

# Initial Turn-On Guide

Your first 24 hours with a BlueCube

Welcome to the BlueCube family. This guide walks you through positioning, setup, first fill, and your first plunge. Work through it in order — each step depends on the last.

## Before You Begin

- **Inspect the shipment.** Confirm your BlueCube arrived intact and undamaged and that all parts are present before unpacking. Never substitute parts — doing so can cause failure and void warranty.
- **Keep the unit upright.** The tub must stay upright. You can tilt it briefly to navigate hallways and doorways, but if you tilt it, **wait 2 hours after setting it upright before powering on** — this lets the chiller motor settle.

## 1. Position Your BlueCube

- **Electrical:** requires a 120V 20-amp dedicated line.
- **Movers:** plan for four people with moving dollies.
- **Leveling feet:** before final placement (while still on dollies), screw the leveling feet into the bottom of each corner.
- **Cover safety:** once installed, keep the insulating cover in place any time the tub isn't in use — especially if children or pets are in the home.

## 2. Tighten All Unions

Shipping vibration can loosen unions. Before filling, confirm every union is snug.

- Grey unions on the filtration side
- White unions near the pumps / electrical side
- Blue unions connecting to the chiller
- Black unions on the filter housing

Union counts vary by model — tighten every union you find before the first fill.

## 3. Pre-fill Checklist

1. Confirm all electrical plugs are seated in their outlets.

2. Remove all warning labels.
3. Open the filter housing and confirm a filter is already inside.
4. Locate the bottom drain valve and confirm it's **closed** (the valve handle will be *across* the pipe, not in line with it).

## 4. Fill and Prime

1. Fill the tub with water to 6–8 inches from the top.
2. Bleed air from the filter housing: unscrew the small black plug a few threads. Once water starts to squirt out, retighten the plug.

**REPEAT** Perform the bleed step every time you refill your BlueCube.

## 5. Power On

Turn the unit on and confirm active water flow. You're ready to configure temperature.

## 6. Chiller App Setup

1. Download the chiller app from the App Store.
2. Unlock the chiller by pressing the unlock button twice.
3. Hold the **Set** button for 10 seconds until the chiller resets itself.
4. Open the app and press the **+** add button in the top right.
5. Connect to your Wi-Fi.

**TEMPERATURE** We recommend not setting your BlueCube below **37°F**.

## Your First Plunge — Best Practices

### Start slow, build over time

If you're new to cold plunging, start in the 50s (°F). A reasonable weekly minimum is **11 minutes per week at 59°F over 2–4 sessions** — enough to trigger brown-fat activation without overwhelming the system. Consistency beats intensity. Showing up 4× a week at a comfortable temperature does more than one heroic session a month.

### End cold when contrasting with sauna

If you're alternating sauna and cold plunge, end with the plunge and let your body warm up naturally. Forcing your body to rewarm itself is what builds the metabolic adaptation.

### Vary temperature and duration

There is no single perfect temperature or session length. Changing the variables keeps your body adapting and prevents plateaus.

### **Full submersion when ready**

Start with feet and legs if you're new. Over time, work up to full-body submersion at neck/chin level — this exposes the back of the neck and thyroid to the cold, which drives a stronger adaptation response.

### **Tell yourself "just 10 seconds"**

Don't pressure yourself to stay in for a long time. Frame each session as small — even 10 seconds counts as a rep. Once you're in, you can almost always stay longer than you expected.

#### **BEFORE YOUR FIRST PLUNGE**

Read the Safety Warnings document in full. Never plunge alone. If you have any pre-existing cardiovascular or medical condition, clear cold therapy with your physician first.

## **| Support**

Customer Service: **541-419-0145** · Service Line: **541-393-9149** · [service@bluecubebaths.com](mailto:service@bluecubebaths.com)

Service plans with automatic filter and Bio Maintain shipments available — contact us to set one up.