



COLD EXPOSURE.

Cold Exposure

Cold Exposure Training - Beginner

If you are new to cold exposure below are a few ideas to get you started:

Contrast Showers - Toggle between a warm shower and moving the dial to as cold as you can stand it for 15-30 seconds. Work to where you only need 30 seconds to one minute of warm before going back to cold for 30 seconds to one minute. You got this!

Ending showers cold - At the end of your warm shower turn the dial to as cold as you can stand for 15-30 seconds progressing to where you can end your shower for two minutes cold.

Cold Exposure Training - Intermediate

Ending with a cold shower no problems? Try this:

Full body immersion in cold water. Fill your tub with water as cold as it will get it and do a full body submersion or jump in a pool. Start off no longer than two minutes then gradually increase. Hands out of water will be easier to start but progress to where your are fully submerged to your neck. Start with the shower water cold for 15-30 seconds until you progress up to two minutes before going into a warm shower (always end cold for atleast 30 seconds!)

Cold shower only for 5 minutes. No warm water.

Cold Exposure Training - Advanced

At this point, just go for it! Remember to be careful and don't overdo it.

Start shower water cold (assuming your shower water is actually cold) and stay in for 5+ minutes progressing to 10 minutes. No warm water.

·Full body immersion in ice water. Go up to neck and put hands in water. No longer than two minutes to begin progressing to more once your body acclimates.

Multiple dips in full body ice water. Go in for two minutes, get out and warm up for 5 minutes, go in for another two minutes. Repeat as necessary.