coldture

Pro Plunge Lite

User Manual

Welcome to the Coldture Wellness Club

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

The Pro Plunge Lite isn't just cold—it's a reset button. Step in and feel your stress drop, your focus sharpen, and your body kick into recovery mode. People use cold plunges to bounce back faster, reduce soreness, and feel more alive. Here's what the Pro Plunge Lite can help with:

Less soreness
Cold plunging helps ease sore muscles and inflammation by tightening up blood vessels.

Faster recovery
Feel ready for your next workout (or just the rest of your day) sooner.

Better circulation
Cold boosts blood flow, which supports healing and overall performance.
Helps with inflammation

It may help ease chronic inflammation and conditions like arthritis.
Not for everyone—if you've got health concerns, check with your doc first.

Get in. Chill out. Come back stronger.

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 Lite.

Pro Plunge Lite is suitable for most people, most of the time, however we recommend taking a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use your Pro Plunge Lite 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 and we recommend being mindful of gradually building up the duration of use with your Pro Plunge Lite 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 Lite 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 Lite.

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 Lite without first consulting their doctor. People with infectious diseases should not use your Pro Plunge Lite without first consulting their doctor.

Position & Operation

Before installing the Pro Plunge Lite, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan. We recommend a 2 ft space around the chiller for the best ventilation.

If there are obstacles blocking the vents, it will cause the compressor to self-protect and your Pro Plunge Lite water temperature cannot drop. Once your Pro Plunge Lite is in a position you are happy with please leave it laid flat for 24 hours for the refrigerant to settle in the compressor (Pro Plunge Lite units are the same as a fridge or freezers and the gas needs to settle before use).

Your Pro Plunge Lite can then be filled with water but it should not be turned on for 24 hours. We do recommend that you read the full manual though in particular the safety information before you use.

Clearance:
Maintain a 600mm (60cm/ 2 ft) clearance around your Pro Plunge Lite for optimal air circulation. Avoid placing the unit in enclosed spaces to ensure efficient heat dissipation this will also help prevent condensation.

Circulation and Fan Operation:
Ensure the unit is in a well-ventilated area.

Power connection
1. Your Pro Plunge Lite must be plugged directly into an RCD protected circuit on a 13-amp socket or box.
2. Do not use an extension cable to run the Pro Plunge Lite, this can be a fire hazard.
3. Please ensure that the socket is 1-2 metres away from the Pro Plunge Lite. If this is not possible you must convert your plug socket to a waterproof socket.

To fill your Pro Plunge Lite for the first time
1. Turn off the power to your Pro Plunge Lite before filling/draining and do not turn the power back on until your Pro Plunge Lite has been refilled.
2. Fill your Pro Plunge Lite to the desired level. It will take approximately 15-30 minutes to fill, depending on water pressure.
3. Open the air bleed screw to exhaust air from the filter and pump housing.
4. Switch the power on only when it has been filled. The monitor will flash green, wait for 3-5 mins and it will enter the running state. The default temperature is 3 degrees.
5. Allow your Pro Plunge Lite to get down to the temperature as set on your controller. As your Pro Plunge Lite is affected by the environment please turn the machine on 6-12 hours in advance.

If your Pro Plunge Lite is set to 3 degrees, it will run the chiller until it reaches this temperature. Once the temperature then reaches 4 degrees it will turn the chiller on and cool to 3 degrees.

Where multiple users are using your Pro Plunge Lite frequently we recommend adding a Pro Plunge Lite Sanitiser. This is what we recommend as a proven, safe and powerful residual disinfection for Pro Plunge Lite units. We do not recommend chlorine products or other salts.

To drain and refill the Pro Plunge Lite:
1. Turn off the power to the Pro Plunge Lite.
2. Drain the water using the hose pipe attachment to connect a hose pipe and then open the ball valve to let the water out.
3. Wipe out the inside of your Pro Plunge Lite with a clean cloth to clean any residual dirt or grime. DO NOT use any chemicals such as bathroom cleaner or stainless-steel cleaner.
4. When it is clean and rinsed, ensure the ball valve is closed. Re-fill using a hose pipe.
5. Switch the power back on to your Pro Plunge Lite and allow the water to get down to the temperature as set by your controller.

Pro Plunge Lite - Specifications

Power Supply
110v/120v, 15-20 Amp, 50/60 Hz

Materials
Durable Roto-Mould Construction

Dry Weight
85 kg (187 lbs)

Water Capacity
400 Litres

Temperature Range
Settings as low as 3°C (37°F)

Ozone Purification
Built-in ozone and filtration system for crystal-clear water

Draining
Easy hose pipe connection for hassle-free draining

Antifreeze Function
Prevents ice or frost formation for year-round use

Capacity
1 person comfortably (can fit 2 tightly)

Dimensions
- External Size: (L) 70.5" x (W) 29.5" x (H) 29.7"
- Internal Usable Length: (L) 45.3" x (W) 29.5" x (H) 29.7"

Features
- Smart Chiller (3°C/37°F – 40°C/104°F) with Chill, Heat, and Auto Modes
- Rotomolded Body for Lightweight Durability
- Intelligent Temperature Scheduling
- Antifreeze Function to Prevent Frost
- Hose Pipe Drain Connection
- Quiet Operation
- Tri-fold Insulated Cover Included
- Indoor/Outdoor Rated to -10°C (14°F)
- 1-Year Warranty

Set-up Guide

BEFORE YOU INSTALL

Step 1 – Choose Your Spot
    a. Place the unit on a flat, level surface (indoors or outdoors).
    b. Leave at least 50 cm (about 20 inches) of clearance on all sides for proper airflow.
    c. Make sure the area is well-ventilated. Avoid placing the unit in tight or enclosed spaces.
    d. Keep it away from standing water or areas where water might collect.
    e. (If indoors, placing the unit near a floor drain is ideal.)

Step 2 - Prepare the Tub
    a. Inside the tub, you'll find:
- The tub cover
- The footstool
- The drain pipe
- The filter

    b. Remove all items from the tub before continuing.

Step 3 - Install the Filter
    a. Open the fan vent cover by pressing the top corners.
    b. Remove the cover completely by pulling it down and sliding out the bolts located at the bottom inside corners.
    c. Gently slide the compressor outward to access the filter housing.
    d. (Note: Don't lean on the compressor — excess weight may damage the rails.)
    e. Locate the filter housing on the left side.
    f. Unscrew the filter cap by turning it counterclockwise.
    g. Install the filter by turning it clockwise until hand-tight.
    h. Do not over-tighten.

Step 4 – Let It Settle
Once the unit is in place, leave it flat and unplugged for 24 hours. This gives the internal refrigerant time to settle, just like with a fridge or freezer.

FILLING THE TUB (DO NOT TURN ON YET)

Step 5 – Fill With Water
- Keep the unit powered OFF.
- Use a hose to fill the tub until the water level reaches three-quarters full.

Step 6 – Release Trapped Air
- Loosen the air bleed screw on the filter to let trapped air escape.
- Leave it open until water begins to flow out, then close it.

(This helps the pump operate correctly.)

POWERING ON FOR THE FIRST TIME

Step 7 – Connect Power Safely
- Plug the unit directly into a **15-20 amp RCD-protected outlet.**
- **Do not use extension cords.**

Step 8 – Power It On
    a. Press the **orange reset button** on the plug. You should see a red light that comes on. (This means the unit has power.)
    b. If you wish to turn the unit off, simply press the **test button** on the plug.
    c. Once powered on, the unit will start automatically. After a few minutes, the fan will turn on and begin cooling to the default temperature of 3°C.

(It's normal to hear clicking sounds from the chiller before the fan kicks in.)

Step 9 – Let It Cool
- Allow **6–12 hours** for the water to reach your set temperature.

(Pro tip: Set it up the night before your first plunge.)

ONGOING USE & MAINTENANCE

Step 10 – Disinfection (Optional but Recommended)
- For frequent use, we recommend using **<u>Coldture's premium cold plunge chemical starter pack</u>**, available on our website.
- This helps keep your water clean and prevents **bacteria growth.**

DRAINING & REFILLING

Step 11 – Drain the Tub
    a. Turn **off the power.**
    b. Attach the **clear drain hose** to the **drain valve** and direct the hose toward a floor drain or safe outdoor area.
    c. Open the **drain valve** and allow all water to empty from the tub.
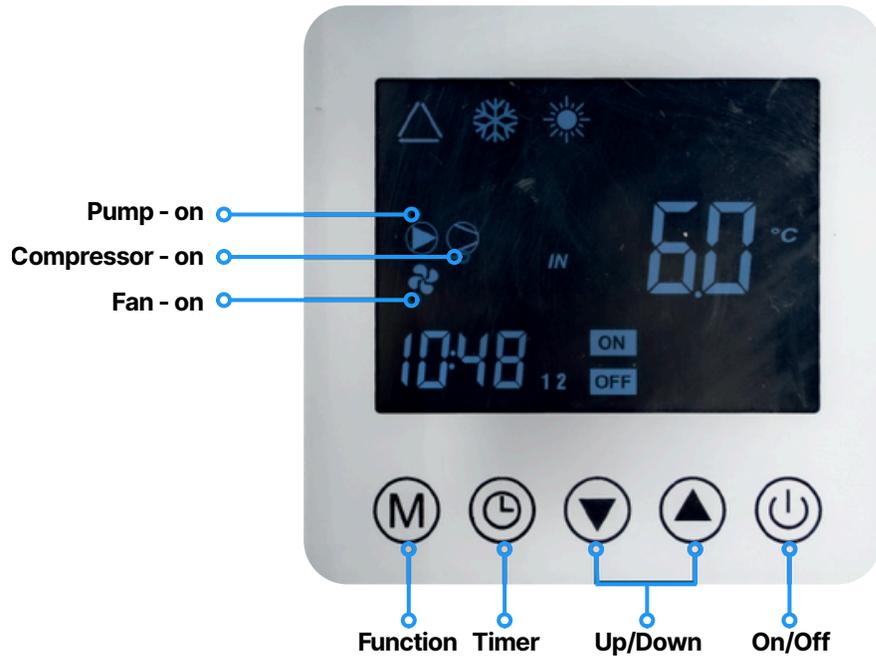
Step 12 – Clean the Inside
- Wipe down the tub using a clean, soft cloth only.
- **Do not use chemical cleaners.**

Step 13 – Refill & Restart
    a. Close the **drain valve.**
    b. Refill the tub with clean water using a hose.
    c. **Turn the power back on** and allow the system to cool as usual.

Control Panel & Settings

Pump - on
Compressor - on
Fan - on

Function   Timer   Up/Down   On/Off

Tub Outlet Ball Valve
Circulation Filter Pump
Ozone
PCB Box
RCD Box

Tub Inlet Ball Valve
Heat Exchanger
Control Panel
Drain Ball Valve

Key Definition and Operation

On/Off Key ⏻

- On the main interface, press this button to turn your Pro Plunge Lite on or off.
- In the parameter interface and parameter setting interface, press this key to return to the main interface.
- On the main interface, press and hold this button for 3 seconds to unlock or lock the screen.

Function Keys Ⓜ

- On the main interface, press the Function button to switch between working modes.
- ❄ Cooling Mode (regulates the set temperature only by cooling)
- ☀ Heating Mode (regulates the set temperature only by heating)
- △ Both (regulates the set temperature by heating and cooling)
- Set Temperature: Once temperature has been selected and changed, the temperature will continue to flash until you press the ⏻ On/Off key to set and confirm.

Up and Down Key ▲ ▼

- On the main interface, the two keys can be used to adjust the current set temperature.

Timer Key 🕐

- Press and hold the timer button for 3 seconds to enter the real-time clock setting interface.
- When entering the real-time clock setting interface, the hour and minute positions will flash together.
- Press the timer button again, the hour position will flash and the minute position will remain on.
- Move the up and down keys to adjust the hour position.
- After adjusting the hour position, press the timer button again, the hour position will remain on and the minute position will flash. Move the up and down keys to adjust the minute position.

- After adjusting the minute position, press the timer button again to confirm and return to the main interface.
- Press the timer button to enter the timing setting interface. At this time, the timing group 1 flashes (you can select the timing group through the up and down keys).
- When the current timing group is selected, the timing group flashes. At this time, press the timer button to enter the current timing group setting.
- Use the timer button to alter either the minute or the hour time. The order is as follows - the hour number for timing on, the minute number for timing on, the hour number for timing off, and the minute number for timing off.
- After adjusting the time with the up and down keys, press the timer key again to return to the timer group 2 interface.
- After repeating the above operation, return to the main interface. The current timer group flashes. At this time, press the timer key for a few seconds, and the On/Off button will light up, indicating that the current timer group is valid.

Reset

- Pressing and holding the ⏻ On/Off key and Ⓜ Function key together for 10 seconds can restore the default values of the parameters.

Forced Defrosting

- Press and hold the 🕐 timer key + ▼ Down key for 10 seconds to enter forced defrosting.

Status Query

- Press and hold the 🕐 timer key + ▲ Up key for 5 seconds, collaborate with up and down keys to query running parameters.

Parameter Settings

- In the shutdown state, press and hold the 🕐 timer key + Ⓜ Function key for 10 seconds, combined with the up and down keys, to set various parameters.

Conversion between Celsius and Fahrenheit

- Press and hold the Ⓜ ▼ keys together for 3 seconds to allow for the conversion between Fahrenheit and Celsius degrees, with Celsius degrees displayed by default.

System Protection

Water Flow Monitoring and Recovery System

- Upon initiating the water pump for a duration of 10 seconds, the detection of a disconnected water flow switch for 2 consecutive seconds results in the identification of a water flow fault, prompting an immediate shutdown of the entire machine as a safety measure.
- In the event of a water flow fault, the system is designed for automatic recovery. Notably, this fault is not suppressed during defrosting periods. The recovery process involves the automatic cycling and activation of the water pump, continuously monitoring and awaiting closure of the water flow switch. This cycle repeats every 2 minutes and 30 seconds until the switch is successfully closed.
- To indicate the occurrence of this fault, the remote control interface will display the code FFF, notifying users of the issue.

Water Flow Fault

- After running the water pump for 10 seconds, if the water flow switch is detected to be disconnected for 2 consecutive seconds, it will be a water flow fault and the entire machine is shut down.
- After a water flow fault occurs, it can automatically recover. Please do not shield this fault during defrosting. After a water flow fault occurs, the water pump automatically cycles and starts, detecting the water flow switch until it is closed. Cycle every 2 minutes and 30 seconds.
- The remote control will display FFF.
- Winter Antifreeze Protection

- Detect the inlet temperature T_{in} and ambient temperature T_x in standby mode
- When $T_{in} < 15°C$ and $T_x ≤ 0°C$, enter the first level antifreeze state, and the unit will automatically start and operate the water pump mode; when $T_{in} > 15°C$ or $T_x ≥ 2°C$, exit the antifreeze process.
- If $T_{in} ≤ 2°C$ and $T_x ≤ 0°C$, enter the second level antifreeze state, and the unit will automatically start and operate in heating mode; until $T_{in} > 15°C$ or $T_x ≥ 2°C$ exit the antifreeze process.
- If T_x malfunctions, it is up to T_{in} to decide whether to prevent freezing. If T_{in} malfunctions, T_x decides whether to prevent freezing (T_{in} malfunctions can only enter first level antifreeze). If both T_{in} and T_x malfunctions, the antifreeze function will not be processed.
- The remote control will display AFP.

Water Inlet Temperature Sensor Fault Detection

- The detection of a short circuit or open circuit in the water inlet temperature sensor is identified as a fault in the sensor itself, specifically labeled as a water inlet temperature sensor fault. This triggers an automatic shutdown of the system as a protective measure.
- The remote control will promptly indicate this issue with the identifier PP 1.

Discharge Temperature Sensor Fault Detection

- Detection of a short circuit or open circuit in the discharge temperature sensor is recognized as a fault in the sensor, termed as a discharge temperature sensor fault. This initiates an immediate system shutdown as a safety precaution.
- The remote control will display the specific fault using the code PP 2 to notify users of this issue.

Coil Temperature Sensor Fault

- Detection of a short circuit or open circuit in the coil temperature sensor is recognized as a fault in the sensor itself, referred to as a coil temperature sensor fault.

- In the event of this fault, the remote control will display the identifier PP 3 to indicate the specific issue.

Fault Detection:

Ambient Temperature Sensor
- Detection of a short circuit or open circuit in the ambient temperature sensor is identified as a fault in the sensor itself. Consequently, the antifreeze conditions associated with it are canceled, allowing the system to resume normal operation.
- When this fault is detected, the remote control will indicate the issue with the code PP 5.

Low Pressure Protection
- Following the system compressor's initial five minutes of operation, if the system's low-pressure switch is identified as disconnected for 10 consecutive seconds, it triggers the activation of low-pressure protection.
- Exiting the low-pressure protection mode occurs upon detecting the closure of the low-pressure switch. However, if this fault recurs three times within 30 minutes, restoration becomes contingent on a power-off reset.
- Notably, this fault is exempted during defrosting periods.
- The remote control interface will indicate the occurrence of this issue with the code EE 2.

High Discharge Temperature Protection
- Once the compressor has been running for one minute, if the discharge temperature exceeds or equals 95°C (adjustable parameter P09), it signifies an overheating issue.
- As a safety measure, the machine will halt, indicating an EE5 error on display. If the discharge temperature drops to 80°C or 15 degrees less than the peak, normal display resumes, and the high discharge temperature protection deactivates.
- The compressor includes a 3-minute shutdown safeguard.

- If this issue occurs three times within a span of 30 minutes, a power-off reset becomes necessary for restoration.
- The remote control will also display EE5 when this protection mechanism triggers.
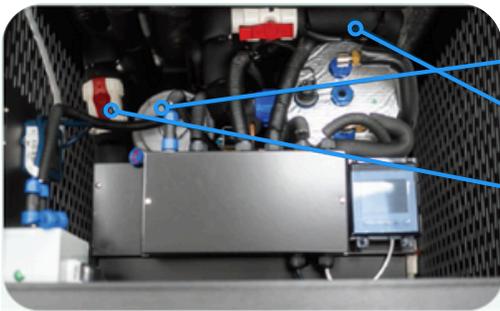
Communication Failure
- In the event that the motherboard fails to receive any communication signal from the remote controller within the first 20 seconds after initial power-up, it is regarded as disconnected from the remote controller. During this period, the system operates solely based on the mode switch signal without displaying any indication of disconnection.
- Alternatively, if the motherboard remains connected to a remote controller but fails to transmit its status signal for 10 consecutive seconds, it is identified as a communication fault.
- The occurrence of this communication fault is signaled by the remote control displaying EE 6.

Maintenance & Cleaning

Maintaining your Pro Plunge Lite keeps it clean and hygienic, while also protecting it from damage.

If you want to keep it clean, you should combine both prevention and treatment to protect it. It has a built-in Ozone and filter system for clear water.

Filter clean and change

The filter should be replaced every three months. We recommend that you clean the filter every 1-2 weeks depending on usage. We recommend your Pro Plunge Lite filter.

Turn off your Pro Plunge Lite before cleaning or changing the filter.

How to change the filter

Open the hatch on the top and you can change the filter and open/close ball valves inside.

Outlet Valve

Inlet Valve

When replacing the filter element, please close the water inlet and outlet valves of the tub, loosen the filter exhaust valve by counterclockwise, then unscrew the filter cover, remove the filter element, and replace the filter element.

After replacing the filter, screw on the filter cover, open the ball valves. Then open the exhaust valve slightly to ensure there are no air locks. After this, you can turn the Pro Plunge Lite back on.

Stainless Steel Maintenance
Cleaning Methods
If regular routines are adopted, the cleaning of stainless steel is relatively easy.

Where however, the steel shows severe signs of surface discoloration (perhaps following periods of neglect, or misuse), the following cleaning methods should be applied.

Always attempt the mildest cleaning method first. Be patient and repeat it a fair number of times before resorting to more severe cleaning techniques.

Light Stains:
Light, superficial brown staining can be removed by routine cleaning as above, repeated as necessary.

Moderate Stains:
In case of moderate soiling, repeat the routine cleaning above or use a mild (non-scratch) household caustic cream-cleaner with a fine nylon scouring pad.

Rub the surface as softly as possible using long even strokes in the direction of the polish lines. Avoid using a circular rubbing action. Rinse and follow by routine cleaning as above.

If this does not suffice, final resort may have to be made to the use of a coarser nylon scouring pad, but with the risk that the surface may become slightly affected.

Test for effect on a small area before proceeding with other areas.

Persistent Stains:
Persistent stains indicate an inherent or recurring problem, which if not addressed on a timely basis, could become progressively troublesome.

For example, a small rust spot with a halo around it indicates a fragment of carbon steel has been inadvertently embedded in the surface of the stainless steel.

Dab the spot with a cotton bud soaked in a 10% solution of nitric acid, keeping it moist for 20-30 minutes.

Repeat this treatment until the spot does not recur.

Severe rust stains may be removed by swabbing with a 10% solution of nitric acid for 15-20 minutes, repeating as necessary.

Very severe stains may require hard rubbing with a paste of fine household abrasive and 10% nitric acid, using a coarse nylon scouring pad.

All acid treatments, however, must be followed by a neutralizing rinse with calcium bicarbonate solution.

Note: Nitric acid (HNO_3) is friendly towards stainless steel and a 10% solution (1-part nitric acid added to 9 parts water) is usually used.

Caution: Concentrated nitric acid must be handled with care, 10% solutions are less hazardous nevertheless, it is advisable to wear rubber gloves and eye protection. If accidental skin contact occurs, wash well with lots of water. Keep it out of reach of children, etc.

Consult the Material Safety Data Sheet for details.

Scouring Pads
3M manufacture a range of nylon non-woven, fine, multi-purpose, and heavy-duty scouring pads under the trade name Scotch-Brite.

Check product suitability for its intended use with your retailer.

Soft nylon scouring pads should be adequate for dealing with most deposits.
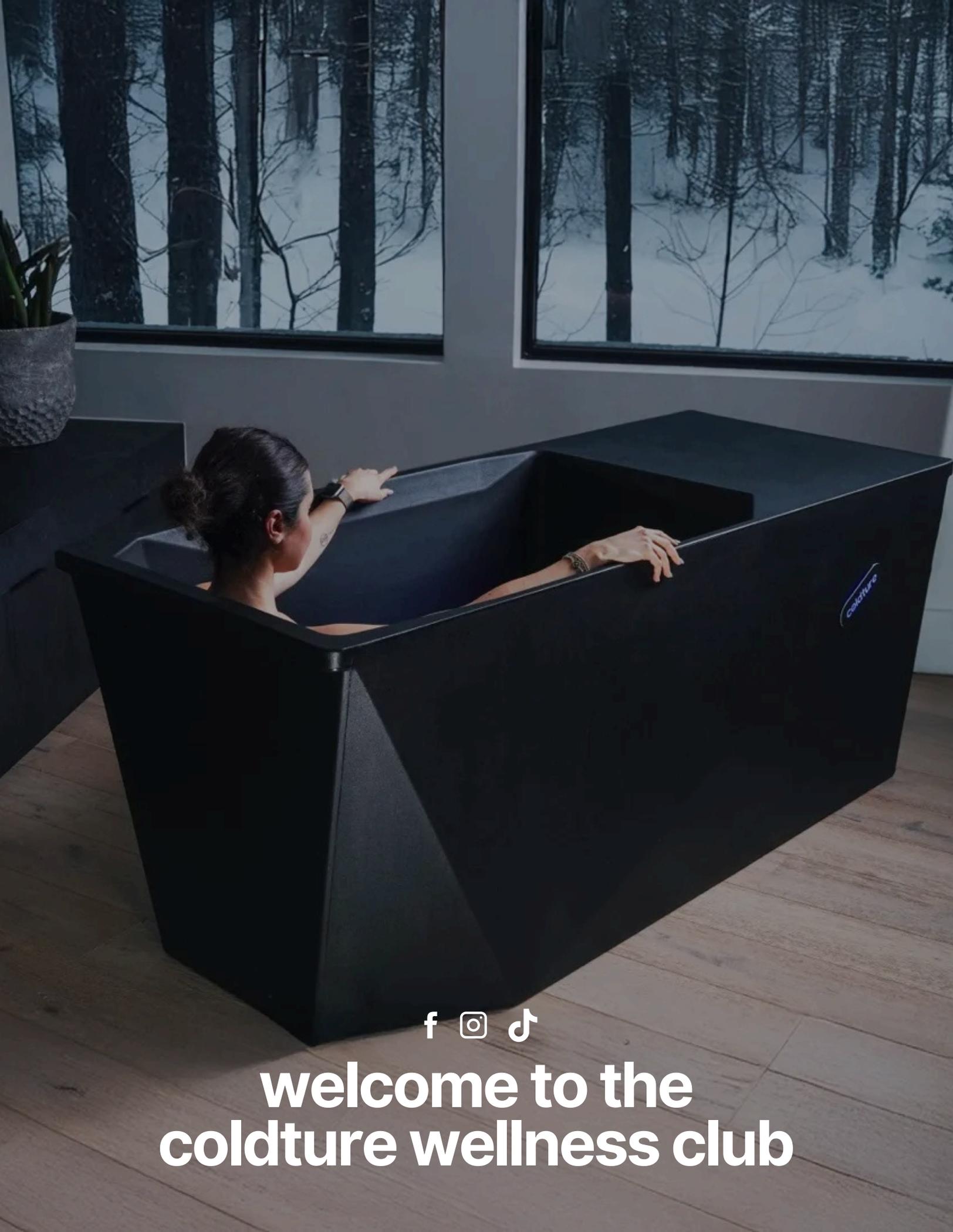
Cleaning Schedules
If care is taken during installation, cleaning before 'hand-over' should not present any problems.

More attention, however, may be required if the installation period has been prolonged or hand-over delayed.

Following hand-over, the frequency of cleaning is dependent on the application - a simple rule is:

Clean the metal when it shows signs of staining to restore its original appearance.

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welcome to the coldture wellness club