

CRYOPOD™

WHOLEBODY CRYOTHERAPY SPECIALISTS

 **GymSouq**



Advanced Recovery Solutions



Introducing the World's
FIRST Air Cooled LiN
(Liquid Nitrogen) Cryopod™



Key Features

- **Cryopod™ is the world's first Air Cooled, Single User, Complete Wholebody Cryotherapy Solution.**

Cryopod™ uses a heat exchanger, allowing the client to be in full contact with the cooling medium.

- **British Designed and Manufactured in Accordance with Medical Directive Standards**

The Cryopod™ is designed by leading software and mechanical design engineers from the nuclear and sub-sea industries, built to exacting safety standards.

- **Global Liquid Nitrogen and Technical Support**

Cryopod™ work alongside the world's largest industrial gas supply companies to ensure that you have access to the very best cryogenic support infrastructure.

- **Data Monitoring, Logging and Profiling**

Cryopod™ software is Microsoft based and integrated with the latest bio-metric monitoring systems enabling detailed analysis of treatment data.

- **Touch Screen Control and Wi-Fi Communication**

Cryopod™ software engineers are experts, utilising cutting edge technologies from other forefront industries, placing Cryopod™ at the head of the Cryotherapy sector. Wi-Fi access allows data transfer at the touch of a button and remote access for software upgrades and diagnosis.

- **Swipe Card Access**

This feature controls and restricts access, ensuring safety is paramount during your Cryotherapy treatments.

**The Next Generation in
Sports Performance**

GymSouq

Manufacture



Aluminium Chassis

Cryopods™ chassis is precision engineered by a bespoke German company using laser cutting techniques.



Carbon Fibre Panels

The Pod panels are constructed from composite carbon fibre and shaped with the latest state of the art high pressure water cutting techniques.



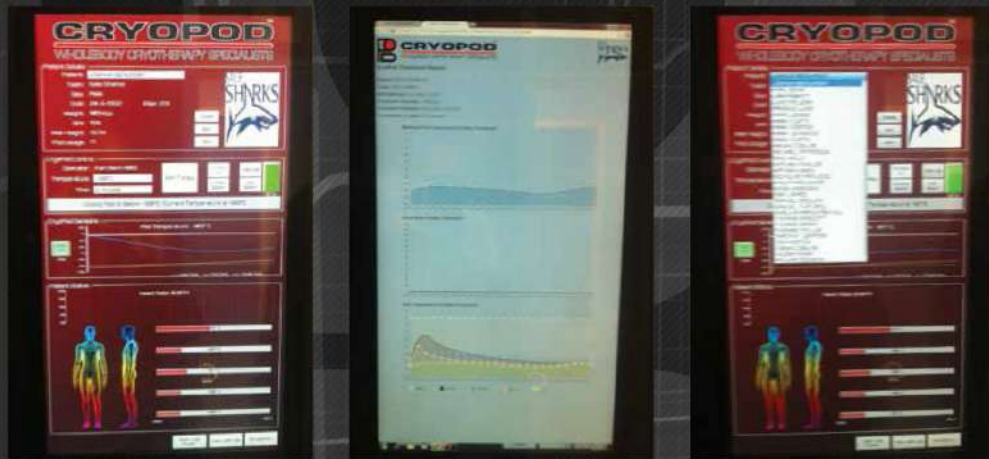
Interior Upholstery

The interior upholstery is specifically engineered to be tolerant to cryogenic temperatures. The panels are machine sewn and hand fitted by master upholsterers.

Upholstery Selector



Take Control Face the Future



Biometric Monitoring and Profiling

Based on a windows platform Cryopod™ profiles and logs each individual treatment. This combines the latest biometric monitoring software, allowing user friendly download compatibility.

Data Logging

Cryopod™ profiles, monitors and logs each individual treatment, perfect in a working professional environment.



 GymSouq



cryopodconnect

Connecting you with latest in Wi-Fi and remote access technology.



Remote Access

This feature enables our software engineers to access the Pod with your permission, to fault find software issues and upload software upgrades remotely.



Client Login and Wi-Fi Download

Client login ensures safety is first. Treatment logs can be downloaded either by Wi-Fi or USB transfer.



Touch Screen Control

Cryopod™ works in tandem with other tech leading industries incorporating the very latest technologies into our designs.

Inpod Display Monitoring

Client comfort is very important, Cryopods™ Inpod displays present real time information during treatments ie; Heart Rate, Time expired and Inpod temperature monitors.



Safety First

1 World's FIRST Air Cooled Liquid Nitrogen Cryopod™

Cryopod™ is the only single person Cryo-unit in the World, that surrounds the client with super-cooled air, rather than direct liquid nitrogen vapour.

2 Emergency Stop (E-Stop)

Cryopod™ is fitted with an emergency E-Stop as an added safety feature further bolstering client confidence.

3 Key In-built Features set to Cryogenic and Medical Directive Standards

Cryopod™ has been designed and manufactured in accordance with Medical Directive Standards and up to date Cryogenic Safety Standards.

4 Cryopod™ Design Team are ISO 9001 Quality Accredited





Global Nitrogen Support



Liquid Nitrogen (LIN) Consumption

Average 8 Litres Per Treatment (approx.)

Treatment Time 2 Min 30 Secs

Recommended LIN Storage Vessel 950 Litres

The Effects of Whole-Body Cryotherapy Exposure in Sport: Applications for Recovery and Performance

Christophe Hausswirth, Phd

Head Of The Research Department Of Insep
(French National Institute of Sport, Exercise and Performance)



Today, we better understand the utility of WBC in the specific context of exercise, whether related to the mechanisms it triggers or the way in which it is applied. A change has occurred in the themes addressed in scientific publications in recent years. Thus, the earlier studies investigated the effects of WBC on functional recovery from exercise-induced muscle damage. Today, other paths are explored such as how WBC affects symptoms of depression or sleep quality in situations where the training workload increases. The results are extremely promising, even if they will need to be consolidated.

Research is well underway, in order to gain a better understanding of the physiological mechanisms involved in exposure to WBC. Although placebo conditions are difficult to implement, they are necessary, as are studies of chronic exposure, to better reflect the reality of athletic training. Finally based on scales to assess bias in studies, the levels of effectiveness of WBC require further study. To increase the strength of results, it will be necessary in future studies to limit quality-related biases through better randomisation, systematic anonymisation of subjects, data and conditions, and appropriate statistical handling of data. The clinical results to date, suggest WBC could well become an essential recovery tool, in the ever increasing demands of modern sport.

Christophe Hausswirth

The **ULTIMATE** Recovery Solution



The logo for GymSouq features the word "GymSouq" in a stylized orange font. The letter "G" is enclosed in a hexagonal outline, and the letter "o" is replaced by a circular icon of a dumbbell.



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