

# ADVANTAGES OF THE POLAR LIFE POD®



## READILY AVAILABLE WHENEVER AND WHEREVER NEEDED!



- Effective immersion of the body, neck and back of the head.
- Requires just 40-60 gallons of on-site ice water depending on the size of the individual.
- Low impact ground level individual entry and exit.
- Compact and portable design.
- Packaged ready for use in a convenient and transportable gym bag.
- Unlike large, cumbersome tubs, the Polar Life Pod® can be easily stored, rapidly set up and quickly implemented.

[polarlifepod.com](http://polarlifepod.com) | 800.763.8423

# COOL COMFORT® COOLING FOR ATHLETES

Pre-cooling, post-cooling and cooling during exercise may reduce the risk of overheating. According to a recent study, using a cooling vest in addition to other cooling strategies can help improve performance.<sup>1</sup> Cool Comfort® is a hybrid evaporative cooling technology.



**COOL COMFORT®  
PERFORMANCE VEST**



**COOL COMFORT®  
SPORTS KIT**

1. "Precooling and Percooling (Cooling During Exercise) Both Improve Performance in the Heat: A Meta-analytical Review." British Journal of Sports Medicine (2014)

## ALSO AVAILABLE FROM POLAR PRODUCTS:

# HOT & COLD THERAPY



## ROLLER ICE® TRIGGER POINT MASSAGE TOOL

Ease aches and pains, relax muscles and relieve tension without messy ice cups!



Polar Products is a leading US manufacturer of body cooling and cold/hot therapy products.

Visit [polarproducts.com](http://polarproducts.com) to see our full line of products. For customer service, call 800.763.8423.

GSA Contract Holder #V797D-30220

# POLAR LIFE POD®

## THE PORTABLE, COLLAPSIBLE, COLD-WATER IMMERSION SYSTEM



# COOL FIRST TRANSPORT SECOND

## THE POLAR LIFE POD® IS AN ESSENTIAL PIECE OF SIDELINE EQUIPMENT!



## DESIGNED BY A LICENSED ATHLETIC TRAINER WITH OVER 30 YEARS OF EXPERIENCE IN THE FIELD.

### THE PLP HAS WELL-THOUGHT-OUT FEATURES INCLUDING:

**INTEGRATED DUAL  
DRAWSTRING HOOD**

**ARM PORTS WITH SLEEVES**

**ADJUSTABLE STRAPS**

**WATER-RESISTANT ACCESS PORT**

**FULL LENGTH ANTERIOR  
TWO-WAY ZIPPER**

**FLOATING HEAD SUPPORT**

**WATERPROOF DIGITAL THERMOMETER**

**COLLAPSIBLE, PORTABLE AND  
CONVENIENT DESIGN**



PATENT-PENDING, PORTABLE, COLLAPSIBLE, COLD-WATER IMMERSION SYSTEM FOR RAPID COOLING



**INTEGRAL HOOD**

Dual drawstring hood allows the water to partially cover the head and neck while minimizing water leakage.

**ARM PORTS WITH SLEEVES**

Allows the individual being submersed to extend arms outside of the PLP.

**WATER-RESISTANT ACCESS PORT**

**RAPID SET-UP AND IMMERSION**

Anterior two-way zipper facilitates the ease of the individual's access into and out of the Polar Life Pod® and allows rapid filling with water from a container.

**EASILY TRANSPORTED**



**FLOATING HEAD SUPPORT**

Fits snugly inside the hood and helps keep the individual's airways clear.

**FITS INDIVIDUALS UP TO SEVEN FEET TALL AND 400 POUNDS**

Fold the foot of the Polar Life Pod® under to adjust to the height of smaller individuals.

**FULL BODY IMMERSION**

Adjustable straps minimize water usage by forming the Polar Life Pod® to the individual's body shape, allowing for even and effective water distribution.

**EFFICIENT EVACUATION OF WATER**

Water can be quickly discharged at the foot of the bag.



VISIT POLARLIFEPOD.COM OR CALL 800.763.8423 FOR MORE INFORMATION ABOUT THE POLAR LIFE POD®.