



monk

MONK SHIVER

USER MANUAL

V1.0

WELCOME TO THE MOST TRANSFORMATIVE TWO MINUTES OF YOUR DAY

Our mission is simple: to create wildly resilient humans. We believe that embracing discomfort is the fastest path to growth, resilience, and happiness. That's why we designed Monk: a beautiful, science-backed system that turns stress into strength. Step into the cold, and re-emerge stronger.

WHAT'S IN THE BOX?

- Monk Shiver Chiller
- Water pipes x 2
- Filter wrench
- User manual (hello, that's me)



“IN THE COLD, I’M REBORN.”

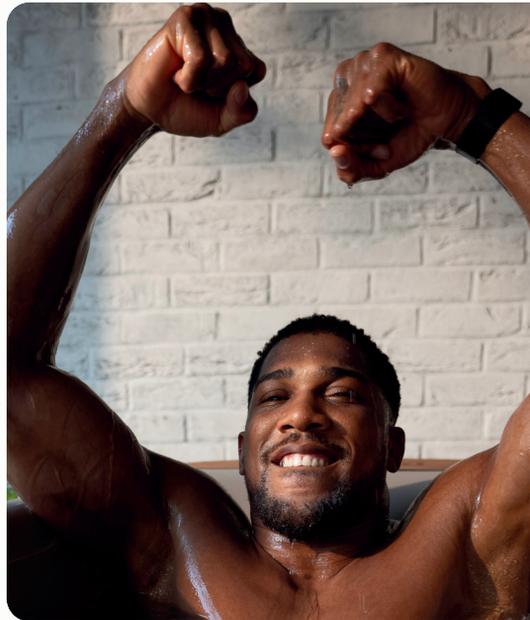
ANTHONY JOSHUA

“For me, ice baths are about mental resilience as much as physical recovery. When I heard about Monk, it was clear: this is a wellness innovation that will make me a better athlete and human.

I stand with Monk - not just as an investor, but as a true believer in their mission to be the world leaders in cold exposure.”

JOIN OUR
MOVEMENT

@discovermonk
discovermonk.com



SAFETY FIRST, ALWAYS

Cold is powerful. Electricity is powerful. Respect both - and they will reward you.

Read this section carefully before first use.

GENERAL SAFETY

- Operators must be 18 years or older.
- Never use the chiller with wet hands.
- Keep the power cord free from heavy objects and never run it under carpets.
- Do not insert objects into the chiller's vents or openings.
- Always exercise caution around children, the elderly, or anyone with mobility issues.
- Ensure at least 100cm of clear space around vents for airflow. Do not place in cupboards, closets, or tight enclosures.
- Never disassemble or modify the chiller. For electrical concerns, contact Monk only.
- Avoid using the chiller in very humid or dusty conditions.
- Keep pets and children away during operation.
- If you notice damage, leaks, unusual noises, smells, or performance issues, switch off and unplug immediately.
- Disconnect the chiller from power before cleaning or maintenance.
- Do not place the chiller in direct sunlight or near heat sources.
- Always ensure the filter is installed while operating.
- Clean the water filter and dust net regularly for best performance.
- If ambient temperature drops to 0°C (32°F) or lower, disconnect the pipes and fully drain the chiller to prevent freezing damage.
- Before switching on, ensure the tub is filled and all water pipes are connected correctly. Running the pump dry will reduce its lifespan.
- Do not extend the water hose, as this may reduce cooling efficiency or prevent the system from reaching the target temperature.

ELECTRICITY SAFETY

- Always keep the chiller upright on a flat, stable surface. Never invert.
- After transportation, allow 24 hours before first use for refrigeration gas to settle.
- Plug the unit directly into a suitable AC wall socket (or a rated extension cable) that is grounded.
- Keep the chiller dry at all times. Do not immerse, spray, or splash water on the unit. If it becomes wet, unplug immediately and do not use.
- Keep the chiller as dry as possible. It is IPX4 rated and resistant to light splashes, but must not be immersed, sprayed directly, or exposed to heavy water. If it becomes wet, unplug it immediately and do not use until fully dry and safe to operate.
- Ensure both the chiller and the plug socket are kept away from water while you are immersed in the tub.
- If the chiller does not switch on, or stops unexpectedly, unplug it immediately and do not continue use.
- Monk accepts no responsibility for misuse or failure to use this equipment as safely instructed.

Operating Conditions

- Working Temperature: 3°C - 45°C (38°F - 113°F)
- Storage Temperature (when drained): -20°C - 55°C (-4°F - 131°F)
- Storage Relative Humidity: 20% - 85%

Name: Monk Shiver

Manufactured: 2025

Manufactured for: Monk Global Limited, 71-75 Shelton Street, Covent Garden, London WC2H 9JQ

Voltage: 220-240V + 50/60Hz

Max input power: 630W

Max input current: 3.3A

Max cooling capacity: 1540W

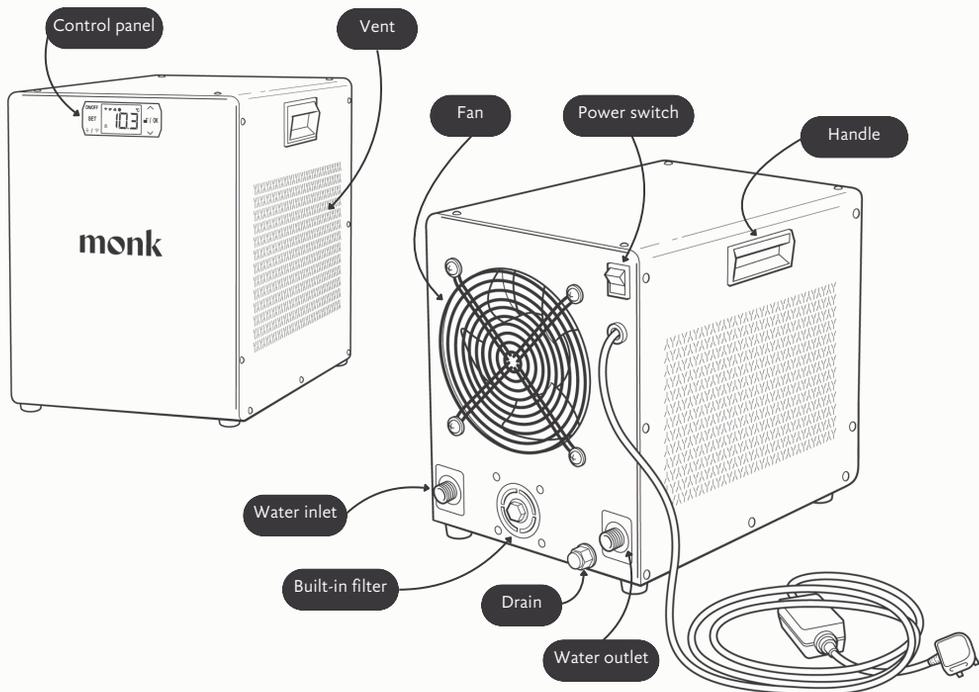
Refrigerant: R134A

Water filter: Installed internally

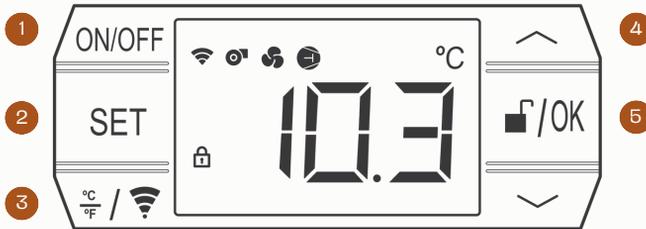
Water temp range: 3°C - 45°C



MEET YOUR MONK



CONTROLLING YOUR SHIVER



BUTTON	DESCRIPTION
1 ON/OFF	Press to turn the chiller on or off.
2 SET	Press SET to enter temperature mode.
3 C/°F 	Press once to toggle between Celsius and Fahrenheit. Long press to set-up Wi-Fi. The icon will blink while connecting, and stay lit once connected (you'll need the app to complete this)
4 ▲ / ▼	Use the arrows to set your ideal temperature (3-45°C / 37-113°F).
5 Lock / OK	Long press for 3 seconds to lock or unlock the control panel. Press OK to confirm your selection.

QUICK START GUIDE: MONK SHIVER

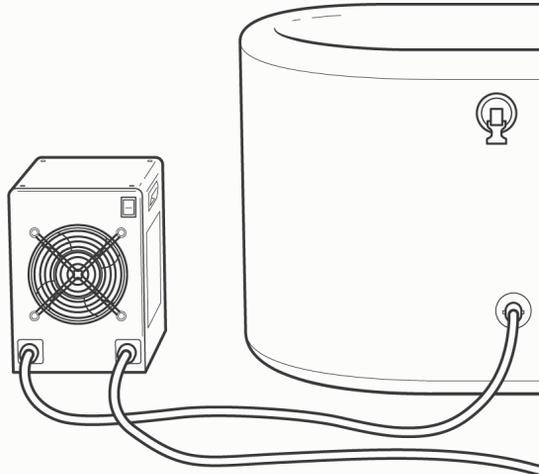
⚠️ Leave your Monk Shiver turned off until step 4.

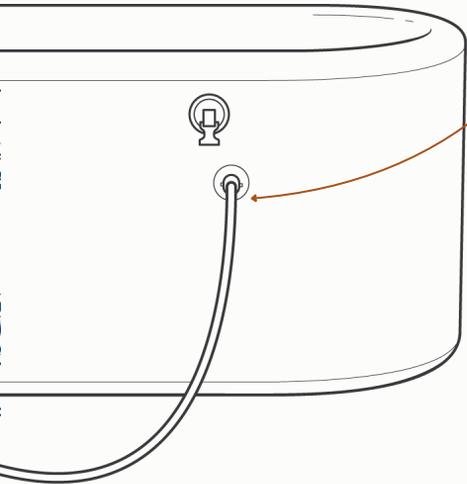
#1

Place your chiller on a stable surface near to your Monk tub.

#2

Connect both water pipes between the tub and chiller. One pipe should connect the red inlet and the red outlet, and the other pipe should connect the green inlet and the green outlet. Ensure the valves are secured tight.





#3

Using a hose over the side of the tub, fill it to the level just below the circular green inlet of the Nomad tub.

#4

Check that the valves on the water pipes are open, then turn on the chiller.

#5

Set the temperature: press SET' on your chiller's display panel, then use the up and down arrows to choose your desired temperature, then press OK. Get ready to plunge!

NB: Always fill the tub's water level above the chiller height before switching on. Running it dry can weaken flow and damage the pump.

SMART FEATURES + APP CONNECTIVITY

Your cold ritual doesn't end when you step into the cold. It begins there. Your Monk Shiver is Wi-Fi ready. Scan the QR below for the latest setup instructions and unlock more ways to deepen your practice.



GUIDED COLD PROTOCOLS

Get your PDF playbook of science-backed routines for strength training, to sleep, immunity, mental health, female-specific protocols + more.

THE MONK APP

Your cold water coach. Immersive guided plunges with soundscapes, and breathwork - giving you the confidence and knowledge to unlock the true benefits of cold.



MAINTENANCE: CARING FOR MONK SHIVER

WEEKLY FILTER CLEAN

Keep your Monk Shiver running at peak performance with a weekly filter rinse:

1. Switch off the chiller.
2. Close the inlet and outlet valves on the back of the chiller.
3. Use the supplied Monk wrench to unscrew and release the filter.
4. Rinse under clean water to remove any debris.
5. Reinsert and tighten with the wrench until secure.
6. Re-open the inlet and outlet valves.

DRAINING YOUR CHILLER

If unused for a long period, or if temperatures drop below 1°C, drain fully to protect the pump and prevent freezing and stagnant water. Scan the QR code for full instructions.

ALL MAINTENANCE AND TROUBLESHOOTING CAN BE FOUND AT [HELP.DISCOVERMONK.COM](https://help.discovermonk.com) OR BY SCANNING THE QR CODE.



monk

You're part of a movement of wildly resilient humans.
Join the community. Master the ritual. Evolve daily.

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HELP.DISCOVERMONK.COM

