

Free value for ice baths

Avatar

25 year old male, looking to improve his recovery and mindset after the recent influx of ice bath plunging on social media. He tries cold showers at home which he sees beneficial but thinks he isn't getting the full benefits as an ice bath would give him. Always enjoyed training and physical fitness and enjoys the dopamine rush he has after hard work.

Dream outcome

Wants recovery to be at an all time high with very little soreness after training. Improve his mindset and be more willing to be in uncomfortable situations day to day. Wants to be admired for his hard work and people to realize how hard he actually works day to day. Easy access, portable, durable, great to start a morning routine.

Pain

Still has episodes of poor recovery which may delay his training, slowing down progression of achieving his dream physique and ultimate performance. Feels like he needs more challenges daily that will keep him hungry and steer him away from a plateau. Transporting to rivers is hard and only go in cold seasons.

Roadblocks

Believes ice baths are very expensive, day to day life very busy and often gets distracted when doing research into them. Not an easy process, very unpleasant 1-2 minutes.

Solutions

Portable ice bath, cheap to fill and can help his recovery, change his mindset for the better and perform better than ever.

SL:

Plunge ur way to greatness

The portable cheat code to faster recovery

Freeze DOMS anytime, anywhere

Your Secret Weapon for Faster Recovery: The Portable Cheat Code

We all know the feeling, that long daring stare over that ice cold bath, waiting to make you question your entire existence.

Cold plunges have become the next big thing, dominating social media with the entire population screaming about the dopamine rush and undeniable mindset shifts.

Although, do we really have the time to wait for a full cold bath to run or travel to the local lake (considering its in season)

We all know recovery is the most important aspect of physical fitness so how come we don't treat it that way?

Cold showers just ain't cutting it and ultimately slowing down your progression of physical performance.

Research shows people are on the move more than ever and need quick and easy access, anytime, anywhere.

Furthermore, cost efficiency is more important than ever, and so with boiling a kettle being more expensive, there really isnt any excuse.

Unlock ultimate performance and an unmatched mindset ready to conquer the world.

Like the famous Genghis Khan once said "If you're afraid - don't do it, - if you're doing it - don't be afraid!"

[For ultimate recovery, anytime, anywhere, click here for your plunge](#)

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I'm sure you know the feeling of that long, daring stare over that ice cold bath, that makes you question your entire existence.

Your heart thumping and anxiety gripping you, one foot at time you enter.

Within seconds you fully submerge yourself to avoid the slow and painful process numbing your body.

After what feels like an eternity you jump out, an override of power, achievement and reward as dopamine runs through your veins.

Day to day life becomes a breeze and uncomfortable situations are faced head on with confidence and familiarity of being in unfavorable circumstances.

The demand as a result is skyrocketing and with humans on the move more than ever efficient access to this cheat code is a MUST.

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