

protocols for EFFECTIVE ICE BATHS



Ice baths have been a popular tool in the world of fitness and wellness for decades, but the science behind why they work is often overlooked.

This infographic will break down the benefits of ice baths. With simple protocols and tips, you can optimize your workouts and overall health with the power of cold exposure.

HIGH INTENSITY TRAINING



Ice baths have been shown to be an effective recovery tool after high-intensity exercise, with short intervals (less than 5 minutes) demonstrating positive recovery outcomes for muscle power and decreased muscle soreness.

3-5 MINUTES
40-50°F

ACTIVATION



A short, very cold ice bath can stimulate the nervous system, providing a jolt of energy and helping to enhance performance before a workout.

1-3 MINUTES
40-50°F

WELLNESS



Cold exposure through ice baths has been linked to numerous health benefits, including improved immune function, reduced inflammation, and increased cardiovascular health.

5-10 MINUTES
50-60°F

MUSCLE & STRENGTH GAINS



While ice baths have been shown to be effective for recovery, they may also blunt the response of strength training and subsequent hypertrophy. Thus, their use for this purpose may need to be carefully considered and adjusted based on individual goals and needs.



1. Bleakley, C., McDonough, S., & Gardner, E. (2012). Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. Law, D. S., & Herbert, R. D. (2011). Cold-water immersion and delayed-onset muscle soreness: a meta-analysis.
2. Saunders, P. U., Pyne, D. B., Telford, R. D., & Hawley, J. A. (2004). Factors affecting the rate of muscle glycogen resynthesis after exhaustive exercise.
3. Thévenet, D., Lebel, E., Sánchez, S., Haddad, M., & Villeneuve, N. (2017). Effectiveness of cold water immersion for recovery after high-intensity exercise in trained athletes: a systematic review and meta-analysis.

