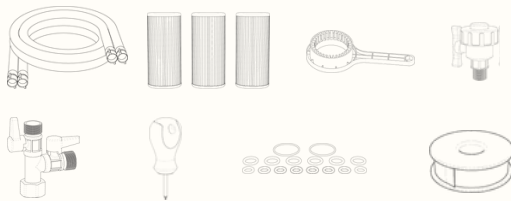


WELCOME TO THE MOST TRANSFORMATIVE TWO MINUTES OF YOUR DAY

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 Pro Chiller
- Water pipes x 2
- Filters x 3 (one installed)
- Filter wrench
- Ball valve
- Three-way valve
- Screwdriver
- Spare O-rings
- PTFE tape
- 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.
- Avoid using the chiller with wet hands
- Keep the power cord away from heavy objects, and do not run it under carpets.
- Do not insert objects into the chiller's vents or openings.
- Exercise caution around children, the elderly, and those with mobility issues.
- Always keep the chiller upright and on a stable, level surface; do not invert.
- Install the chiller in well-ventilated areas(at least 100cm of clear space around vents for airflow), avoiding closets or cabinets and keeping vents clear of obstructions.
- Do not disassemble or modify the chiller.
- Avoid using in very humid or dusty conditions.
- For electrical issues, contact authorized service personnel.
- Keep pets and children away during operation.
- Report any sign of damage,leaking, strange noises, smells, or performance issues immediately.
- Disconnect power before maintenance or cleaning.
- Avoid placing the chiller in direct sunlight or near heat sources.
- Ensure the filter is installed when the chiller is working.
- Regularly clean the water filter and dust net for optimal efficiency.
- If the ambient temperature drops to 0°C(32°F), disconnect the pipes and open the drainer to FULLY drain all water from the chiller to prevent freezing damage.
- Before turning on the chiller, please make sure there is enough water in the bathtub and all water pipes are connected properly. Otherwise, the idling of the water pump will generate noise and affect its service life.

ELECTRICITY SAFETY

- During and after transportation, the chiller must stay upright on a stable surface at all times.
- After transportation and before use, the chiller must be left for 24 hours for the
- Make sure the chiller is plugged into an AC socket or extension cable that is
- Ensure the chiller is kept dry at all times; do not immerse, splash or spray the unit with water. If the unit does get wet, unplug it immediately and do not use it.
- Never leave the chiller powered on when staying in the water; always ensure the unit is powered off during your cold water therapy session.
- If the chiller stops working or does not work when switched on, unplug it immediately and do not use it.
- We accept no responsibility for misuse or failure to use this equipment safely as instructed.

PRODUCT SPECIFICATIONS

Name: Monk Shiver Pro

Manufactured: 2026

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

Voltage: 220-240V + 50/60Hz

Input power: 1060W

Max input current: 6.5A

Max cooling capacity: 2450W

Refrigerant: R410A

Water filter: Internally mounted

Water temperature range: 3°C - 42°C

Net weight: 41.5kg

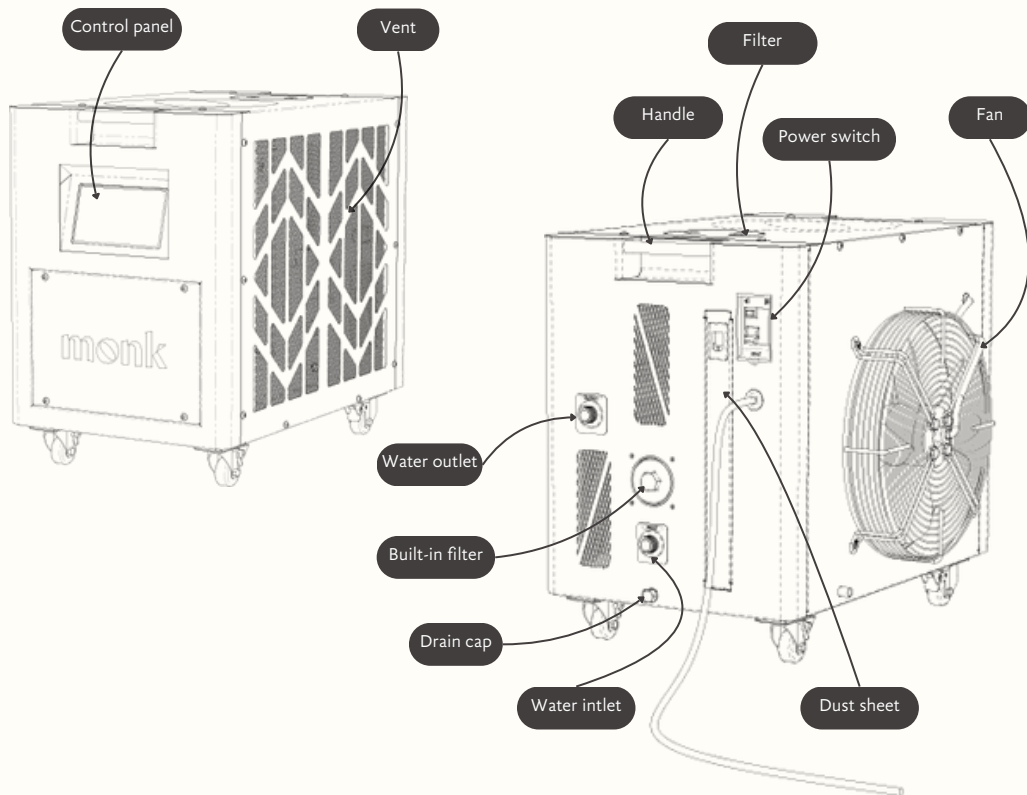
Dimensions: 58.5 x 43.5 x 53.5 cm

OPERATING CONDITIONS

- Working Temperature: 1°C - 45°C (34°F - 113°F)
- Storage Temperature (when drained): -20°C - 55°C (-4°F - 131°F)
- Storage Relative Humidity: 20% - 85%



MEET YOUR MONK



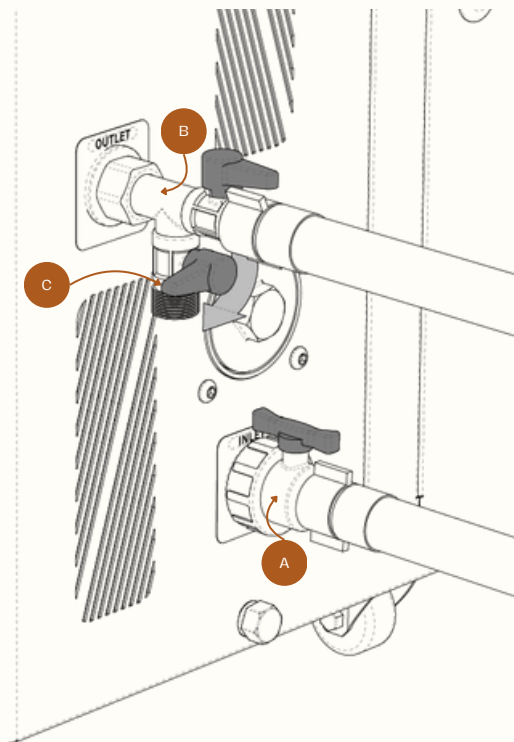
QUICK START GUIDE

BEFORE YOU BEGIN

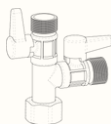
- Leave the chiller upright for 24 hours after delivery to allow the refrigerant to settle. You can complete the setup during this time, but do not power on the chiller.
- Check that a filter is installed. Use the supplied filter wrench to remove the filter cap and confirm a filter is fitted.
- Set up your ice bath first. Follow the instructions provided with your Monk tub (or your third-party ice bath) before connecting the chiller. Do not fill the bath until the chiller has been connected.
- Place the chiller under shelter. Do not place it in direct sunlight or expose it to heavy rain or snow.



SCAN FOR SETUP GUIDES,
MAINTENANCE AND
TROUBLESHOOTING OR VISIT
[HELP.DISCOVERMONK.COM](https://www.monk.com/help)



Ball valve



3-way valve

#1

Place your Shiver Pro on a stable surface near your Monk tub. Attach a ball valve to the thread marked “Inlet” on the chiller (A).

If you plan to use the chiller to drain your tub (this is the fastest way), attach the three-way valve to the thread marked “outlet” on the chiller (B).

#2

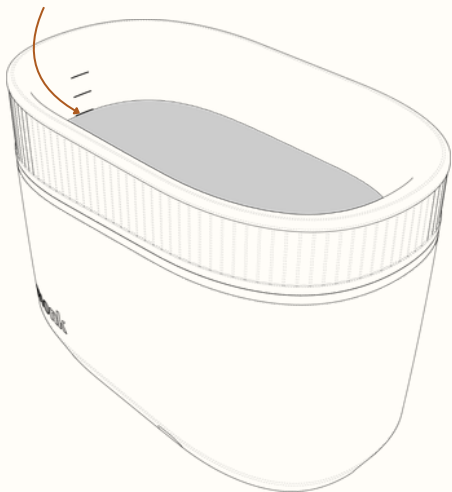
Connect the hoses from your tub to the chiller. Connect the bath outlet to the chiller inlet, and vice versa. Think ‘opposites attract’.

#3

Ensure that the valves are set to the open position on each hose. If you’re using a three-way valve on the chiller outlet, ensure that the valve on the unused branch is closed (C).

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.

When using with Cocoon, use the minimum fill line as a guide



#4

Fill the tub with water, until the water level is higher than the outlet on the chiller. Don't turn on the chiller until the water level reaches this height.

#5

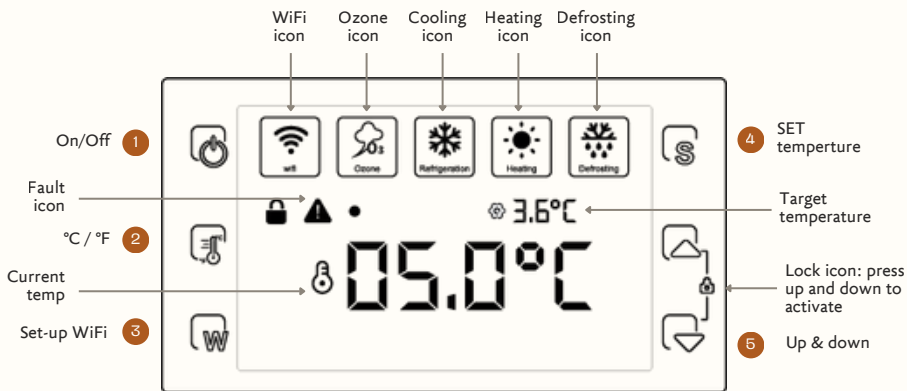
Now turn on the chiller. It will automatically begin its priming cycle, where it fills the internal plumbing with water. Once complete, the compressor will turn on and begin cooling.

IMPORTANT NOTE

Air can become trapped inside the system during first-time setup, and it's easily fixed:

- Turn off the chiller and unscrew the drain cap using the wrench provided.
- Allow the trapped air and a small amount of water to flow out.
- Screw the drain cap back onto the chiller.
- Turn the chiller back on to repeat the priming cycle.

USING YOUR SHIVER PRO



YOU'LL USE THESE MOST OFTEN

SET YOUR WATER TEMPERATURE

1. Press **4** SET.
2. Use **5** ▲ / ▼ to choose your desired temperature.

SET THE OZONE CYCLE

Your Shiver Pro sanitises the water using ozone. You can set it to come on for 1-5 minutes every 15 minutes. We recommend 5 minutes for the best water quality

1. Press **3** then long press **2**
2. Use **5** ▲ / ▼ to select 1-5 minutes.

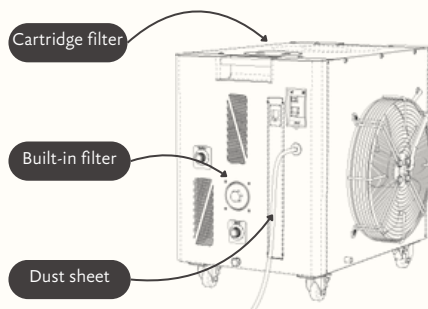
CARING FOR YOUR SHIVER PRO

Regular maintenance will keep your Shiver Pro performing at its best, and is key to ensuring your warranty remains valid. This guidance applies to residential users. For commercial maintenance intervals, please refer to the Monk Commercial Maintenance Guide provided during onboarding

TASK	WHEN	WHY
Rinse the built-in filter	Weekly	Removes hair and debris to maintain water flow.
Replace the filter cartridge	3-4 weeks	Keeps the water clean and protects the system.
Clean the dust sheet	Monthly	Maintains cooling performance and airflow.

GENERAL CARE

- Never clean with strong, bleach-based detergents
- Don't put corrosive disinfectants into the water, such as chlorine tablets
- Always disconnect from power before maintenance or cleaning
- Drain the chiller when outside if the temperature may fall below 1°C
- If out of use for a long time, drain to avoid stagnant water

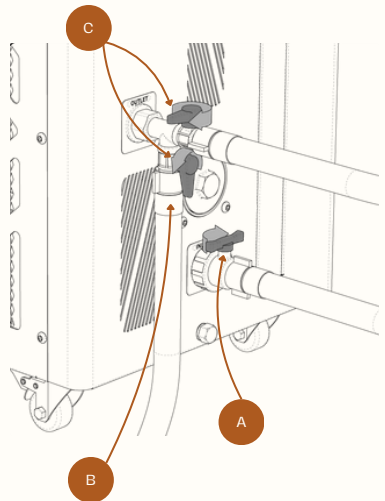


This maintenance guidance applies to residential Shiver Pro customers. Commercial users must follow the guidance in the Monk for Business Maintenance Guide.

DRAINING YOUR TUB WITH THE SHIVER PRO

Your Shiver Pro can also be used to drain your Monk tub. It uses its built-in pump to move water from the tub and out through a garden hose.

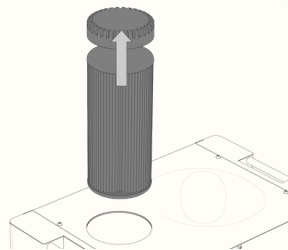
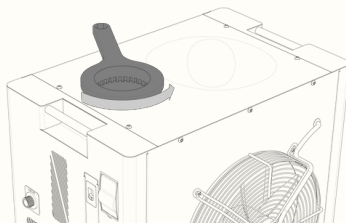
1. Turn off the chiller
2. Close the valve on the chiller's inlet to stop water flowing through it while you complete the next steps (A).
3. Attach a hose to the drain outlet on the three-way valve (B). Place the other end into a suitable drain. Make sure the water can drain safely away from the chiller.
4. Open the valve leading to the drain hose, and close the valve leading back to the tub (C).
5. Open the chiller inlet valve (A) and turn the chiller back on. The pump will begin draining water through the hose.
6. Important: turn the chiller off before the water level drops below the bath outlet. This prevents air entering the system. The remaining water can be removed with a sponge.
7. Once the tub is drained, return the valves back to their normal open positions, disconnect the drain hose, and refill the tub.



MAINTENANCE

REPLACING THE FILTER CARTRIDGE

1. Turn off the chiller via the display panel, and switch off the power at the back of the unit.
2. Close the valve on the inlet hose to stop water flowing out during the next steps.
3. Use the large end of the supplied filter wrench to unscrew the filter cap.
4. Remove the filter cartridge and discard (or rinse if reusing).
5. Insert a new filter cartridge, and tighten the filter housing until secure. Don't overtighten.
6. Close the filter cap, reopen the inlet valve and turn the chiller back on. Done!



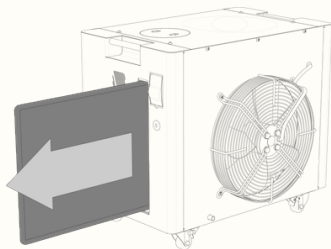
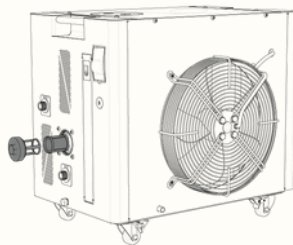
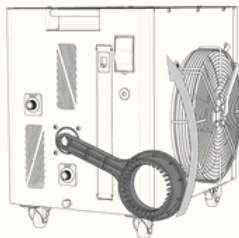
SUBSCRIBE & SAVE ON FILTERS

Never run out of filters and have one less thing to think about. Regular filter changes are the best way to keep your Monk performing at its best and extend its lifespan. Subscribe and save 10% at discovermonk.com.

MAINTENANCE

CLEANING THE BUILT-IN FILTER

1. Turn off the chiller via the display panel, and switch off the power at the back of the unit.
2. Close the valve on the inlet hose to stop water flowing out during the next steps.
3. Use the small end of the filter wrench to unscrew and remove the filter.
4. Rinse the mesh filter under clean water.
5. Refit the filter and tighten until secure. Don't overtighten.
6. Re-open the inlet valve and switch the chiller back on. You're good to go!



CLEANING THE DUST SHEET

1. Turn off the chiller on the display panel, and switch off the power at the back of the unit.
2. Slide out the dust sheet from the back of the unit, and gently remove dust.
3. Slide the dust net back into place, and turn the chiller back on. Mission complete.

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.





monk

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

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