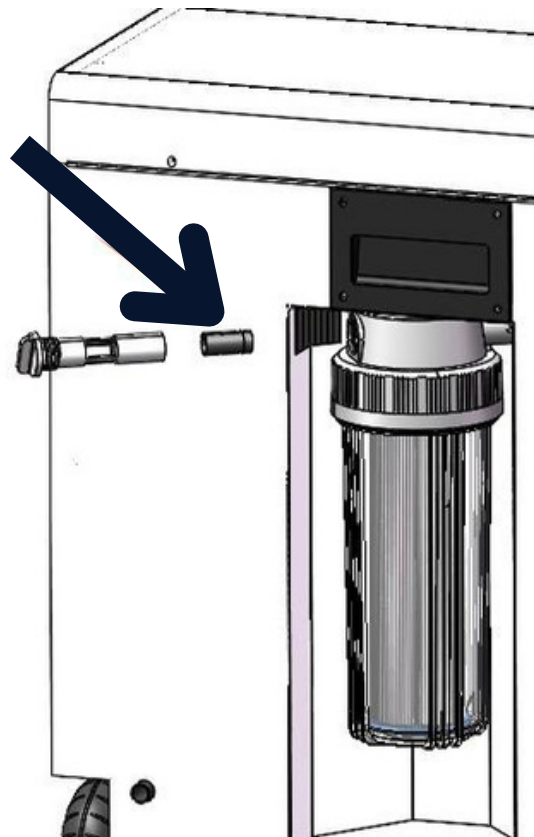
# Maintenance

## VIKING & CHILLER

### Flow Meter Cleaning Procedure

1. Power down the chiller.
2. Close the (2) Hose Isolation valves on the Viking.
3. Remove the flowmeter mounted in the top of the water filter as shown in the figure to the right (turning counter clockwise).
4. Clean and remove any debris that may have collected in the sensor near the central rotor.
5. Reinstall the sensor (turn clockwise), open the Isolation Valves, and power the chiller back up.

\*Note: If this procedure doesn't return normal functionality and flow readings the sensor may need to be replaced.





# Maintenance

## Preparing For Long-Term Storage

### **Step 1: Drain the Viking**

Completely drain the Viking by opening the isolation valves and drain valve to allow water to flow out.

### **Step 2: Remove Inlet and Outlet Hoses**

Disconnect the "Inlet" and "Outlet" hoses from the Viking vessel, then thoroughly flush and rinse each hose to remove any residual water or debris. This helps maintain cleanliness and ensures optimal performance when the system is placed back into service.

### **Step 3: Drain the Chiller**

Tilt the chiller to drain water from the "Inlet" and "Outlet" ports. Use a shop vacuum if needed to remove all water.

### **Step 4: Ensure Complete Drainage**

Fully drain all water from the chiller, including the filter canister and inline hose strainer, and move the unit indoors. Leaving any water inside while it's off can cause scale buildup.

### **Step 5: Clean and Store the Chiller**

Store chiller and hoses in a dry, temperature-controlled room. Consider covering the chiller, Viking unit, and hose accessories to shield them from dust and damage.

# Maintenance

## ACCESSORY PARTS

**A** Replacement Flow Meter

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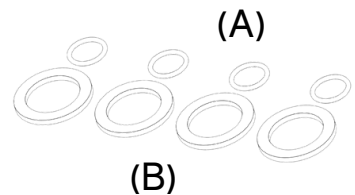
**B** Filter Wrench

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**C** Insulated Sleeves (2) – Filter Canister Sleeve & Inline Hose Strainer Sleeve

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**E** (4) Spare Hose O-Rings (A)  
(4) Strainer Sealing Washers (B)



### Keep Your Accessories for Maintenance

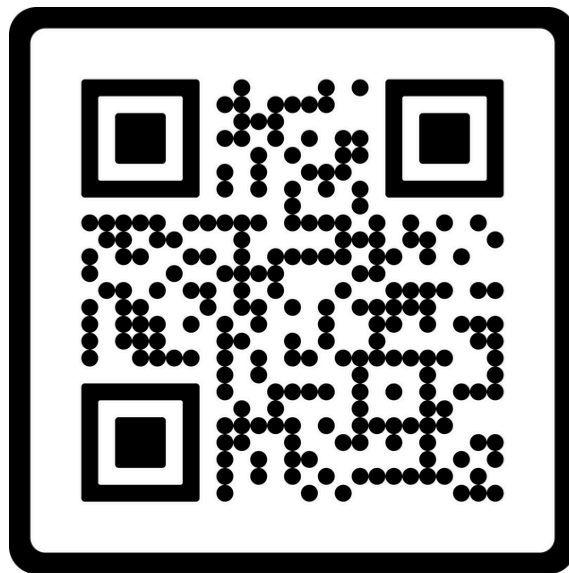
Your Viking Cold Plunge accessories are crucial for maintaining the performance and longevity of your investment. These components are designed to assist with routine upkeep and ensure your plunge remains in optimal condition.

Please avoid discarding any accessories included with your purchase. They may be necessary for future maintenance, and replacements can take time to acquire.

# Maintenance

## Accessory Items

Please use the QR code below to purchase additional accessories and maintenance items. Having these essentials on hand ensures you're prepared when it's time to replace your filter.



# WARRANTY & RETURN POLICY

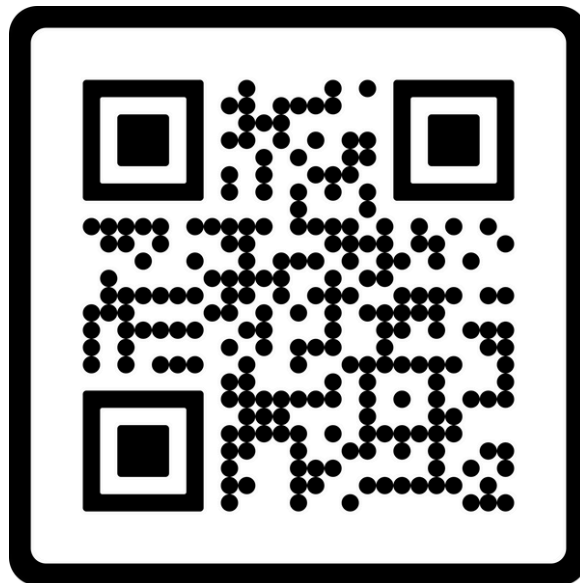
# Warranty & Return Policy

## Understanding Your Warranty, Refunds & Returns

For full details regarding your product's warranty coverage, as well as our return and refund policies, please scan the QR code below. This page includes important information to help you understand what's covered, how to initiate a return, and the steps for requesting a refund if necessary.

We encourage you to review this information and keep it for your records.

If you have any questions or need further assistance, our support team is always happy to help. Please don't hesitate to reach out. We're here to ensure you have the best possible experience.



# **WARNING**

## **PREVENT DROWNING!**



Watch children at all times.

## **NEVER ENTER HEADFIRST!**



You may not be able to  
escape from cold plunge.

- 
- Not for use by children under 5 years of age. Children under 5 are at the highest risk for drowning. Empty cold plunge or prevent access when not in use.
  - Closely watch children who are in or near cold plunge. Competent supervision and knowledge of the safety requirements is the only way to prevent drowning or permanent injury in the use of this product! Never leave young children unattended.
  - Pool barrier laws affect this product, consult your local council.

# **WARNING**

## **REDUCE THE RISK OF ELECTROCUTION**

1. Never place other electric appliances within 5 feet of cold plunge.

## **REDUCE THE RISK OF CHILD DROWNING**

1. Supervise children at all times.
2. Replace cover after each use.

## **REDUCE THE RISK OF LOW BODY TEMPERATURE**

1. Check with a doctor before use if pregnant, diabetic, in poor health, or under medical care.
2. Exit immediately if uncomfortable, dizzy, or sleepy. Cold water can cause hypothermia and unconsciousness.

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This marking is to be removed only by the owner after  
Safety Sign is installed.







ELEVATE YOUR HEALTH™