

# Plunge All-In manual



For videos and best  
setup experience,  
install the Plunge app



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# Safety precautions



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# Safety precautions

**Read and follow all warnings and instructions to reduce the risk of serious injury or death! Keep these warnings and instructions for future reference.**

1. **DANGER:** To reduce the risk of drowning, do not allow children under 18 to use the Plunge. Use by anyone under 18 must be approved by a medical professional and supervised at all times.
2. **DANGER:** Drowning risk. Prevent access to the Plunge by children and pets. Always secure the cover using the straps and clip tie downs when the Plunge is not in use. The cover may not prevent access to the plunge in all conditions. It is the owner's responsibility to make sure that children and pets cannot access the Plunge. Do not allow children to play near or with the Plunge.
3. **DANGER:** Hypothermia risk. Immersion in cold water can induce hypothermia which may be deadly. Immediately stop use and call 911 if you experience signs of hypothermia such as violent shivering, sluggishness, speech problems, reduced motor skills, rigid muscles, blue skin, or erratic heartbeat. Please read additional information about hypothermia below.
4. **DANGER:** Prolonged use can increase the risk of hypothermia.
5. **DANGER:** Risk of Drowning. Sudden immersion in cold water can induce cold shock that can lead to panic, loss of breathing control, impaired mental ability, or changes to heart rate and blood pressure. Use under supervision until you know how your body reacts to use of the Plunge.
6. **DANGER:** Never use alcohol or drugs before or during use of the Plunge. The use of alcohol or drugs can greatly increase the risk of fatal hypothermia, unconsciousness, or drowning.
7. **DANGER:** Risk of entrapment and drowning. The suction fittings in this Plunge are sized to match the specific water flow created by the pump. Should the need arise to replace the suction fittings or the pump, be sure that the flow rates are compatible. Never operate the Plunge if the suction fittings are broken or missing. Consult Plunge for assistance to get replacement suction fitting.
8. **WARNING:** Consult a physician before use if you are pregnant or may be pregnant, suffer from obesity, or have a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes.
9. **WARNING:** Consult a physician before use if you are taking medication that may induce drowsiness, or affect heart rate, blood pressure, or circulation.
10. **WARNING:** Do not use the plunge if you are suffering from an infectious disease.
11. **WARNING:** People with reduced physical, sensory, or mental capacities, or lack of experience or knowledge, should only use the Plunge under supervision.
12. **WARNING:** Always check the temperature of the water with an accurate thermometer before use. The tolerance of water temperature regulating devices may vary as much as  $\pm 2^{\circ}\text{C}$  ( $5^{\circ}\text{F}$ ).
13. **WARNING:** To decrease the risk of injury, use caution when entering and exiting the Plunge.

## Safety precautions

### Electrical Safety

**DANGER:** Risk of electric shock. Install at least 1.5 meters (5 feet), from all electrical outlets and appliances.

**DANGER:** Risk of Electric Shock. Do not permit any electrical appliance, such as a light, radio, television, etc. within 1.5 meters (5 feet) of a Plunge.

**WARNING:** Only plug your Plunge into a GFCI outlet. If you don't have a GFCI outlet, a new one must be installed by a licensed electrician before using your Plunge. The electrical supply for this product must include a suitable circuit breaker. The plug must be readily accessible and visible to the Plunge occupant but installed at least 1.5 meters (5 feet), from the Plunge water.

**WARNING:** Plunge must be wired in accordance with all applicable local electrical codes. All electrical work should be done by an experienced, licensed electrician and approved by a local building/ electrical inspection authority. We recommend the use of appropriate electrical conduit, fittings and wire for all circuits.

**WARNING:** Removing or bypassing any Ground Fault Circuit Interrupter breaker will result in an unsafe Plunge and will void the Plunge's warranty.

### Installation and Maintenance Precautions

No matter where you install your new Plunge, it's important that you have a solid foundation for support. If using patio stones, they should be at least two inches thick and twelve inches square. Even with stones in place, the Plunge will possibly settle and become uneven, and may require re-leveling over time.

**Deck Installation:** To be certain your deck can support your Plunge, you must know the deck's maximum load capacity. Consult a qualified building contractor or structural engineer. This weight per square foot must not exceed the structures' rated capacity, or serious structural damage could result. The Plunge with water is 1,000 lbs.

Do not turn on power to the Plunge until the Plunge is filled to the required level. Running the pump without water could cause immediate damage and void your warranty!

**CAUTION:** Maintain water chemistry in accordance with the instructions in this manual. Improper water chemistry can cause skin irritation or damage the Plunge.

### Important Hypothermia Information

Prolonged immersion in cold water may induce hypothermia. While it is important to keep our bodies properly warm, it is equally important for us to be able to cool down. But in certain environmental conditions our bodies cool down too much.

Our temperatures drop too far when they dip into hypothermic internal temperatures of 95 degrees and lower. There are four main ways that our bodies give off heat and cool themselves: conduction, convection, radiation and evaporation.

Each of these processes helps us sustain healthy internal temperatures. They also give us a better understanding of how hypothermia happens. When someone's warming

reactions, like shivering, aren't enough to overcome the cooling process, hypothermia can set in. Look for several important signs indicating the different stages of hypothermia. Mild hypothermia: shivering, goose bumps, difficulty with complex motor skills moderate hypothermia: violent shivering, sluggish, speech problems, difficulty with fine motor skills severe hypothermia: rigid muscles, dazed, shivering has stopped, blue skin, erratic heartbeat, unconscious.

# Read first before setting up the Plunge!

## Please inspect the package and make sure all items are present.

- Insulated spa cover with cover keys
- Cell Phone Holder
- Hose Filter
- Skimmer Net
- Phone Mount
- Filter Wrench

## Chiller instructions

We are very excited for you to plunge, but we ask that you leave the chiller in an upright position and unplugged for 20 minutes before you turn it on. The refrigerant may have been shaken up in transit and needs time to settle.

We look forward to hearing about your Plunge experience! For inquiries, contact us at [plunge.com/pages/contact](https://plunge.com/pages/contact).

## Included with your Plunge



### Phone / Tablet mount

Affix this to your Plunge to hold your phone or tablet.



### Skimmer net

Scoop any floating debris out of your Plunge.



### Filter wrench

Use this to change your filter.



### Cover keys

Use these to lock your cover to keep kiddos out.



### Hose filter

Put this on the end of your hose to filter out impurities. Run water through it before using it to fill the Plunge.



### Guided Plunge video content

Access our guided plunge content at [plunge.com/pages/videos](https://plunge.com/pages/videos) or scan the QR code.

Cold Plunge manual

# Quick start guide



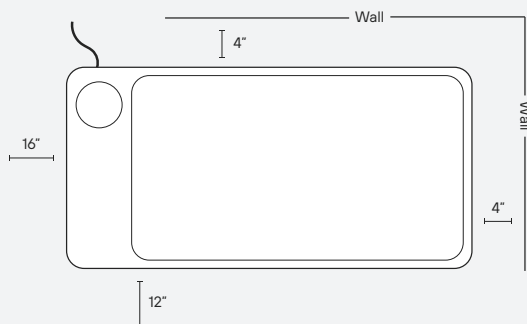
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# Quick start guide

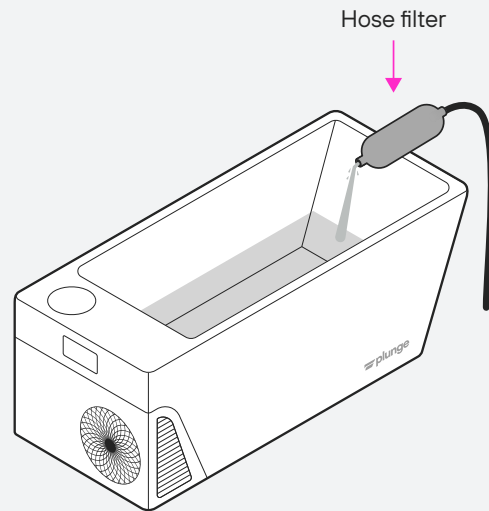
## 1 Location requirements

- When you place the Plunge you want to make sure there's at least 16 inches of clearance on end with where the component parts live.
- On the front side there should be at least 12 inches of space to access the drain and on the back you only need 4 inches.
- We recommend having around 4 inches of clearance from the wall on the other end of the tub so you can lean your head back.



## 2 Fill the Plunge

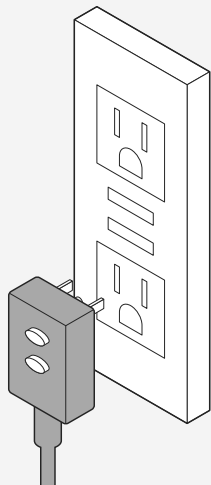
Attach the included carbon hose filter to a garden hose. Run water through it into a drain until the water turns clear. Then, fill the Plunge with water.



## 3 Plug in the Plunge

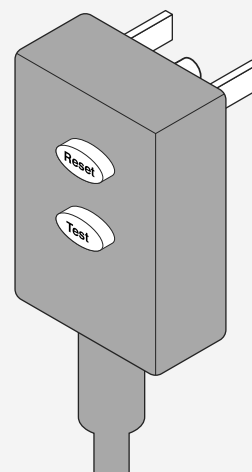
Once the tub is full you can plug in your Plunge to a dedicated 15 amp GFCI circuit (120V).

**Note:** Ensure the Plunge has rested for at least 20 minutes for coolant to settle before plugging it into the outlet.



## 4 Turning the Plunge on

- Locate the two buttons on the power cord that say "test" and "reset".
- Press the "reset" button to turn it on.
- You should hear the jets turn on and see the screen on the back light up with the current temperature.



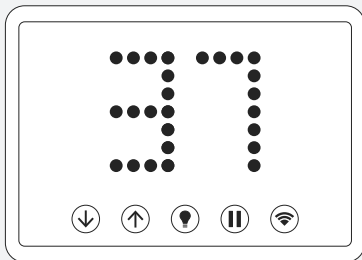


## Quick start guide

### 5 Set your temperature

Press the up and down arrows on the back of the tub to set your desired temperature.

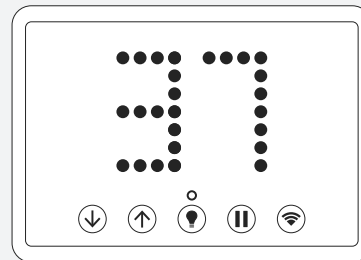
The blue arrow indicates cooling, and the red arrow indicates heating.



### 6 Operate light

To operate the light, just press the button with the light bulb to turn it on and press it again to turn it off.

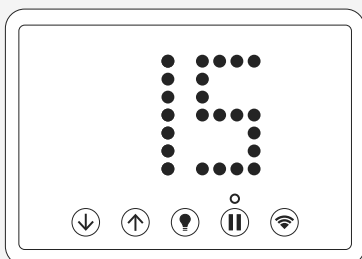
**Note:** The light will automatically turn off after four hours.



### 7 To pause the jets

For a quieter Plunge experience, you can pause the jets by pressing the pause button. It will pause in increments of 15 minutes up to an hour.

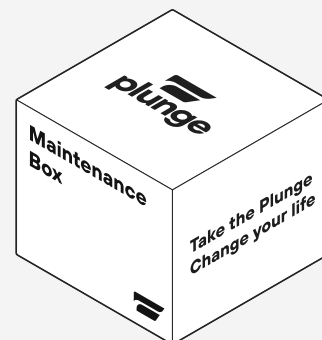
Once the timer runs out, the jets will turn back on and resume circulating the water.



### 8 Water maintenance

To keep the water clean and Plunge working well long-term, we recommend purchasing a maintenance kit from [plunge.com/collections/supplies](https://plunge.com/collections/supplies) and follow the instructions provided.

Follow the QR code for more information.



## Quick start guide

### Important warranty information

Please note that damage caused by freezing conditions or improper water chemistry are not covered under our warranty.

## Water should flow 24/7

This is very important for 3 reasons:



**Stagnant water is not sanitary for the system.** Solidified bio-matter can form inside the pipes and requires a deep clean with hot water to fix. This can also appear if no sanitation is done. Please follow the maintenance protocol included in the manual.



If the temperature in your area drops below freezing and water isn't flowing, your plumbing system will crack and break.

**Please monitor your Plunge daily when the outside temperature is below freezing to ensure constant flow. If your Plunge doesn't have a heater and temp is below 32°F for 12 hours, you must drain the Plunge, filter and chiller.**

# Linking your Plunge to the app

Once you have established a connection with the Wi-Fi network, you can link to the official Plunge mobile app. The Plunge mobile app enables remote plunge control, allowing you to set cooling times, adjust temperature, and monitor it in real-time.

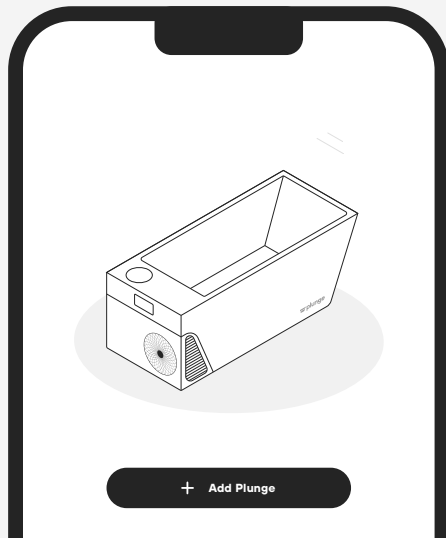


**Download App**

Here's how to link your plunge to the app.

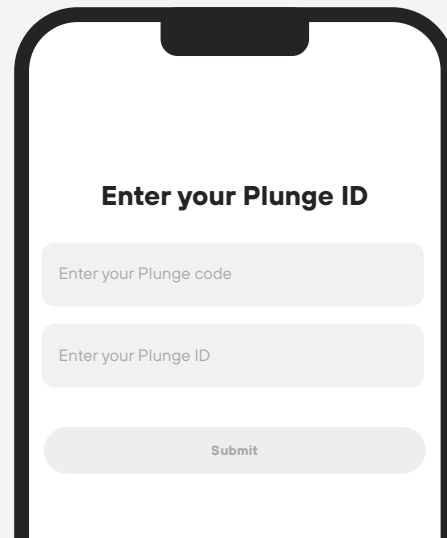
**1**

Toggle to the "plunge" section and select "Add Plunge".



**2**

Connect the control to the mobile app, by setting the control system ID and code. The ID and code can be found printed directly below the electrical box.



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# Caring for your Plunge



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# Caring for your Plunge



Play Video

## Monthly or as needed

### Change your filter

1. Pause or turn off your Plunge, then double-check that there are no jets running.
2. Remove the circular filter housing cover by lightly pressing it to lift it.
3. If the filter housing lid is too tight, you can use the provided filter wrench to twist it open to reveal the filter.
4. Take the dirty filter out and place the clean filter in.
5. Screw the filter housing lid back on and make sure to hand tighten only. **Note:** If the lid is loose, the filter housing will leak when the Plunge turns back on.

## Every 3 months or as needed

### Change out water

1. Turn off the Plunge by unplugging the power cord or pressing the "test" button.
2. Remove the ventilation screen .
3. Remove the cap from the spigot.
4. Attach a garden hose to the spigot .
5. Turn the spigot on and the water should flow out.
6. Replace the cap after draining.
7. Refill the Plunge and follow the initial setup instructions.

### Cleaning the ventilation screens

1. Remove the screen by pulling up on the bottom lip of the screen and pulling it out.
2. Take it to the sink and run water through the inside portion of the screen allowing all the dust and debris to wash off.
3. Shake the water out and let it air dry for a few minutes.
4. Reinsert the screen by putting the top lip in first and gently pressing it back into place.



Play Video

## Bi-annually or as needed

### Deep clean

1. Make sure the Plunge is at least half-full
2. Using an immersion heater or the hot/cold Plunge, heat the water to at least 80 degrees or more.
3. Unplug the Plunge
4. Once the water is heated, unplug and remove the immersion heater
5. Unscrew the inlet strainers. One is on the bottom of the tub and one is on the end opposite of the pump.
6. Rinse out the inlet strainers in a sink. You can use a pin to get any debris out of the holes.
7. Drain the rest of the water out of the Plunge.
8. Using a household degreaser and magic eraser, spray the tub down and wipe away any film or build-up in the tub.
9. Using a hose, spray down the tub to remove the degreaser.
10. Refill the tub and follow the initial setup instructions.

## Once a year

### Winterization

1. Drain the Plunge
2. Make sure the main drain valve is turned off
3. On the opposite side, there is another drain that is specific for winterization.
4. Attach the garden hose to the spigot and turn it on allowing all water to drain out. (Note: this water is what's left in the pump and filter and should only be about a half gallon)
5. Open up the top of the filter housing and remove the filter and check to see all the water has drained out. Using a sponge or towel, soak up and remove any remaining water.

# Plunge All-In residential 1-Year limited warranty

Reboot Labs, LLC. ("Plunge") guarantees to the original residential purchaser that the products and component parts are free of material and workmanship defects within the specified period below. This Limited Warranty covers only residential use.

- Shell Structure - Your Plunge is warranted against water loss due to defects in the spa shell, blisters, cracks, or delamination of the interior surface of the spa shell due to defects in workmanship or materials for one year from the original date of purchase.
- Equipment and Controls - Specifically the pump, chiller components, heater, sensors, and control system - are warranted against malfunctions due to defects in workmanship or materials for one year from the original date of purchase.
- Plumbing Components - Plunge plumbing components are warranted against leaks due to defects in workmanship or materials for one year from the original date of purchase.
- The factory installed Plunge Water Purification system is warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase.
- All other factory installed components not mentioned specifically, including, but not limited to the frame, jets, diverter valves, Lighting systems, filter shield, filter lid, and mechanical components are warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase.

## Warranty Limitations

The following are not covered by this Residential Limited Warranty:

- Plunge units located outside of the United States.
- Freight damage caused by the common carrier
- Damage caused by repairs for issues covered by this Limited Warranty that have been attempted by anyone other than an authorized representative. The Plunge owner accepts liability for such repair work performed by anyone other than the Manufacturer or a designated Plunge representative. Plunge does not charge for work and material costs for repairs for issues covered by this Limited Warranty.
- Damage resulting from neglect, misuse and abuse include any installation, operation or maintenance of the Plunge other than in accordance with the instructions contained in the owner's manual provided with the Plunge, including but not limited to the failure to maintain proper water chemistry and chemical balance and the use of abrasive or improper cleaners or non-genuine parts and accessories.
- coverage for the insulating cover, any item attached to or installed on the Plunge after the date of manufacture
- Normal wear and tear
- Cosmetic damage that does not affect the performance or safety of the unit, such as scratches, stains, discoloration, chipping, or other surface damage.

- Failures caused by any external cause or act of God, including but not limited to, theft, vandalism, riot, war, fire, lightning, earthquake, flood, tornado, or hurricane.
- Costs of adjustments and normal preventive maintenance.
- Gaining access to any component for repair or replacement.
- Use of a residential Plunge in commercial applications is excluded from any coverage under this Limited Warranty.

## Voiding the warranty

The following actions will void this Limited Warranty:

Damage or failure due to installation of aftermarket parts that are not genuine Plunge branded Parts & Accessories. This includes, but is not limited to filters, UV-C bulbs, ozone systems, repair parts and other accessories. Genuine Plunge brand Parts & Accessories are built to our highest standards of quality, durability and performance, and they are designed to work with your Plunge to ensure optimal performance and function. Plunge will provide replacement parts for free during the warranty period.

- Misuse, failure to conduct routine maintenance as provided in the user manual, abuse, negligence, or improper use.
- Use of the Plunge in a commercial setting.

## What we will do

At its own discretion, Plunge shall provide free repair or replacement of any defective product or component that has been installed, used, and serviced normally, within the specified warranty period. In the event that repair or replacement is not feasible, Plunge may choose to reimburse the purchase price in exchange for the return of the product. Please note that replacement parts may not be identical to the original ones, and their availability is subject to change. Plunge, at its discretion, may use refurbished replacement parts. These remedies are the only options available to you. Plunge will not pay for any costs relating to the dismantling, disconnecting, or disposal of a Plunge or any component. Plunge will not pay for the costs of assembly or installation of a replacement Plunge.

## What you must do

To make a warranty claim for a product, you need to contact the retailer or distributor from whom you purchased it, accompanied by the original sales receipt as proof of purchase and a written description of the defect. If you purchased the product directly from the Plunge website, you can reach out to us via mail or online. Please ensure to include your order number and purchase date while contacting us.

Plunge  
1721 Aviation Blvd.  
Suite 100  
Lincoln, CA 95648

[plunge.com/pages/contact](https://plunge.com/pages/contact)

## **Plunge All-In residential 1-Year limited warranty**

To obtain service in the event of a defect covered by this Limited Warranty, reach out as soon as possible and use all reasonable means to protect the spa from further damage. Upon proof of purchase, a designated service representative will correct the defect subject to the terms and conditions contained in this Limited Warranty. There will be no charge for parts or labor to repair the defect, although providing access to effect the repair is your responsibility as the spa owner.

You may be assessed reasonable repairman travel mileage charges. In the event that the spa is removed to a repair facility for repair and reinstalled, the cost of removal and reinstallation will be your responsibility as the Plunge owner. The Manufacturer or distributor reserves the right, at its sole option, to either repair or replace any covered part, and in the event it chooses to provide a replacement Plunge, it will be of equal value to the original Plunge. In such an event, reasonable costs for removal of the original Plunge, shipping costs from the factory for the replacement Plunge and delivery and installation of the replacement will be your responsibility as the Plunge owner. The replacement Plunge will carry the balance of the original Plunge's warranty. Spa covers are not included.

### **Limitations on implied warranties**

This Limited Warranty takes the place of all other warranties, express or implied, in fact or at law. All warranty service must be performed by the Manufacturer or its designated representative using authorized Plunge parts. No agent, dealer, distributor,

service company or other party is authorized to change, modify or extend the terms of this limited warranty in any manner whatsoever. The Manufacturer will not be responsible for any statements or representations made in any form that go beyond, are broader than, or are inconsistent with any authorized literature or specifications furnished by Plunge.

### **Disclaimers**

The MANUFACTURER AND ITS REPRESENTATIVES WILL NOT BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, and shall not be liable for any injury, loss, cost or other damage, whether incidental or consequential, arising out of any defect covered by this limited warranty, including without limitation, loss of use of the Plunge and cost for removal of defective product even if the Manufacturer was advised of the possibility of damage, and water damage. The liability of the Manufacturer under this limited warranty, if any, shall not exceed the original amount paid for the defective product.

Coverage under this limited warranty shall commence as of the original date of purchase and the duration of such coverage shall not extend for any reason whatsoever beyond the stated time periods. These disclaimers shall be equally applicable to any service provided by the Manufacturer and its designated representatives.

### **Legal Rights**

This Limited Warranty gives you specific legal rights. There are no warranties applicable to Plunge products except as expressly stated herein or as implied by applicable state and federal laws. You may also have other rights that vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, disclaimer of certain warranties, or the exclusion or limitation of incidental or consequential damages to some of the above limitations.