



Flowplunge Go

FLOWLIFE

Brochure

# Flowplunge Go



Premium Cold Plunge Pod

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# Manifest



In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

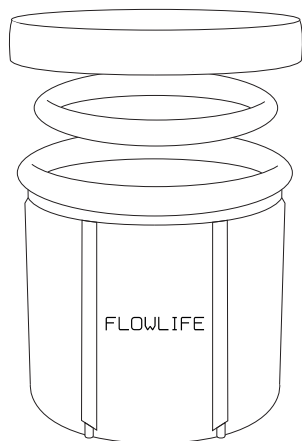
## Why Flowplunge Go?

Discover the power of Flowplunge Go, the ultimate choice for cold therapy designed to redefine your recovery routine. Crafted with precision and innovation, this ice bath is tailored to meet the demands of those committed to enhancing their physical performance, mental resilience, and overall well-being. Here's why Flowplunge Go stands out:

- **Unmatched Performance & Durability** - Built from high-quality, insulated materials, Flowplunge Go ensures your water stays icy for optimal muscle recovery. This robust construction supports a stable temperature, allowing you to focus solely on recovery without constant adjustments.
- **Rapid Setup for Anytime Use** - Thanks to its quick-inflate design, your Flowplunge Go is ready within minutes. Simply inflate, fill, and immerse to enjoy immediate recovery benefits. Perfect for beginners and athletes, this quick setup makes cold therapy a seamless addition to your wellness routine.
- **Enhancing Recovery Like Never Before** - Cold water immersion accelerates muscle recovery, minimizes inflammation, and boosts mental clarity. Flowplunge Go elevates these benefits with its sturdy, insulated build, ensuring a stable cold environment that empowers your recovery journey.

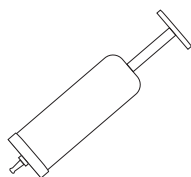
# Accessories

Elevate your Flowplunge Go experience with essential accessories to enhance your cold plunge sessions' functionality, convenience, and longevity. These carefully crafted additions ensure you get the most out of every immersion.



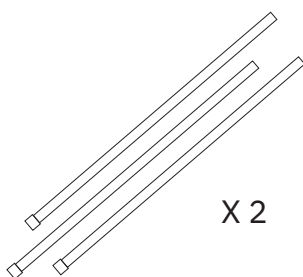
## Cold Plunge Pod

Durable, spacious, and easy to set up, the Flowplunge keeps water cold for effective, long-lasting recovery. Comes with a Inflatable Lid and Weather Cover.



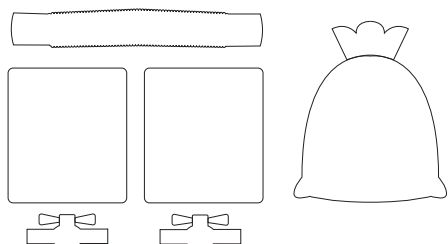
## Quick-Inflate Pump

Effortlessly inflate and deflate your Flowplunge Go in minutes, making setup quick and easy.



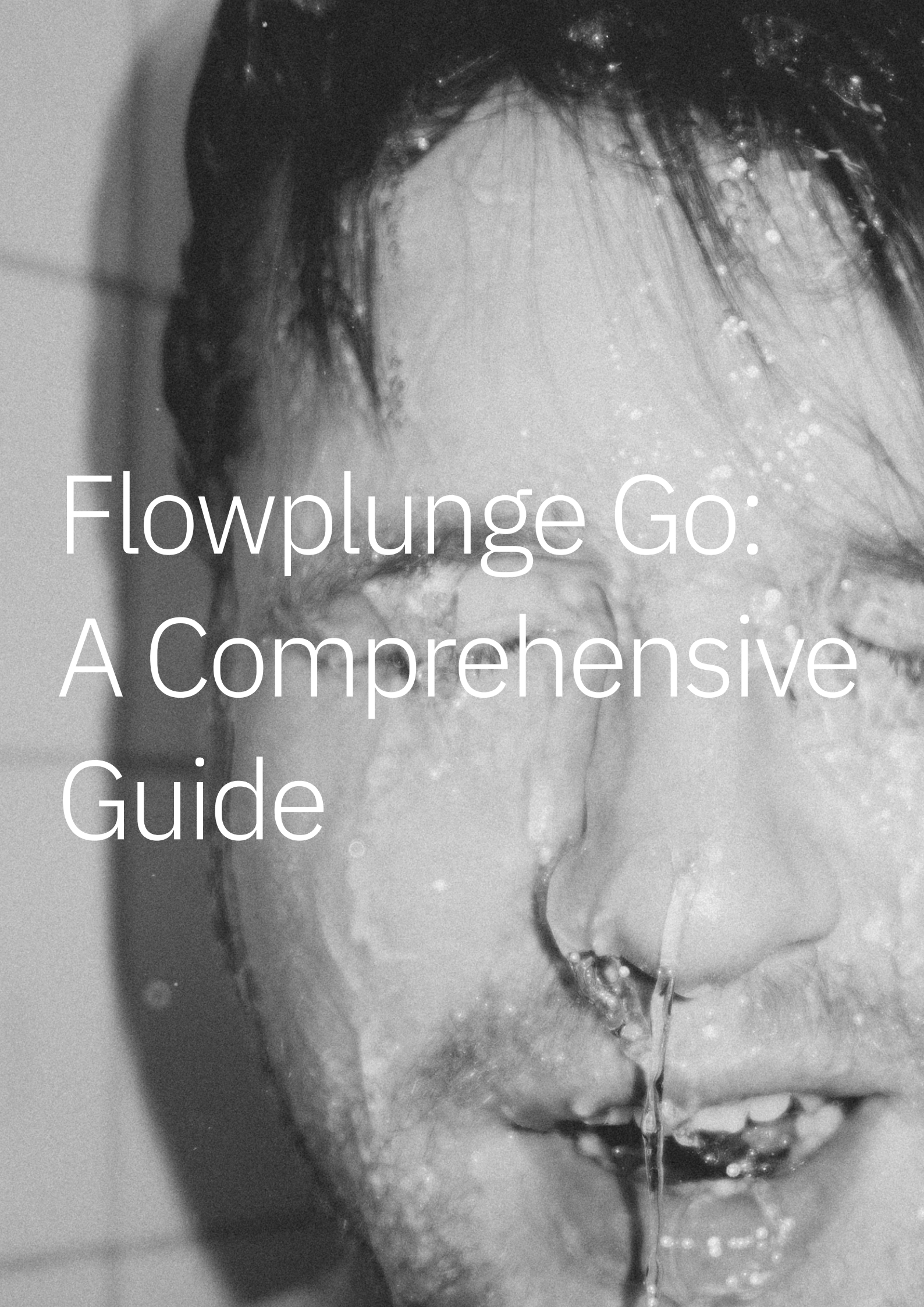
## Durable Support Legs

Compact and durable, perfect for storing and transporting your deflated ice bath and accessories.



## Drain Tap and Hose, Repair Patches and Water Valves

Two Repair Patches, Two Water Valves and a Expandable Tube for seamless tank drainage and maintenance. Comes with a Carry Bag.

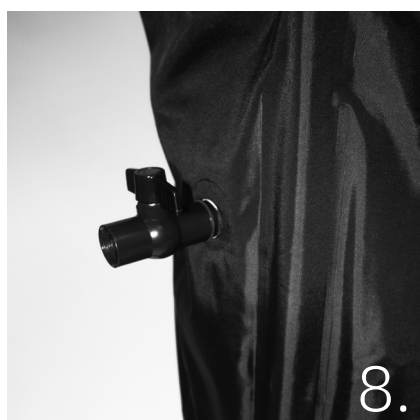
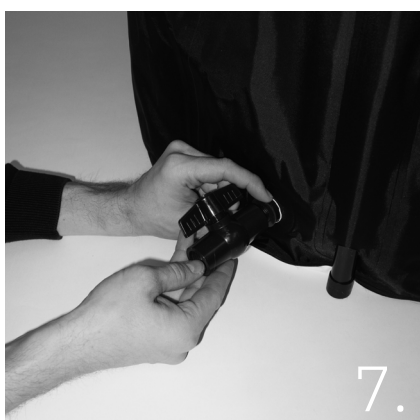


# Flowplunge Go: A Comprehensive Guide

Flowplunge Go elevates your recovery and wellness routine through the science of cold therapy, providing benefits ranging from accelerated muscle recovery to boosted mental clarity and stress relief. This guide covers essential setup and usage tips and optimal temperature, duration, and frequency for various goals. Detailed sections later in the brochure break down each purpose further, including physiological effects and refined recommendations.



# How to Set Up Your Flowplunge Pro





1. **Attach the Support Legs**  
Securely insert the 6x support legs into the 6x holes around the base and ensure the support legs' flat sides are facing down.
2. **Stabilize the Base**  
Place the pod on a flat, stable surface, ensuring the feet are correctly supported.
- 3-4. **Inflate the Pod and Lid**  
Use the supplied pump to inflate the Top Ring and the Lid
  - Insert the pump fully into the air valve.
  - Inflate when the round rings have smooth surfaces. Do not overinflate.
5. **Seal the Air Valve**  
Once inflated, securely close the air valve with the safety cap.
- 6-8. **Install the Water Valve**  
Before filling the pod, attach 2x black water valves with black rubber rings to the drain tap for a tight seal.
9. **Final Seal**  
Close the lid on the bottom of the ice plunge.  
  
**Fill with Water**  
Once the pod is fully assembled, fill it with cold water until the level is about 15cm below the underside of the top ring.  
  
**Emptying Made Easy**  
Connect the included hose to the drain tap to empty the pod and direct the water into a nearby sink or drain.

# Getting Started: Setting Up for Optimal Recovery

## **Location and Setup**

Place Flowplunge Go on a stable, level surface that can support its weight when filled. For an enhanced experience, consider an outdoor location providing fresh air during your sessions.

## **Preparing the Plunge for First Use**

Before your first cold plunge, wash the interior with warm, soapy water to eliminate any residue and ensure a clean start.

## **Gather Essential Accessories**

Keep your Inflate Pump, Lid, Weather Cover and Portable Carry Bag nearby. These accessories make setup, temperature maintenance, and storage easier.

# Setting Up the Flowplunge Go

## **Inflation: Ensuring Structure and Stability**

Use the Inflate Pump to inflate the Flowplunge Go lid, ensuring a firm, stable structure without over-inflation.

## **Filling with Cold Water: Finding the Ideal Temperature**

Fill the Flowplunge Go 15cm below the underside of the top ring, allowing for water displacement. Depending on your specific goals, add ice to achieve a temperature between 3°C and 15°C.

## **Securing the Lid**

Place the Thermo Lid on top when not in use to maintain water temperature, prevent debris, and ensure consistent cold for maximum efficacy.

# Recommended Temperature, Duration, and Frequency

Flowplunge Go can be tailored for different wellness and recovery goals. Here are quick guidelines to get started based on popular applications.

## Morning Energy Boost and Mental Clarity

Temperature: 8-15°C  
Duration: 2-5 minutes  
Frequency: Daily or 3-4 times/week

## Muscle Soreness and Recovery

Temperature: 11-15°C  
Duration: 10-15 minutes  
Frequency: 2-3 times/week, ideally post-workout

## Post-Workout Recovery for Enhanced Performance

Temperature: 10-15°C  
Duration: 11-15 minutes (5-10 minutes for beginners)  
Frequency: 2-3 times per week or following intense sessions

## Daily Wellness and Stress Relief

Temperature: 12-15°C  
Duration: 2-5 minutes  
Frequency: Daily or as needed for stress management

# Using the Flowplunge Go

The Mechanics of Cold Therapy

## Understanding Cold Therapy's Impact on Your Body

Cold immersion initiates several physiological responses that make it a powerful tool for recovery. When you enter cold water, your body's initial response is a tightening of blood vessels, known as vasoconstriction. This natural reaction redirects blood flow to your core organs to protect them from the cold while reducing swelling in sore or injured muscles.

Upon exiting the Flowplunge Go, vasodilation occurs, where blood vessels re-expand, allowing nutrient-rich blood to flow back into muscles and tissues. This process can accelerate recovery, reduce soreness, and enhance muscle and joint function. The effects of cold therapy go beyond muscle health, impacting mental clarity and resilience, making it an invaluable addition to a holistic wellness routine.

## Entering the Plunge Safely: How to Acclimate Gradually

### Controlled Entry

Step in slowly to allow your body to adjust, reducing the intensity of the initial shock and easing your system into the cold.

### Positioning

For optimal exposure, sit in a relaxed position, immersing as much of your body as you are comfortable with. The more surface area you submerge, the more significant the impact on circulation and muscle recovery.

### Tip

If you're new to cold therapy, start with shorter durations, gradually increasing your time in the Flowplunge Go as your tolerance improves. Listen to your body's cues to find the perfect balance.



Do NOT use the  
Flowplunge Go if  
you are:

- Pregnant
- Diagnosed with heart disease, high blood pressure, or diabetes (especially with complications like neuropathy or retinal damage)
- Wearing a pacemaker
- Recovering from recent surgery
- Living with epilepsy, a history of frostbite, or any open wounds
- If you have any concern of your health doing cold plunge treatment. Always consult a doctor or health provider.



## Cold Therapy Effects on the Body

Cold water immersion constricts blood vessels and slows blood flow, which can increase blood pressure. In cases of underlying health issues, this could elevate risks for cardiac events, stroke, or other complications. Monitor your body closely during each session and exit if you feel lightheaded, numb, or overly cold.

## Possible Side Effects of Prolonged Exposure

- Hypothermia
- Frostbite
- Tachycardia (fast heart rate)
- Arrhythmias (abnormal heartbeat)
- Anaphylactic shock (rare but possible)

## Our Recommendation

While cold therapy offers incredible benefits when practiced safely, start with short, controlled sessions and gradually build up to longer immersions. Never push yourself beyond your comfort level, and always prioritize safety for practical and rewarding cold therapy sessions.



# After Your Session

Draining, Cleaning, and Storage

# Maintaining Freshness Between Sessions

## **Keep the Lid On**

Always cover the Flowplunge Go with the Thermo Lid and Wheater Cover when not in use. This helps prevent debris from entering and maintains the cold temperature.

## **Regular Water Changes**

For those using the Flowplunge Go several times a week, it is recommended that the water be changed approximately once a week to ensure cleanliness and hygiene.

## **Consider Bromine Tablets**

You can add bromine tablets to the water for even longer freshness. Bromine is skin-friendly, works well in cold water, and can keep water fresh for up to a month.

# Cleaning the Flowplunge Go

## **Rinse and Wipe**

When changing the water, rinse the interior with warm, soapy water and wipe it down with a soft cloth. This quick cleaning removes buildup and ensures a fresh start for the next session.

## **Avoid Harsh Cleaners**

Use gentle, non-bleach cleaners to protect the Flowplunge Go materials and extend their lifespan.

# Draining and Storing

## **Drain the Water Properly**

When changing the water, use the drain valve to release it fully.

## **Deflate and Store**

After draining, deflate the Flowplunge Go if you plan on storing it for an extended period. Once deflated, make sure it dries completely, fold it carefully, and place it in the Portable Carry Bag.



# Morning Energy Boost and Mental Clarity

Kickstart Your Day with Flowplunge Go

Cold immersion isn't just a physical refresh—when done correctly, it taps into your body's robust biochemical responses to elevate mental clarity, mood, and overall energy. With Flowplunge Go, you have the ideal setup to optimize these effects each morning.

## Why Cold Therapy Works for Mental Clarity and Energy

Cold exposure has been scientifically shown to stimulate the release of norepinephrine and dopamine, which are critical in boosting mood, focus, and alertness. This natural release can mirror the effects of caffeine or other stimulants but with additional calming benefits, providing sustained clarity without the jittery side effects.

## Expected Reactions

### **Endorphin Release**

The initial shock of cold triggers an increase in endorphins, giving you a natural mood lift and a sense of invigoration that can last for hours.

### **Increased Oxygen Efficiency**

Your breathing rate may quicken momentarily, helping oxygenate your blood more effectively. This helps wake up the brain and muscles, making cold immersion an ideal “reset” to start your day.

### **Sharper Focus**

By activating your sympathetic nervous system (the body's “fight or flight” response), you enter a heightened state of alertness that primes you for the day ahead.



# Recommended Temperature, Duration, and Frequency for Maximum Effect

To fully harness the mental and physical energy boost of cold therapy, here's the optimal way to use Flowplunge Go:



## Recommended Temperature Range

8-15°C provides a comfortable yet stimulating boost in focus and mood, ideal for regular use. Lower temperatures (3-7°C) can provide an even sharper mental uplift for experienced users, though beginners are advised to start at the higher range to ease into cold therapy.

## Duration

2-3 minutes for those new to cold immersion; gradually extend to 5 minutes as tolerance builds.

## Frequency

Daily use is effective for sustained mental clarity and energy; 3-4 times per week offers consistent results without overstimulation.

This moderate cold range stimulates your body's systems without inducing deep muscle cooling or extreme discomfort, making it accessible for a daily morning routine.



# Muscle Soreness and Recovery

Alleviate Pain, Accelerate Healing.

Muscle soreness can occur after an intense workout or physical exertion due to micro-tears in the muscle fibers. While these micro-tears are essential for building strength and resilience, they often bring inflammation and stiffness, which can impede your ability to train consistently. Flowplunge Go harnesses the science of cold therapy to reduce inflammation, ease soreness, and fast-track your recovery, helping you stay on top of your game.

## How Cold Therapy Speeds Up Recovery for Sore Muscles

When you immerse sore muscles in cold water, your body initiates a series of natural responses to counteract pain and promote healing. Here's what's happening at a physiological level.

### **Vasoconstriction and Reduced Inflammation**

Cold exposure causes blood vessels to constrict (vasoconstriction), slowing blood flow to targeted areas. This reduction in blood flow minimizes swelling by limiting the release of pro-inflammatory enzymes. As inflammation decreases, so does pain intensity, providing natural, drug-free pain relief.

### **Metabolic Waste Clearance**

During exercise, muscles produce metabolic by-products like lactic acid, contributing to muscle stiffness and soreness. Cold therapy slows these metabolic processes, allowing your body to clear out waste more efficiently, alleviating discomfort, and prepping your muscles for the next session.

### **Enhanced Circulation Upon Rewarming**

After your cold plunge, as you warm up, blood vessels expand (vasodilation) and flood sore muscles with oxygen-rich blood, accelerating tissue repair. This boost in circulation carries essential nutrients that aid in muscle regeneration, making cold therapy a powerful complement to an intense training regimen.

# Recommended Temperature, Duration, and Frequency for Maximum Effect

To effectively address muscle soreness, Flowplunge Go sessions are best performed within the following temperature and time ranges.

## Recommended Temperature Range

11-15°C to minimize inflammation while staying comfortable for the needed duration. Lower temperatures (around 8-10°C) may offer more profound relief for advanced users but should be approached gradually as tolerance builds.

## Duration

10-15 minutes to allow the cold therapy to fully penetrate muscle tissue without risking overexposure.

## Frequency

Two to three times per week, ideally after intense workouts. For those with heavy training schedules, more frequent immersion may be beneficial, though shorter sessions of 5-10 minutes can be used as needed to manage acute soreness.

This moderate cold range stimulates your body's systems without inducing deep muscle cooling or extreme discomfort, making it accessible for a daily morning routine.



# Post-Workout Recovery for Enhanced Performance

After intense physical activity, Flowplunge Go offers a scientifically backed solution to speed recovery, reduce muscle soreness, and enhance overall athletic performance.



Cold therapy post-workout allows athletes and fitness enthusiasts to return to training sooner and at a higher level of readiness. Here's how you can maximize the benefits of Flowplunge Go for your post-workout recovery.

## Why Cold Therapy Works for Post-Workout Recovery

After exercise, your muscles experience tiny tears and inflammation as they rebuild stronger.

### **Reduce Inflammation and Swelling**

Cold water immersion at recommended temperatures triggers vasoconstriction, reducing blood flow to inflamed areas, which helps decrease swelling and soothe sore muscles.

### **Flush Out Metabolic Waste**

Exercise generates metabolic byproducts, such as lactic acid, contributing to muscle fatigue and soreness. The cooling effect slows down metabolism, giving your body time to clear out these waste products efficiently.

### **Boost Circulation and Nutrient Delivery Post-Session**

After exiting the Flowplunge Go, blood vessels dilate, allowing fresh, nutrient-rich blood to flow back to muscles, accelerating repair and recovery.

# Recommended Temperature, Duration, and Frequency

For post-workout recovery, the optimal parameters are based on studies to balance effective recovery with user comfort.

## Recommended Temperature Range

10-15°C provides effective recovery post-exercise, helping reduce inflammation and muscle fatigue. Advanced users may opt for temperatures as low as 5-9°C for accelerated effects, but these should be limited to 3-5 minutes to avoid excessive cooling.

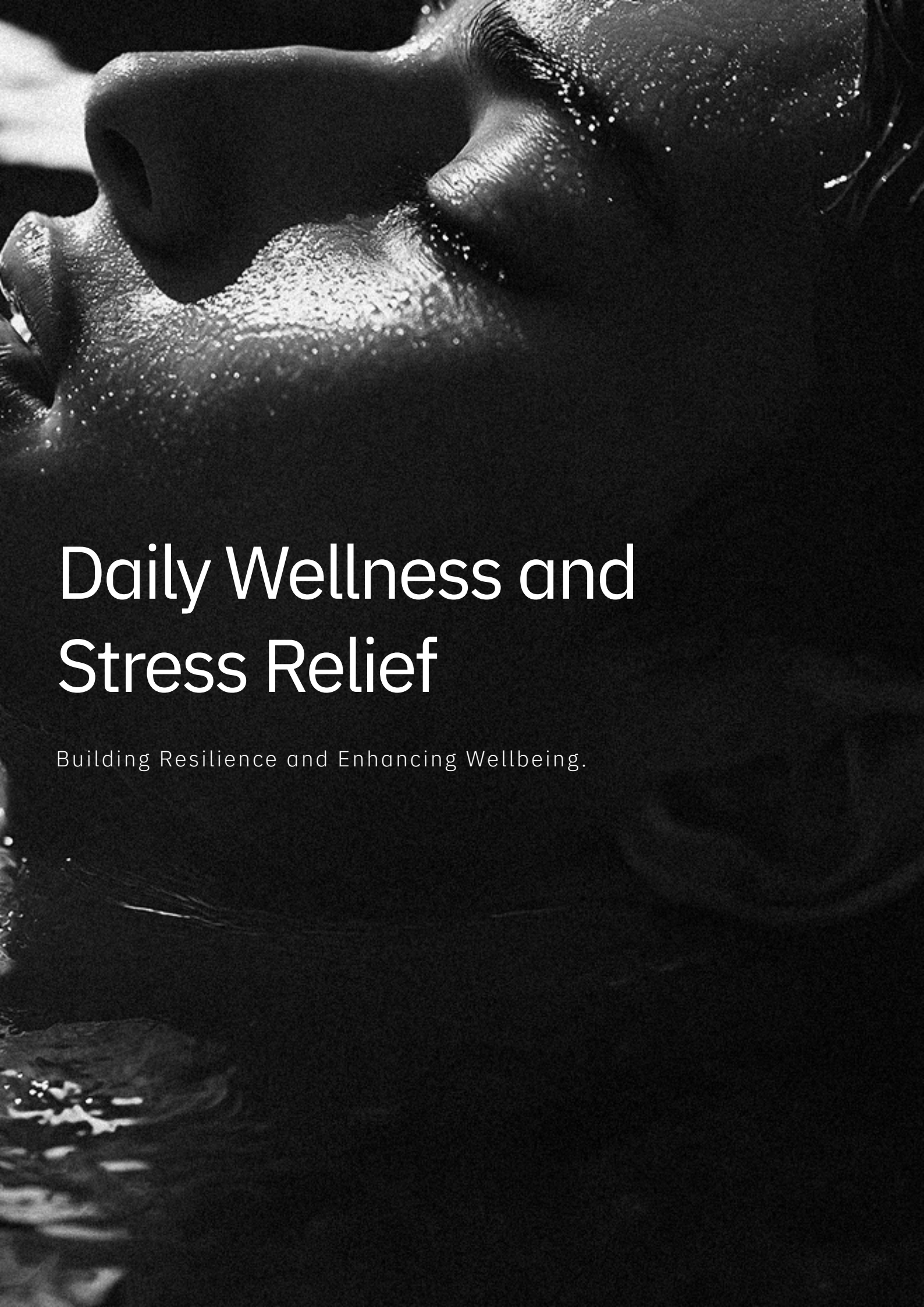
## Duration

11-15 minutes for full recovery benefits; beginners start with 5-10 minutes. As tolerance builds, advanced users may try shorter (3-5 minutes) sessions at 5-9°C.

## Frequency

Two to three times per week or after particularly intense workouts for maximum recovery benefits.

Following these guidelines, you can make Flowplunge Go an integral part of your post-workout recovery routine. This will give your body a powerful tool to enhance performance, speed recovery, and improve overall athletic resilience.



# Daily Wellness and Stress Relief

Building Resilience and Enhancing Wellbeing.

Integrating regular cold therapy sessions into your routine can boost mental clarity, improve sleep quality, and create a calming yet refreshing start to your day.

## Why Cold Therapy Works for Daily Wellness

Cold water immersion stimulates the release of endorphins and norepinephrine, hormones that enhance mood, alertness, and focus. This natural boost creates a powerful contrast to everyday stressors, effectively training your body and mind to respond to stress with increased resilience.

## Using Flowplunge Go for Mental Clarity and Mood Enhancement

### **Recommended Temperature Range**

12–15°C — A gentle cold range ideal for daily refreshment and stress relief, promoting mental clarity without an intense chill.

### **Duration**

2–5 minutes — Enough time to feel reinvigorated. Beginners can start at 2 minutes, gradually increasing as comfort with cold immersion improves.

A quick immersion in cold water is a proven way to enhance alertness and reduce mental fatigue. The cold stimulates the sympathetic nervous system, which triggers an adrenaline-like effect, energizing the mind and helping reduce grogginess or lack of focus. Cold exposure also releases dopamine, the “feel-good” neurotransmitter, which can help lift your mood and build resilience against stress over time.

## How It Works

The cold prompts a focused “fight-or-flight” response that, over time, strengthens your ability to handle stress. Short immersions at 12–15°C are ideal for a quick, refreshing boost to mood and focus, making it a perfect addition to your morning routine.

## Reducing Anxiety and Enhancing Stress Resilience

### **Recommended Temperature Range**

10–12°C — A calming range that gently stimulates the nervous system, promoting resilience and a deep sense of relaxation without overstimulating the body.

### **Duration**

3–6 minutes—Start with shorter immersions, around 3 minutes, gradually extending up to 6 minutes as comfort with cold immersion develops. This allows for more profound relaxation and anxiety reduction.

Cold immersion isn’t just physically refreshing—it also strengthens mental resilience. Immersing in cold water at this temperature range stimulates the vagus nerve, which activates the body’s parasympathetic (rest-and-digest) system. This activation counterbalances the stress response, helping reduce anxiety and promote calm.



## Tip

Begin with shorter sessions and gradually work up to longer immersions as your tolerance builds. This progressive exposure supports mental resilience and physical adaptation to the cold, making each session more comfortable.

## Better Sleep and Recovery for Holistic Health

### Temperature

11–15°C —This moderate range gently lowers the core body temperature, aligning with the body's evening cooling process for improved sleep quality.

### Duration

5–10 minutes, ideally in the evening—Begin with 5-minute sessions, gradually extending up to 10 minutes as your body adapts. This duration promotes relaxation and muscle recovery and prepares the body for a restful night.

Cold water therapy before bed has been shown to enhance sleep quality. Immersing in cold water lowers your core body temperature, which aligns naturally with the body's nighttime cooling process, promoting more profound, more restful sleep.

## Best Practice

Plan your cold immersion at least 1–2 hours before bedtime. This timing helps initiate a gradual cooling that aligns with your body's circadian rhythm, improving sleep quality and leaving you feeling refreshed the following day.

## Daily Wellness Routine with Flowplunge Go

### Start Gradually

Cold immersion can feel intense initially. Start with shorter sessions at higher temperatures (12–15°C) and slowly work to more frigid temperatures as your body adapts.

### Listen to Your Body

Cold therapy's effects are highly individualized. Focus on your feelings after the session and adjust the duration and temperature accordingly.

### Create a Ritual

Pair your Flowplunge Go routine with deep breathing exercises or mindfulness to deepen the stress-relieving effects and help center your mind before or after each session.

By incorporating Flowplunge Go into your daily wellness routine, you're investing in a powerful tool for mental clarity, stress resilience, and improved sleep. The therapeutic benefits extend beyond physical recovery, helping to cultivate a calm, balanced, and energized mind for all facets of life.

## Dimensions and Weight

- 80cm diameter
- 75cm height
- Suitable for heights up to 2m tall
- 3 x Thermal insulated TPE layers
- Skin-friendly PVC inner lining
- 320 litre capacity

## Warranty

Suppose your product breaks within two years from the date of purchase due to material or manufacturing defects. In that case, Flowlife will repair or replace necessary components or the product free of charge. Flowlife AB is not responsible for warranty, and returns matters for products purchased from another retailer. The warranty is not valid if:

- The product is damaged by improper handling, misuse, accident, or transport.
- The product has been subjected to unauthorized repair.
- The product has yet to be used according to the instructions from Flowlife.
- The damage exceeds the cost of the product itself.
- The product deteriorated after delivery due to abnormal storage conditions.
- The dated proof of purchase has not been provided.

## Contact Information

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A black and white photograph of a person's back and shoulder. A black strap, possibly a sports bra or a bag strap, is visible across the shoulder. The skin is smooth and the lighting is soft, creating a minimalist aesthetic.

# FLOWLIFE

Active Lifestyle. Made Possible.