

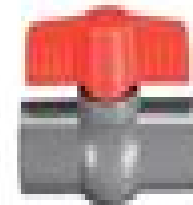
DIY ULTIMATE COLD PLUNGE

AN INSIDE LOOK AT HOW IT WORKS

OZONE GENERATOR



PLUMBING



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Cold Plunge Guide

Alpheus T. De La Mare



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you don't set it up correctly you can damage or break your chest freezer waste hundreds of dollars and countless hours of time or worse injure yourself After two years of research and modifications and helping more than 1 500 people from 72 countries in a private online group John Richter has created a guide book that helps you convert a chest freezer into a cold plunge while avoiding costly mistakes and frustration The Ultimate Chest Freezer Cold Plunge DIY Guide helps you Select the best chest freezer Design options for various budgets Prevent rust and other damage Choose equipment for easy use and maintenance Keep your water clean with or without chemicals Be safe Set the optimal temperature Create a cold water practice Find the best training Avoid costly mistakes And much more Each chapter is easy to read and offers step by step directions The book includes a buyer's guide setup checklist and a FAQ that answers more than 50 questions This book is a must have for professional athletes students of the Wim Hof Method followers of Dr Jack Kruse and anyone else who wants to take the benefits of cold training to the next level

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