coldture

Pro Plunge Xtreme

User Manual

Welcome to the Coldture Wellness Club

Clear your head.
Fuel your energy.
Push past limits.

The Pro Plunge Xtreme isn't just cold, it's built for the wild. Canada's first fully functional outdoor cold plunge, engineered to perform in temperatures as low as –30°C. Whether it's your backyard, cottage, or right beside your sauna, this plunge keeps up with every season. Step in and feel your stress drop, your focus sharpen, and your body fire into recovery mode.

Here's what the Pro Plunge Xtreme delivers:

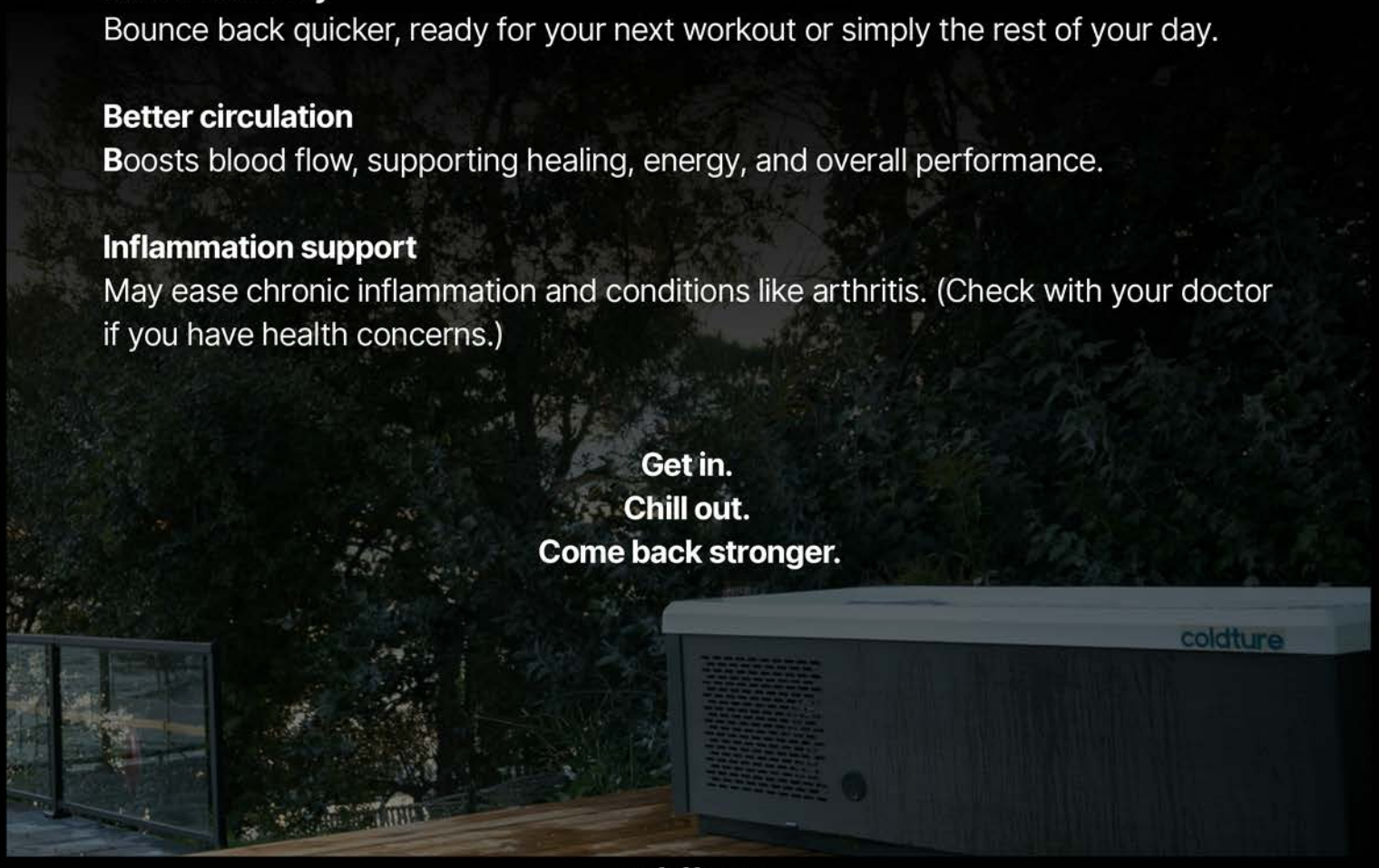
Less soreness
Cold therapy tightens blood vessels, easing sore muscles and reducing inflammation.

Faster recovery
Bounce back quicker, ready for your next workout or simply the rest of your day.

Better circulation
Boosts blood flow, supporting healing, energy, and overall performance.

Inflammation support
May ease chronic inflammation and conditions like arthritis. (Check with your doctor if you have health concerns.)

Get in.
Chill out.
Come back stronger.



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Important Information!

Please read these instructions carefully before using the appliance and retain them for future reference.

During transport, do not tilt the water chiller more than 45° in any direction.

Do not restrict or block the air inlet or exhaust air outlet of the unit.

Never use cleaning agents containing sand, soda, acid, or chloride, as these may damage surfaces.

Before opening the device, ensure that all circuits are isolated from the power supply.

Any work on the water chiller must only be performed by authorized and qualified after-sales service technicians.

Safety Instructions

Please observe the following information and instructions carefully:

- Electrical and heating circuit installations may only be carried out by qualified installers or technicians.
- Follow all local regulations and standards for water supply and electrical work.
- Operate this appliance only when it is fully installed and all required safety equipment is in place.
- The appliance is designed for environments between -18°C to 40°C.
  - If ambient temperature falls below -18°C, drain the internal water.
- Install only on a horizontal, level, solid, permanent base.
- Ensure proper airflow and service access:
  - **Air inlet:** at least 1 meter (minimum 30 cm)
  - **Air outlet:** at least 1 meter, free of obstacles

⚠ **Risk of Injury:**

- Children or persons with reduced physical, sensory, or mental capabilities should only operate this appliance under supervision or after receiving proper instruction from someone responsible for their safety.
- Children must be supervised to ensure they do not play with the appliance.

Health & Safety Warnings for the User

Taking the plunge is a big step

Coldture Wellness declines all liability for damages arising for failure to observe the following directions.

Health disclaimer:

If you're unsure about whether this is for you then please check with your doctor before using your Pro Plunge Xtreme.

The Pro Plunge Xtreme is suitable for most people most of the time. However, we recommend taking a cautious approach and advise that people with reduced mobility, sensory, and/or cognitive abilities only use the Pro Plunge Xtreme if supervised and only if they have the knowledge necessary to use the equipment safely, as well as to understand the dangers arising from improper use.

Tolerance to cold water varies from person to person. We recommend being mindful of gradually building up the duration of use with your Pro Plunge Xtreme and being cautious when using it alone.

New to this?

It is quite dangerous to suddenly jump into cold water that's significantly cooler than what you're used to as it can cause a shock to the body. Therefore, enter the water slowly and keep your face, shoulders, and hands clear until your breathing is under control.

The cold-water shock response decreases with cold exposure experience and being mentally prepared.

A risk factor is hypothermia.
This occurs when you suffer a drop in core body temperature and can eventually lead to loss of consciousness and heart failure.

The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors. Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around.

If you like, you can check the water temperature before entering the bath, to ensure that it is at a temperature that is suitable for your experience in cold exposure. The temperature of the water is displayed as default on the control panel.

Children must be supervised near your Pro Plunge Xtreme to make sure they do not play with the equipment and do not carry out operations to be performed by adults (cleaning cycles/maintenance). Always attach the cover when not in use. Children are not advised to use the Pro Plunge Xtreme.

Please check with your doctor as relevant.
Pregnant women should talk to a doctor first, low temperatures are not advised. Anybody under medical care, such as people with heart conditions, diabetes, high or low blood pressure or other health problems must not use your Pro Plunge Xtreme without first consulting their doctor. People with infectious diseases should not use your Pro Plunge Xtreme without first consulting their doctor.

Product Specifications

Specification	Details
Model	Pro Plunge Xtreme
Dimensions (inches)	85” x 41” x 30”
Electrical	115V, 60Hz
Capacity	1 person
Water Capacity	113 gallons / 0.43 m^3
Net Weight	359 lbs / 163 kg
Overall Weight	1492 lbs / 677 kg

Set-Up Instructions

Installation Instructions

Location and Space

- Place the unit in a location convenient for operation and maintenance.
- Install on stable ground, preferably a level concrete floor that can support the full weight.
- Ensure proper drainage near the unit.
- Provide at least 40” of open space at both the air inlet and outlet for ventilation. Do not install in closed rooms or block airflow.

Electrical Installation

- The Pro Plunge Xtreme operates at 115V, 60Hz.
- Electrical work must be performed by a qualified, licensed electrician.
- Installation must comply with local codes and regulations.
- The power supply cable must be rated for the device and suitable for outdoor use.
- In public areas, install an emergency shutoff switch compliant with NEC Code near the chiller.

Pre-Operation Checklist:

□ All wiring is connected and secure
□ Piping is connected and sealed
□ Drainage is in place
□ Water tank is filled to the required level

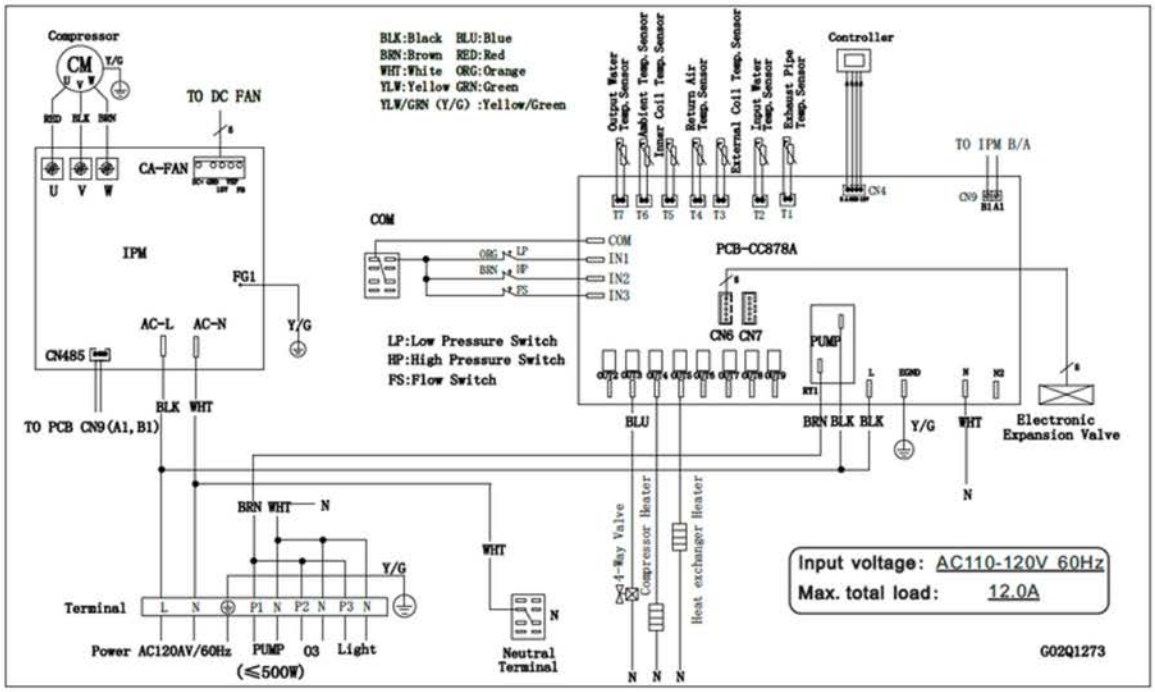
Heat Pump Controller

Operation Instructions

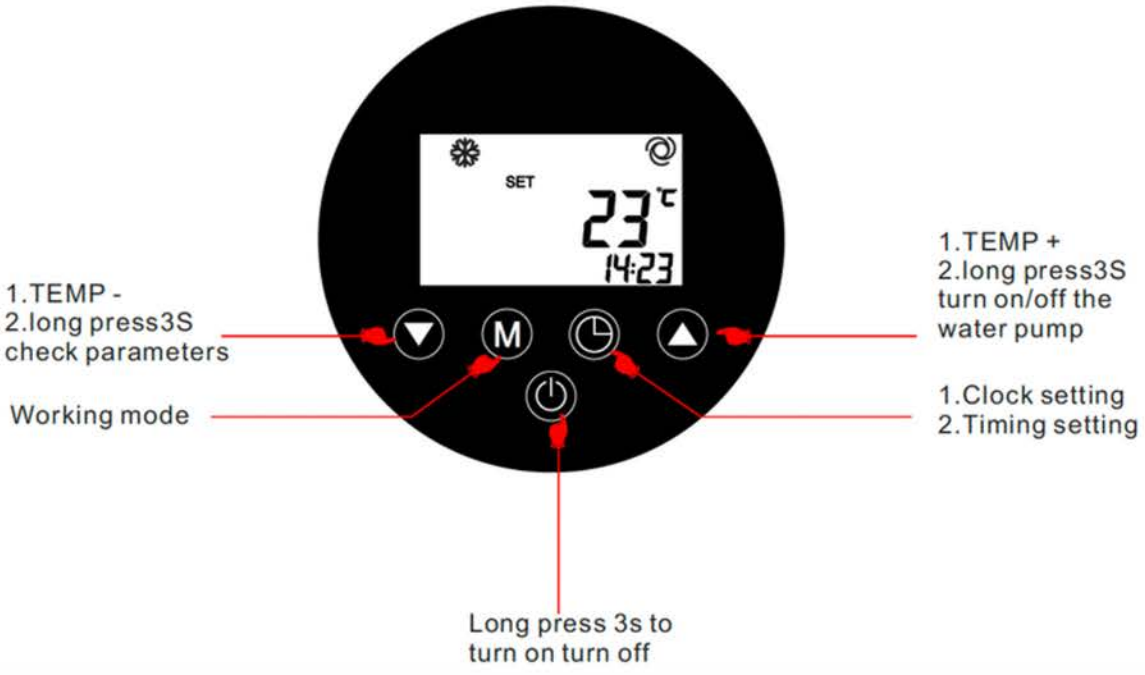
- **Turn ON/OFF:** Press Power for 5 seconds
- **Mode Switching:** Press Mode to switch Heating/Cooling
- **Working Modes:**
  - Powerful = fastest, highest energy use
  - Smart = balanced performance
  - Silent = quietest, lowest energy use
- **Temperature Unit Adjustment**: Power OFF → hold buttons 5 sec → switch °C/°F
- Temperature Setting: Hold ON 3 sec → press ▲/▼ → Confirm
- **Timing Setting:** Press ▲ + ▼ → set time
- **Cycle Pump:** Hold Pump → ON/OFF. Auto shuts after 30 min
- Child Lock: Hold Lock buttons until symbol shows
- **Antifreeze System:**
  - Level 1: Ambient ≤ 41°F → pump cycles every 10 min. Exits at ≥ 46°F
  - Level 2: Ambient ≤ 41°F & outlet ≤ 36°F → full antifreeze protection
- **Alternate Unit Switch:** With system OFF, hold ▲ + ▼ for 3 sec
- **System Antifreeze (Standby/Shutdown Protection):**
  - Ambient ≤ 5°C → enters first-level antifreeze. Pump runs 30 seconds every 10 minutes.
  - Ambient ≥ 8°C → exits first-level antifreeze.
  - Ambient ≤ 5°C and outlet water ≤ 3°C → enters second-level antifreeze and automatically heats.
  - Ambient ≥ 8°C or outlet water ≥ 5°C → exits second-level antifreeze.
  - Cooling shutdown can enter second-level antifreeze; heating shutdown enters only first-level.
  - If outlet water sensor fails → inlet water sensor is used.
  - If all sensors fail (environment, outlet, inlet) → defaults to first-level antifreeze.
  - Wire controller displays E04 when antifreeze mode is active.

Pre-use Operations

1.Please connect power strictly according to the power data plate.



2.After connecting the load and checking it in detail, turn on the power and use it normally.



Display Illustrations

Heating mode

Cooling mode

Silent mode

Intelligent mode ;

Strong mode

Defrosting in progress

Wi-Fi successfully connected and permanently lit; flashing when not connected or during connection

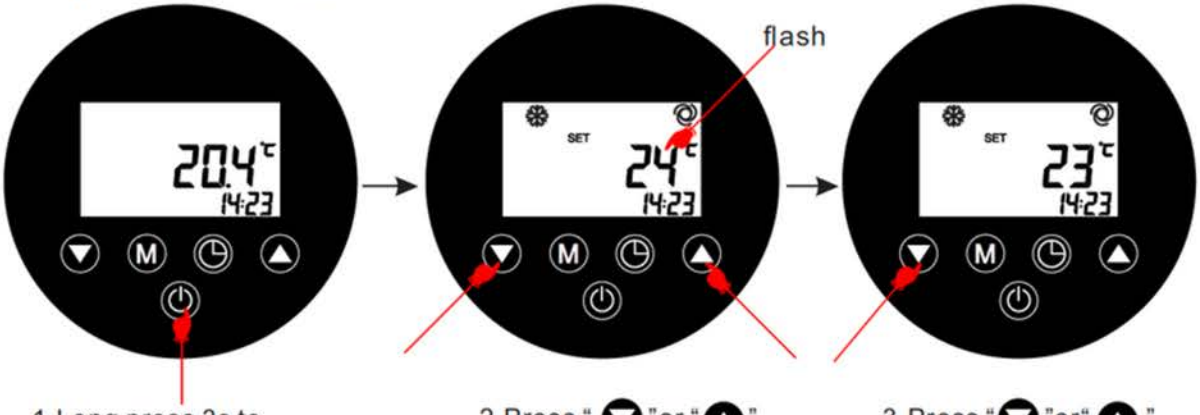
Lock screen

Blinking when reporting a fault

Water pump on

Settings

Temperature Setting



1.Long press 3s to turn on.

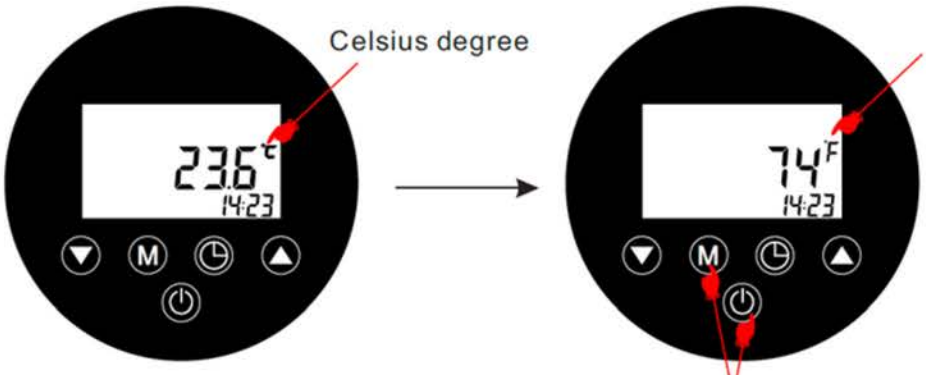
2.Press " ▼ "or " ▲ "

3.Press " ▼ "or" ▲ " adjust temperature.

4.Confirm the value and return.

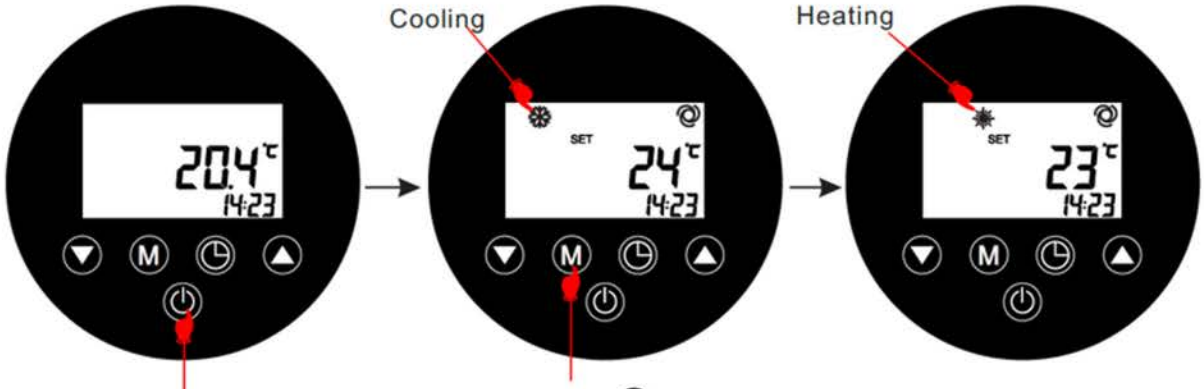
Temperature Unit

When the system is power on, long press " ⏻ " and " M " on the main interface for 3 seconds to switch the temperature unit (℃ or ℉), The system will automatically stre the value after changing.



Long press ⏻ and M for 3s .

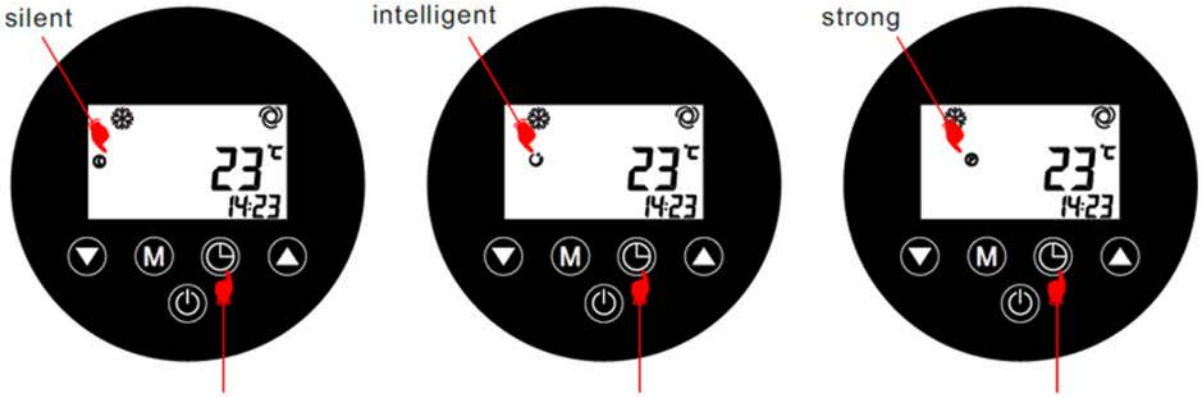
Working Mode



1.Long press 3s to turn on.

2.Long press M 3s to switch between cooling and heating mode.

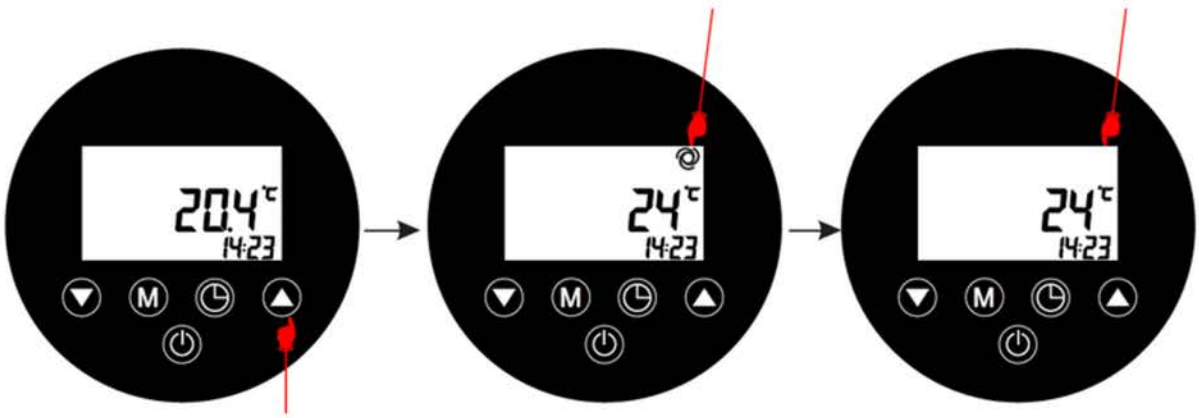
At the startup interface, press to switch modes: silent, .intelligent, and strong



Cycle Pump

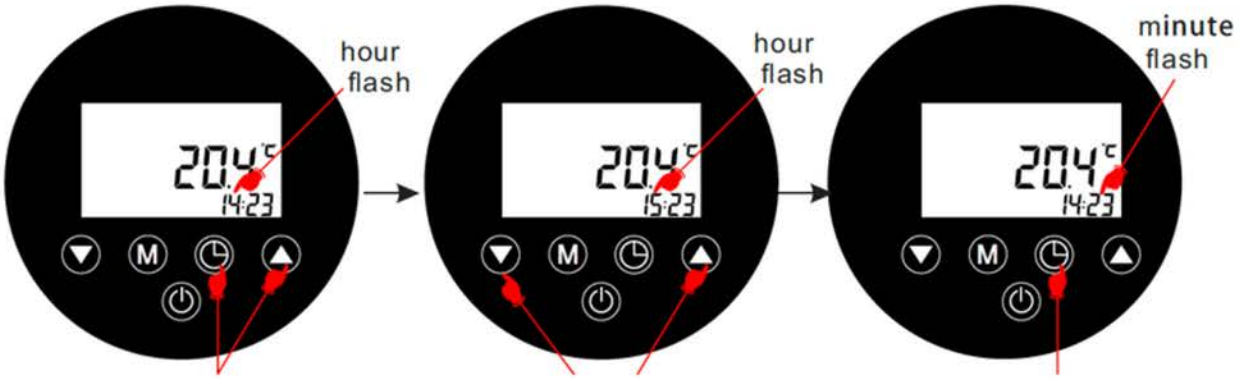
Press and hold " " for 3 seconds to manually turn on/off the water pump when shutting down, reaching the temperature set, or shutting down due to malfunction.

Cycle pump will turn off automatically after running for 30 minutes.



1.Long press 3s to turn on pump. 2.Long press 3s again to turn off pump.

Clock Setting

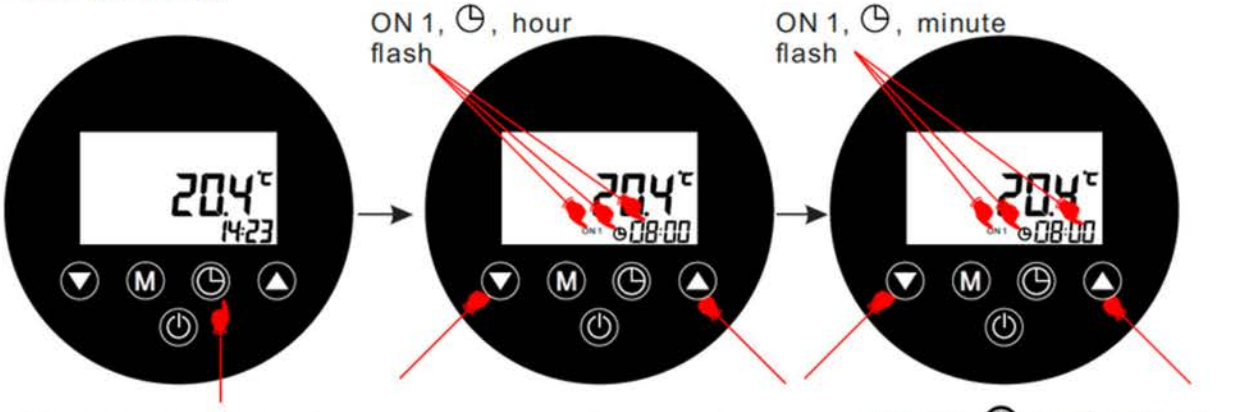


1.Long press 3s .

2.Press "▼" or "▲" adjust the hour.

3.Press "▼" or "▲" adjust the minute. press " ◷ "confirm the value and return.

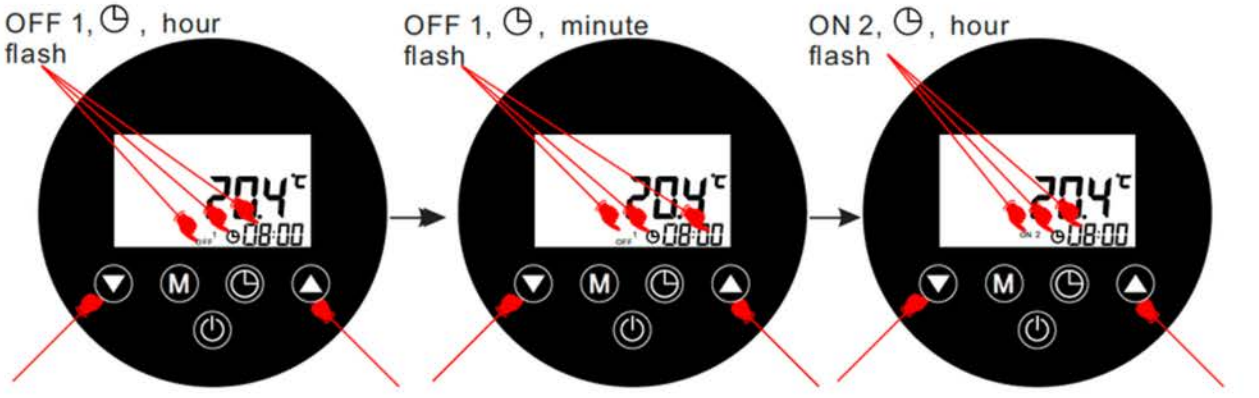
Timing Setting



1.Long press 3s to enter the timing setting interface.

2.Press "▼" or "▲" adjust the hour.

3.Press " ◷ "to the minute setting,Press "▼" or "▲" adjust the minute.



4.Press " ◷ "to time off 1 setting, Press "▼" or "▲" adjust the hour.

5.Press " ◷ "to the minute setting, Press "▼" or "▲" adjust the minute.

6.Press " ◷ "to the time on 2 setting, Press "▼" or "▲" adjust the hour.

The timing of the second and third segments is also switched through the .

The and adjust the hours and minutes, and press to exit.

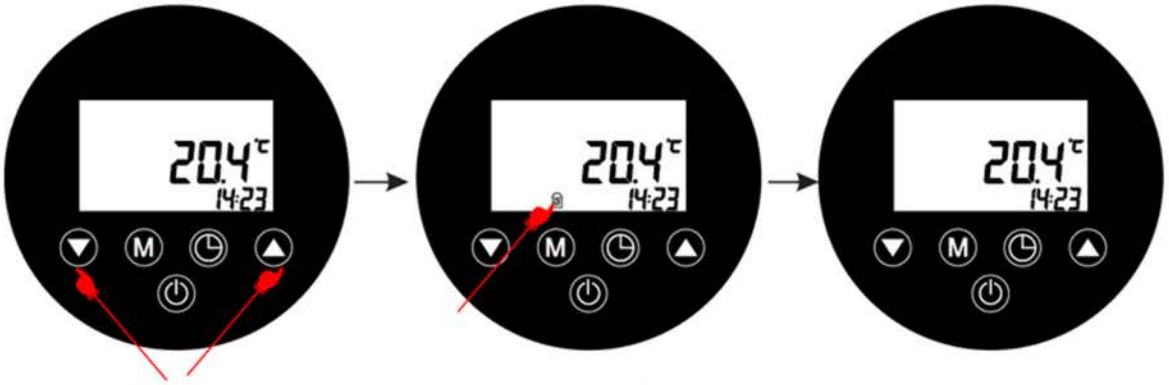
1 Indicates that there is a timing

Timing on

Timing off

Cancel timing setting:
When the set startup time and shutdown time are the same, the timing setting for the current time period is cancel.

Children Lock Protection Setting



Long press and keys for 3s on the main interface.

Long press and keys for 3s again.
Children lock protection enable.

Children lock protection disable.

Wifi Setting

Download the App

Method 1:Search "Smart Life" in Apple App Store or Google App Store.

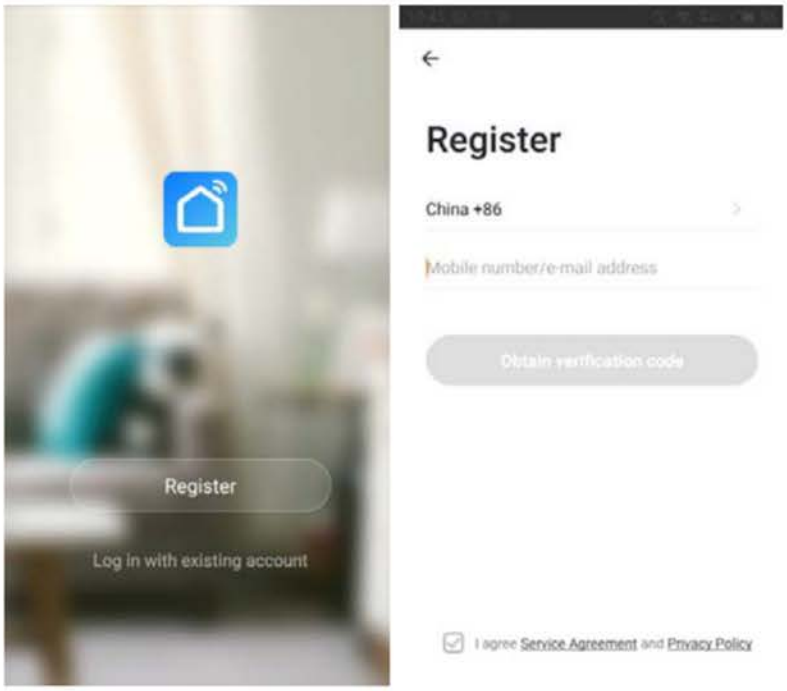
Method 2::Scan the QR code below, download and install "Smart Life" APP.

Wifi Setting

User registration

Click the icon " " to start the software.

To use the "Smart Life" software for the first time, you need to register users: create a new account → enter a mobile phone number/email → enter a verification code, set a password → confirm



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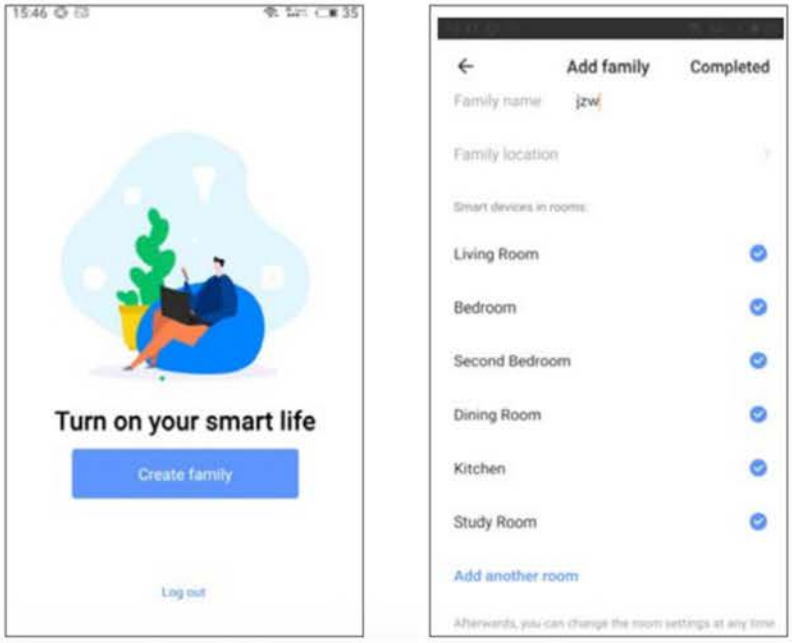
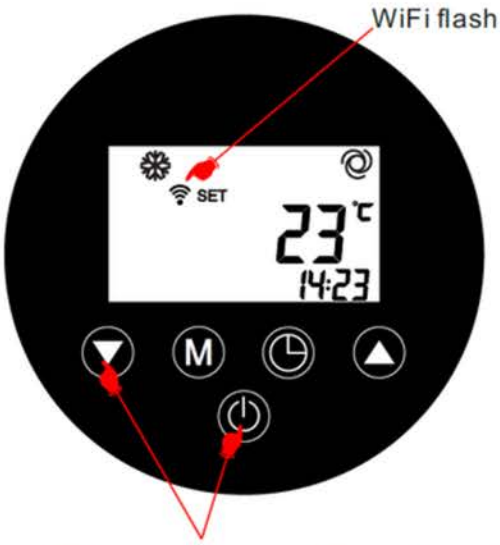


Two options to activate WiFi

Option 1:Quick flash mode

Push “mode“and “ arrow up
At the same time for 5 seconds.

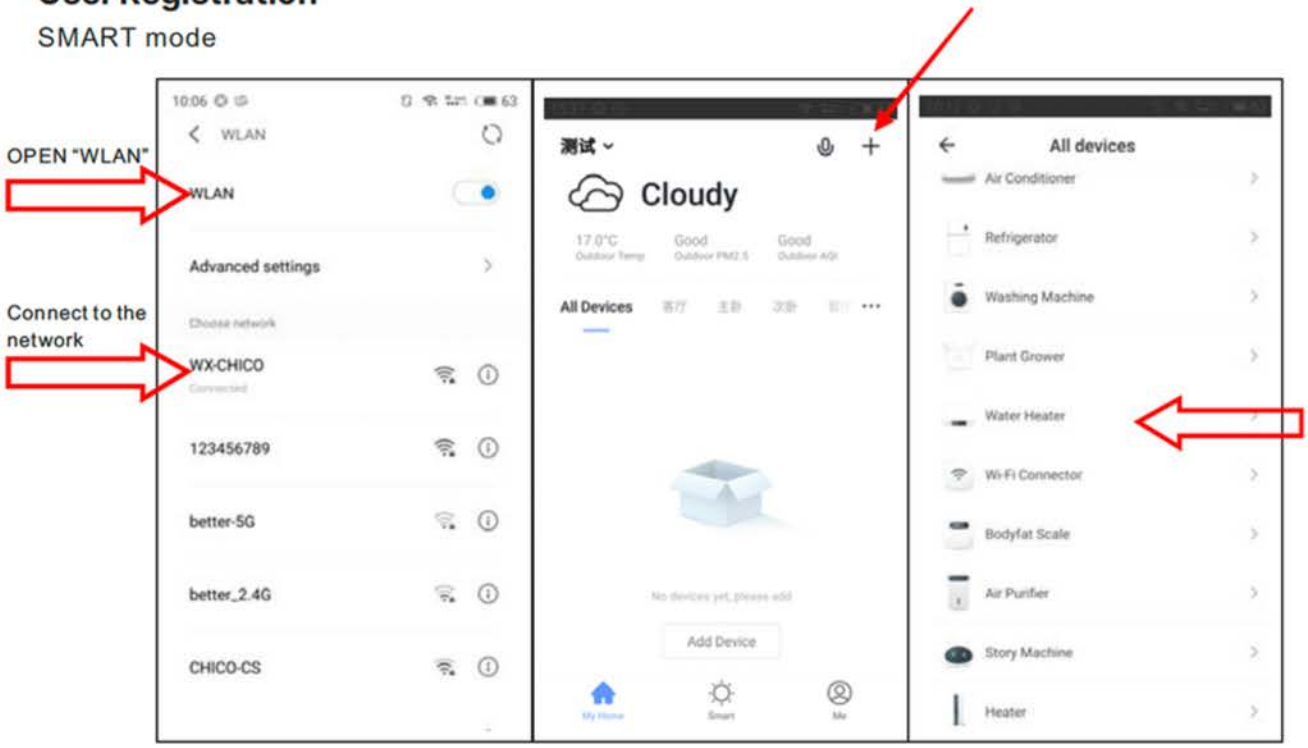
Option 2:Slow flash mode



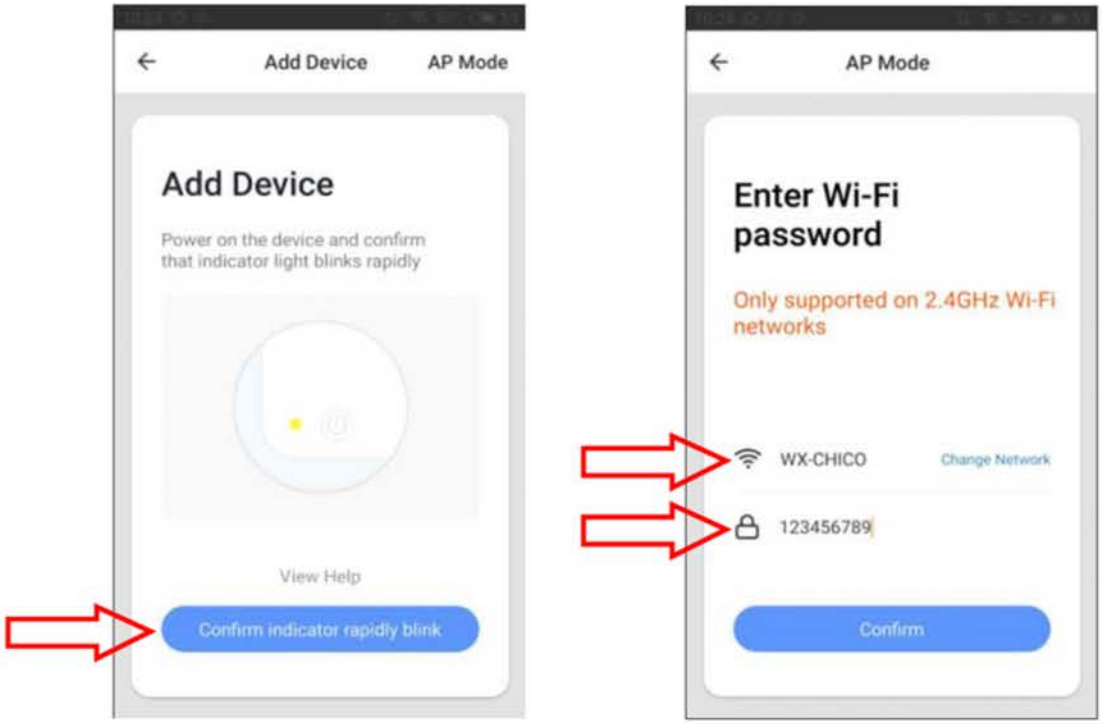
Push “power button”and “arrow down”
at the same time for 5 seconds.

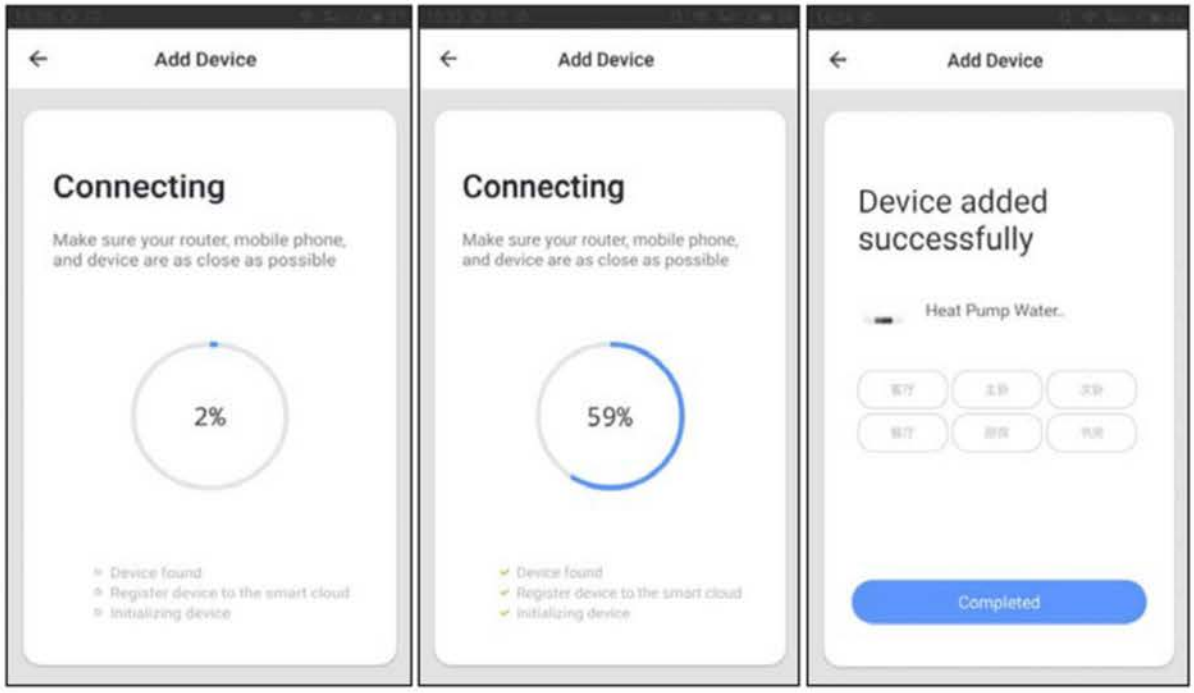
User Registration

SMART mode



long press the WIFI reset button for 3 seconds, and then click "confirm that the indicator is flashing".





Operation

The device is bound successfully. Click "completed" to enter the operation page directly.

Error Codes

Code	Fault Description
Er 03	Water flow fault
Er 04	Winter antifreeze
Er 05	High pressure fault
Er 06	Low pressure fault
Er 09	Mainboard–wire control communication fault
Er 10	Frequency conversion module communication fault
Er 12	Exhaust high protection
Er 15	Inlet water temperature fault
Er 16	External coil temperature fault
Er 18	Exhaust temperature fault
Er 19	DC fan 1 fault
Er 20	Frequency conversion module abnormal protection
Er 21	Ambient temperature fault
Er 23	Cooling water outlet temperature too low protection
Er 27	Water outlet temperature fault
Er 28	CT overcurrent protection
Er 29	Return air temperature fault
Er 32	Heating water outlet temperature too high protection
Er 33	Outdoor coil high temperature protection
Er 42	Internal coil temperature fault
Er 44	Cooling environment temperature too low protection
Er 45	Heating environment temperature too low protection

Troubleshooting

NO.	Fault	Analysis	Solution
E03	**Water flow protection**	1. Poor connection between water flow switch and main board. 2. Water flow switch installed incorrectly. 3. Water flow switch failure. 4. Main board failure. 5. Low water flow: 5.1 Water system blocked. 5.2 Pump not suitable. 5.3 Pipe too small. 5.4 Flow switch stuck and cannot reset. 6. No water flow: 6.1 Valve not open. 6.2 Pump not working. 6.3 Pump failure.	1. Reconnect switch cable. 2. Reinstall correctly. 3. Replace switch. 4. Replace main board. 5.1 Clean/replace blocked parts. 5.2 Install correct pump. 5.3 Replace pipe. 5.4 Reset switch manually. 6.1 Open valve. 6.2 Turn on pump. 6.3 Replace pump.
E04	**Anti-freeze protection**	1. Low ambient temperature. 2. Low water temperature.	1. When ambient temp ≥ 8°C, exit anti-freeze. 2. When outlet water temp ≥ 15°C, exit anti-freeze.
E05	**High pressure protection**	1. Loose wiring/poor connection of switch. 2. Faulty high-pressure switch. 3. Main board failure. 4. Poor condensing: 4.1 Water temp too high (out of range). 4.2 Low water flow: 4.2.1 Valve not open. 4.2.2 Blockage in heat exchanger/valve. 4.2.3 Improper pump. 4.2.4 Pump failure. 5. Refrigerant system blockage (throttle). 6. Air in refrigerant system (vacuum insufficient).	1. Reconnect wiring. 2. Replace switch. 3. Replace main board. 4. Operate within range. 4.1 Open valve. 4.2 Clean/replace blockage. 4.3 Replace with correct pump. 4.4 Replace pump. 5. Clean/replace blockage. 6. Vacuum and refill refrigerant.
E06	**Low pressure protection**	1. Loose wiring/poor connection of switch. 2. Faulty low-pressure switch. 3. Main board failure. 4. Refrigerant leak. 5. Expansion valve malfunction.	1. Reconnect wiring. 2. Replace low-pressure switch. 3. Replace main board. 4. Find leak, vacuum, and refill refrigerant. 5. Repair or replace expansion valve.
E09 / E10	**Communication fault**	1. Poor connection between wire controller and main board. 2. Wire controller failure. 3. Main board failure. 4. Communication cable placed with power cable, causing interference.	1. Reconnect controller cable. 2. Replace controller. 3. Replace main board. 4. Separate communication and power cables.
E12	**Exhaust protection**	1. Temperature sensor failure. 2. Water flow switch failure. 3. Refrigerant leak. 4. Low water flow: 4.1 Blocked system. 4.2 Pump not suitable. 4.3 Pipe too small. 4.4 Flow switch stuck. 5. No water flow: 5.1 Valve not open. 5.2 Pump not working. 5.3 Pump failure.	1. Replace temp sensor. 2. Replace water flow switch. 3. Repair leak and refill refrigerant. 4. Clean/replace blockage. 4.1 Replace with correct pump. 4.2 Replace pipe. 4.3 Reset switch. 5 Open valve. 5.1 Turn on pump. 5.2 Replace pump.
E15 / E16 / E18 / E21 / E27 / E29 / E42	**Sensor faults (inlet water, external coil, exhaust pipe, ambient temp, outlet water, suction, internal coil)**	1. Poor connection between sensor and main board. 2. Sensor failure. 3. Sensor resistance failure on main board.	1. Reconnect sensor cable. 2. Replace sensor. 3. Replace main board.
E19	**DC Fan failure**	1. Poor connection between fan and main board. 2. Fan failure.	1. Check motor and wiring. 2. Replace fan.

Maintenance & Cleaning

Water Maintenance Troubleshooting

Category	Recommended Range
Turbidity	Water should be clear; bottom clearly visible
Water Color	No discoloration
Total Alkalinity	80–150 ppm
pH	7.2–7.6
Chlorine	2–4 ppm
Calcium Hardness	50–150 ppm

- Test water before and after use, 3x weekly, monthly, and quarterly per schedule.
- Clean filter weekly; soak quarterly; replace annually.
- Always keep cover open for 15 minutes after chemical dosing.

Draining Procedure: Use base drain valve with or without extended hose adapter. ⚠ Turn off power before removing filter.

General Maintenance

Acrylic Surface: Wipe weekly with mild detergent; avoid abrasives and heat > 70°C.

Skirt Doors: Rinse with hose; wipe with mild soap as needed.

Nozzles: Soak in vinegar overnight, rinse, reinstall.
Covers: Always use; clean monthly; avoid direct sunlight; lock straps after use.

Stainless Steel: Remove rust with vinegar or metal cleaner.

- Apply car wax periodically for protection.
- Remove insulation cover for 15 minutes after adding chemicals.
- **Never:** use bleach, acids, or abrasives; allow contact with other metals; leave submerged after chemical dosing.
- ⚠ Rust and corrosion from improper care are not covered by warranty.

Filter: Rinse monthly; replace annually.

Maintenance & Cleaning

Water Maintenance

Symptom	Cause	Solution
Chlorine smell	Too much or too little chlorine	Test water; adjust with oxidizer
Water has smell	Low disinfectant, pH out of range, bacteria/algae	Adjust disinfectant/pH; use algaecide; change water if needed
Cloudy water	Dirty filter, unbalanced chemistry, old water	Clean filter; balance chemicals; drain/refill
Cloudy/green water	Low alkalinity, low disinfectant	Adjust pH/alkalinity; oxidizer treatment
Clear/green water	High iron/copper, low disinfectant	Use chelating agents; oxidizer treatment
Brown water	High iron/manganese	Use chelating agents
Foam	Body oils/lotions, low calcium hardness, imbalance	Add enzyme-based antifoam; increase calcium hardness; balance water
Eye/skin irritation	Unclean water, chlorine > 5 ppm, low disinfectant	Test and adjust; oxidizer treatment; adjust pH/disinfectant
Scum at waterline	Body oils/dirt	Clean with multi-purpose cleaner; add enzyme product
White precipitate	Mineral deposits	Drain water; clean with vinegar and soft cloth

Note: If a problem cannot be resolved with these steps, contact Coldture for service.

Storing Your Pro Plunge Xtreme

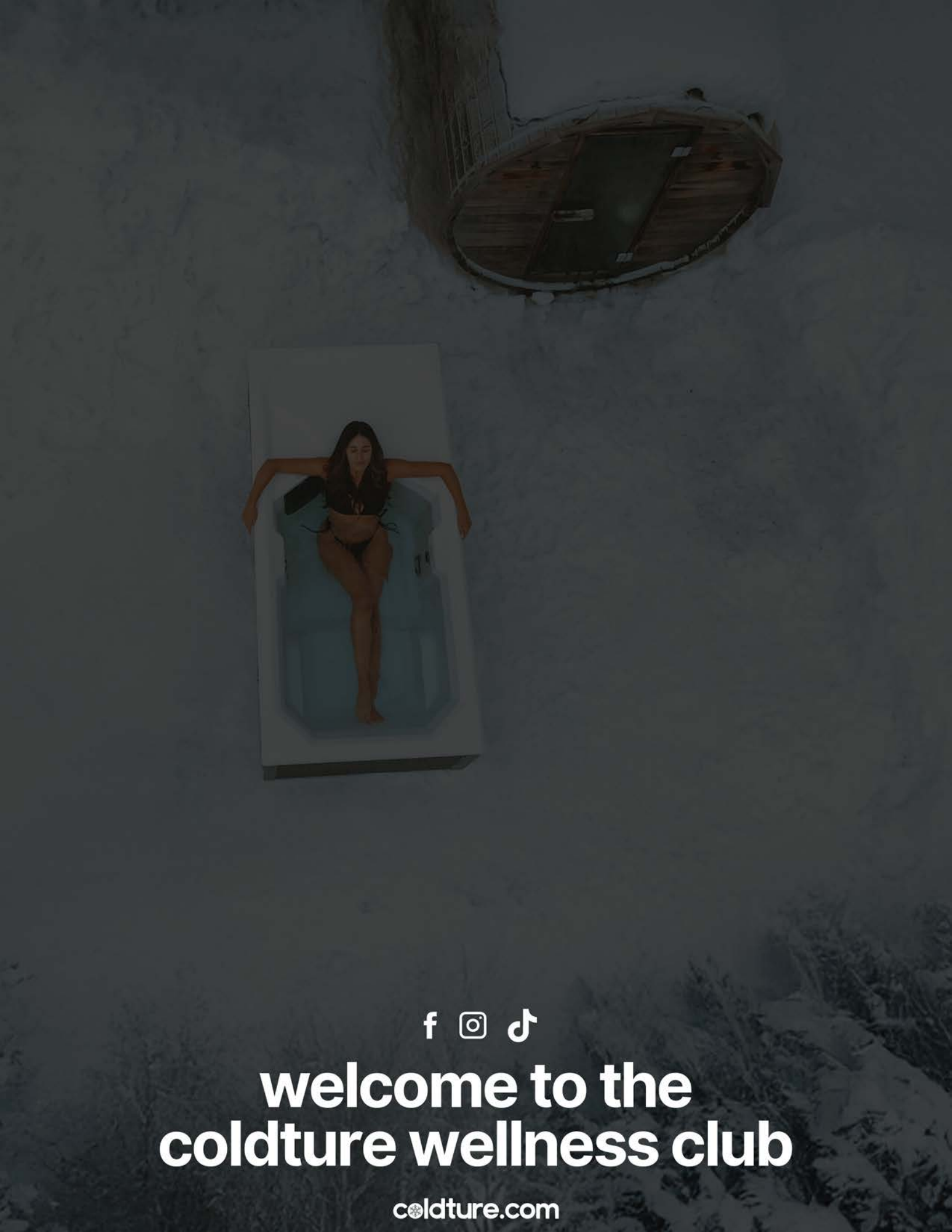
If the Pro Plunge Xtreme will not be used for an extended period, proper storage is essential to protect it from damage:

Do not leave the outer shell unprotected or uninsulated.
Transparent plastic packaging or covers should not be used, as they can trap heat and cause damage.

Always protect with an insulated rain cover.
Prolonged exposure to direct sunlight may cause cracking, warping, or discoloration of the skirt door. Damage of this type is not covered under warranty.

Cold weather precautions.
After delivery, do not leave an empty Pro Plunge Xtreme exposed to temperatures below 0°F (-18°C), as extreme cold may damage internal components.

If exposed to freezing conditions, the Pro Plunge Xtreme **must remain filled with water and running** to prevent damage.


welcome to the
coldture wellness club
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