

avant°pool

PURE COLD

Cold is good

avant^opool





**SPEEDS UP
MUSCLE
RECOVERY**

**ALLEVIATES
MUSCLE & JOINT
SORENESS**

**INCREASES
BLOOD
CIRCULATION**

**LOWERS
STRESS LEVEL**

**BETTER
QUALITY OF
SLEEP**

Why cold water?

It speeds up muscle recovery.

- ✓ The body recovers faster from exercise when exposed to cold. Cold therapy also reduces delayed onset muscle soreness after workout.

It alleviates pain.

- ✓ Cold contracts the blood vessels and numbs the nerves, relieving pain.

It eases inflammations.

- ✓ The increase in the local blood circulation caused by cold eases muscle and joint inflammation.

It increases your resistance.

- ✓ Cold activates your immune system and strengthens your heart and increases blood circulation.

It makes you feel good.

- ✓ The pituitary gland releases beta endorphin, which makes you feel good.

Falling asleep is easier and the quality of sleep better.

- ✓ Being exposed to the cold releases serotonin, which alleviates insomnia.

You will enjoy increased energy levels.

- ✓ Being exposed to cold makes you more alert and energetic. The shock of cold activates your muscles, wakes up and stimulates your body.

Healthcare

- ✓ Activates brown fat (type 2 diabetes, weight control)
- ✓ Treatment of rheumatism

Clean and cold water, always in desired temperature – ready for use 24/7

- ✓ Continual water filtering and ozone cleaning ensure water cleanness
- ✓ Note: wide temperature range, between +4°C - +38°C, so it is suitable also for heat treatment

Transportable and user friendly

- ✓ Very compact size
- ✓ Easy to place almost anywhere
- ✓ Very simple to use and maintain

Energy efficient and environment-friendly

- ✓ Efficiently insulated, low energy consumption
- ✓ Water replacement every 3-8 weeks

Professional cold recovery / cold water therapy

- ✓ Safe to enter and exit
- ✓ Controlled and safe cold immersion process

- ✓ **Dimensions without steps:** Length 1200 mm, width 790 mm, height 990 mm
- ✓ **Dimensions with steps:** Length 1200/1540 mm, width 790/1130 mm, height 1220 mm
- ✓ **Capacity:** 300 l
- ✓ **Weight when filled:** 450 kg
- ✓ **Weight when empty:** 147 kg, with stairs
- ✓ **Temperature range:** Adjustable between +4°C and +38°C
- ✓ **Cooling power:** 0.7 kW
- ✓ **Heating power:** 1.5 kW
- ✓ **Average power consumption:** Approx. 5 kWh/day once the pool has reached the target temperature
- ✓ **Refrigerant:** r134a
- ✓ **Control:** Digital control with a touch screen, equipped with a temperature-sensitive cold therapy timer.
- ✓ **Required power supply:** 230V/50Hz, single-phase. Equipped with a residual current device (RCD) in the supply cord.
- ✓ **Noise level:** 54 dB (A)

Avantopool Kinos – dimensions





Basic side panel & heat cover colors

- ✓ Black, white and dark grey

Basic step colors

- ✓ Black, white and grey

UV-printing

- ✓ Side panels can be printed to any color
- ✓ Team logos, photos, pattern etc.

Taping (3M film wrap)

- ✓ The corners (aluminum) and the heat cover can be taped to most colors
- ✓ Water proof, high quality 3M film wrap

