



GM Outdoor Living - Ultimate Cube Sauna



Contents

Sequences and contents of sauna assembly	Page
Instructions before Use	- 3 -
1.Base Assembly	- 6 -
2.Front and Back Wall Assembly	- 6 -
3.Stave Assembly	- 8 -
4.Accessories installation	- 9 -
5.Sauna heater fence and lamp assembly(Lamp is optional)	- 10 -
6.External waterproofing installation	- 11 -
7.Installation of decor	- 12 -

Safety Manual

1. Before and during use - Consult a doctor if you have any medical conditions. GM Outdoor Living is not liable for any health issues resulting from sauna use. The sauna should not be used by anyone under the age of 21, pregnant individuals, those who are sick, disabled, or have underlying health conditions. Sleeping in the sauna is prohibited. Do not wet the rocks when cold. Users should limit their sauna sessions to 15 minutes. If you feel unwell, exit immediately and seek medical attention.
2. After Use - Ensure the sauna is switched off at the electrical point when not in use (isolator). If using firewood, ensure the fire is extinguished.
Note: A fire extinguisher is a must for wood-fired heaters as a crucial safety precaution.
3. Cooling Down - Post-sauna, a gradual cool-down period is recommended. While traditional Finnish practice involves going from the sauna into the snow, a cold or cool shower is advisable to ease the body down and remove impurities.
4. Rest Period - A rest period of at least ten minutes is required after using the sauna to allow the body to recuperate. The hot, cold, relaxation circuit should be limited to three cycles over a couple of hours. Note: individual tolerance may vary. Seek medical attention if you feel unwell. **DO NOT USE THE SAUNA IF YOU FEEL UNWELL.**
5. Hydration - Users must drink plenty of water before, during and after sauna use. Consuming salty foods post-sauna may help replenish lost electrolytes.
6. Buddy System - It is advisable to use the sauna with a companion for safety reasons. Additionally, the sauna experience is often more enjoyable as a social activity.
7. Health Considerations - You are using the sauna at your own risk. GM Outdoor Living is a reseller and is not a healthcare professional, and therefore cannot provide guidance on sauna usage. Please exercise caution and use the sauna responsibly.
 - Alcohol and Meal Precautions- Consuming alcohol in the sauna is strictly prohibited. Avoid sauna use immediately after large meals or strenuous exercise.
 - Burn Risk - Excessive time or high temperatures in the sauna can cause burns. If your skin begins to sting, exit immediately. Users must be cautious to avoid potential burns. **DO NOT TOUCH THE HEATER** or stand near it (50cm clearance). Do not hang clothes to dry in the sauna, as this may cause a risk of fire.
 - Body Monitoring - Users should monitor their physical condition. If dizziness, nausea, or headaches occur, leave the sauna immediately. Moderation is essential for a safe experience.

By adhering to these rules, users can enjoy a safe and relaxing sauna experience. For any health concerns, consult a doctor. It is the owner's responsibility to inform users of these guidelines. A copy of this notice is recommended to be shared with all users before using the sauna or spa. Use common sense and prioritize well-being during sauna use.

Introduction:

1. Instructions before assembly

Team Assembly: A minimum of two people is required for proper sauna assembly.

Assembly Site: Ensure the ground or platform is level. A slight slope will not impact the sauna's performance, but if the incline is significant, use a pad to level the structure.

Safety with Fasteners: All screw heads should be fully recessed into the wood to prevent any risk of skin irritation during use. If you're attaching accessories from other manufacturers, avoid metal components or ensure they are properly insulated.

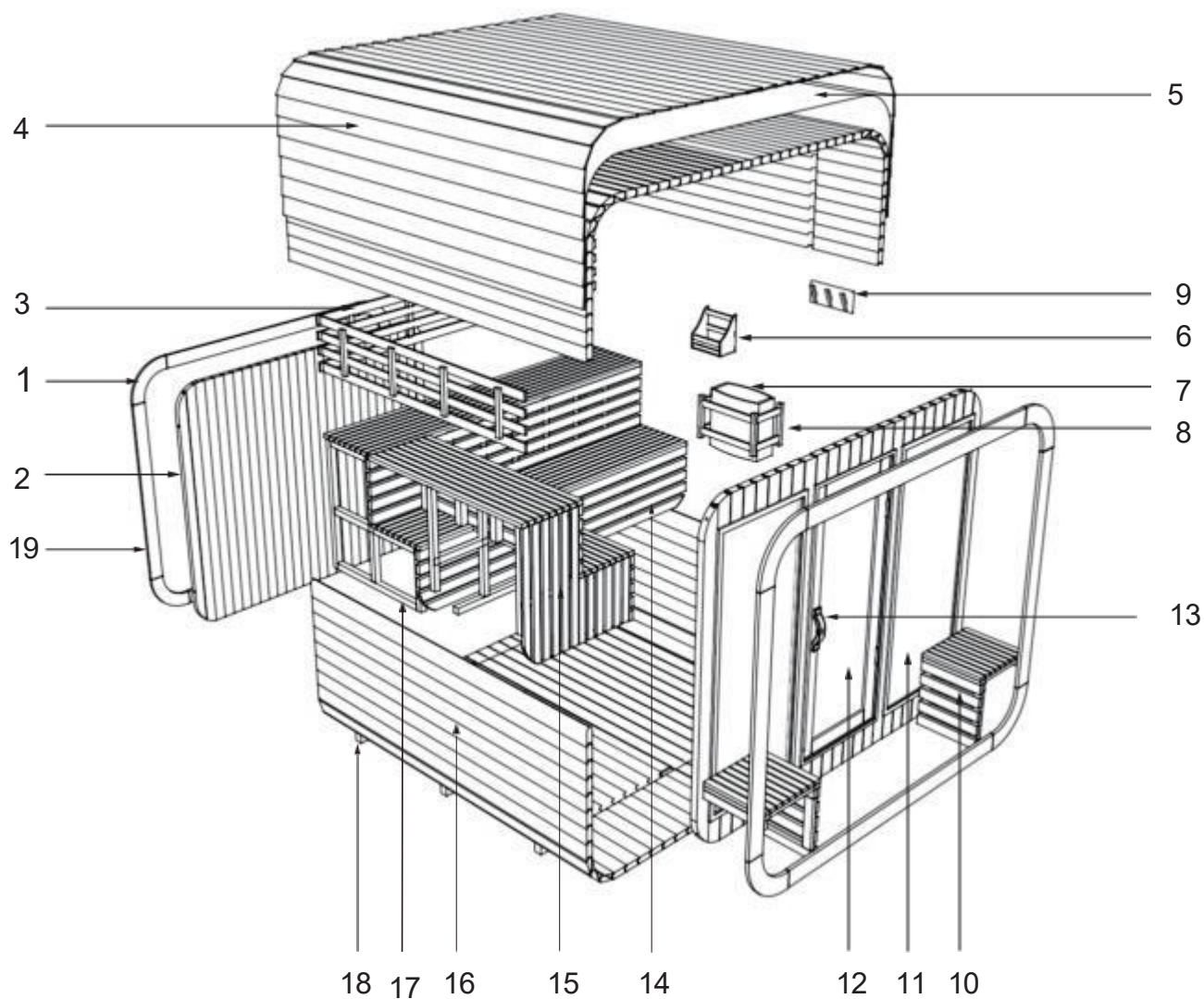
Electrical Installation: Always hire a licensed electrician to safely install the sauna's electrical components.

2.Tools you need to prepare

Power Drill x 1	Adjustable Wrench x 2	Tape x 1	Nail Gun x1	Herringbone ladder X1	Handheld Cutting Machine X1
					

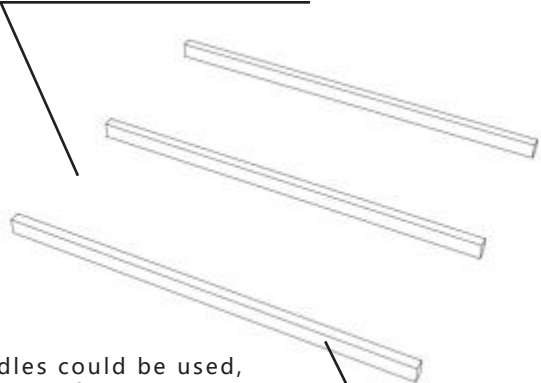
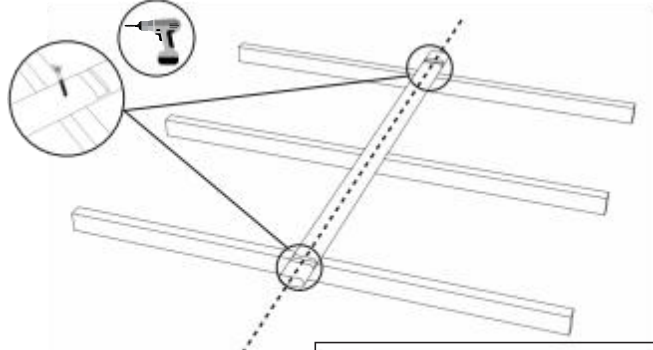
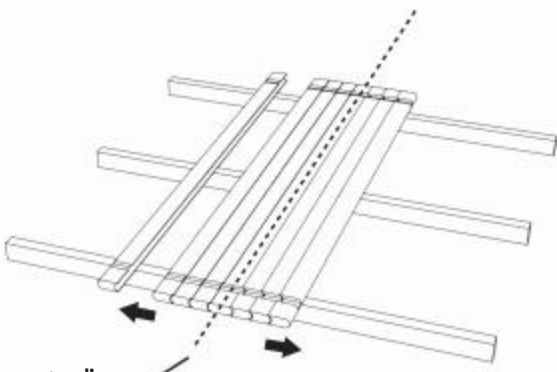
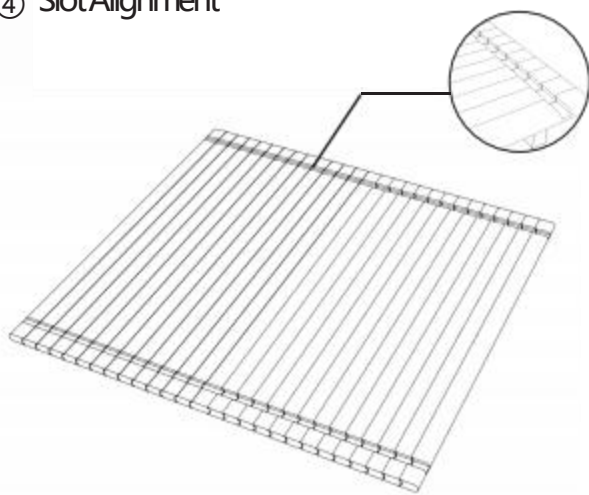
3.All parts list

Accessories package List						
NO	Component	Unit	Model/ numbers			
1	Power/Voltage	Pc	220V/6.0KW		220V/9.0KW	
2	Bucket	Pc	1	1	1	1
3	SaunaStones	Ctn	1	1	1	1
4	Thermometer/Hygrometer	Pc	1	1	1	1
5	Explosion-proof LampHolder	Pc	1	1	1	1
6	Ladle	Pc	1	1	1	1

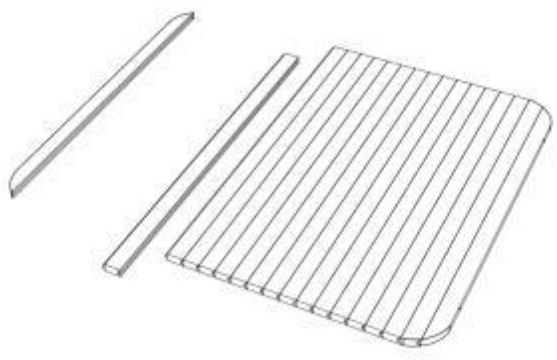



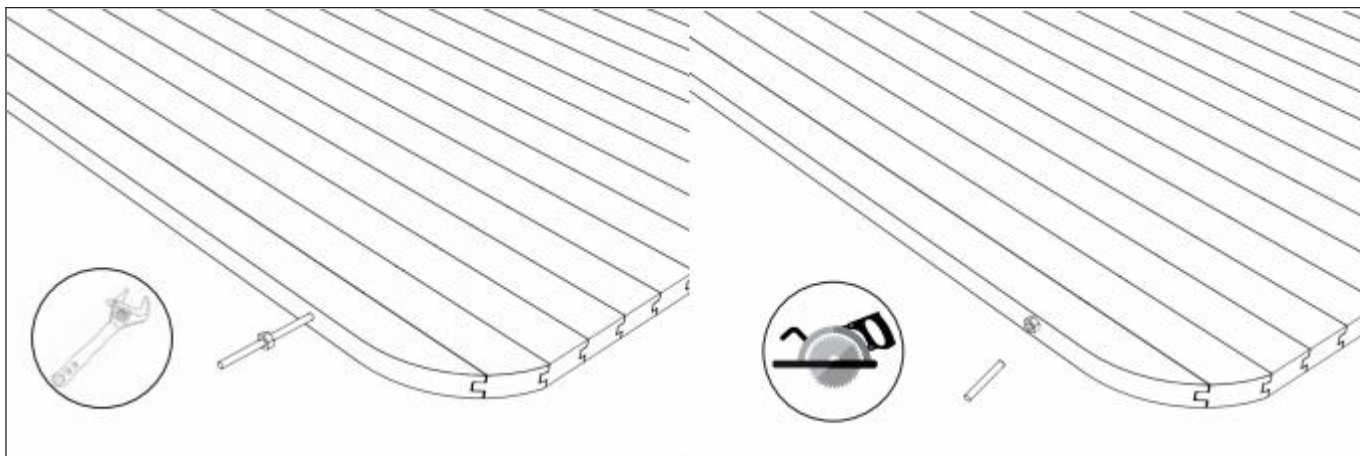
NO.	Name	Quantity	NO.	Name	Quantity
1	Arc Decorative Board	8	11	Glass Frame	/
2	Back Wall	/	12	Door	1
3	Backrest	2	13	Door Handle	2
4	Waterproof Board	/	14	Bench	/
5	Tarp	1	15	Bench Side Support	/
6	Storage Rack	/	16	Stave	/
7	Sauna Stove	/	17	Support	/
8	Heater Fence	1	18	Base	/
9	Clothes Stand	1	19	Long Decorative Board	/
10	Outside Bench (Series porch)	/			

1.Base assembly step:

<p>① The distance between foundations must be the same.</p>  <p>Cradles could be used, instead of standard plank. Dependent on size- 2 cradles could be used</p> <p>Base</p>	<p>② Place the wooden strips that are convex on both sides in the middle of the foundation and secure with screws.</p>  <p>center line</p>
<p>③ Laying boards from the middle to both sides</p>  <p>center line</p>	<p>④ Slot Alignment</p> 

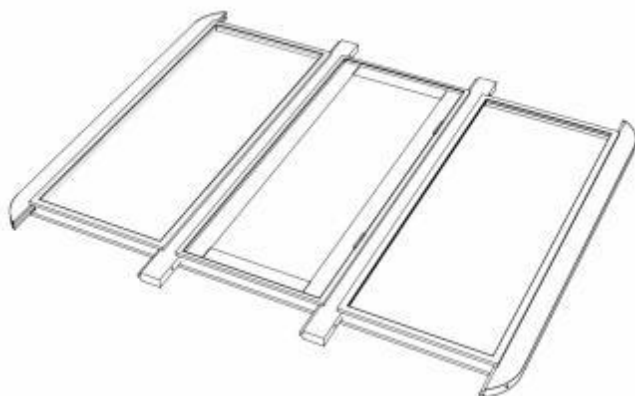
2.Front and back wall assembly

<p>① Splice the back panels together to ensure that all the planks are on the same horizontal line at the head and tail.</p> 	<p>② Pass the configured steel wire rod through the reserved hole.</p> 
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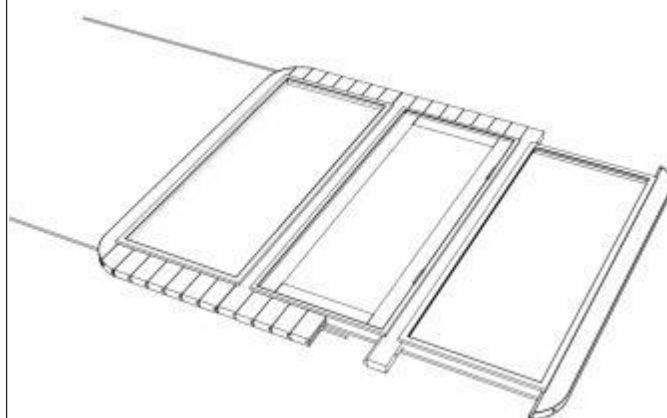


③ Tighten the screws and subtract the excess with a handheld cutter.

④ Position the front as shown.



⑤ Place the top and bottom small pieces of wood while threading the rod through the reserved holes.



⑥ Place the front plate into the groove.



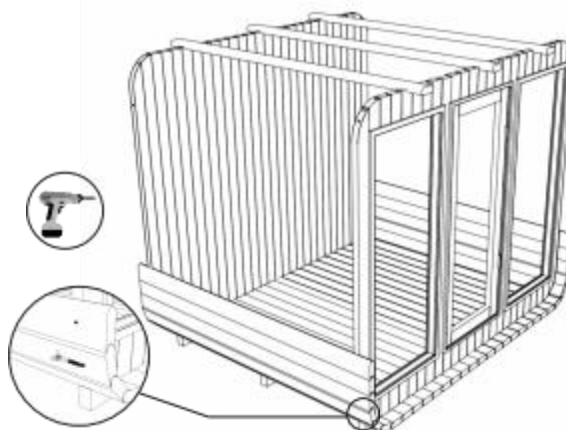
⑦ Put the back plate into the groove.



⑧ Place 3-5 staves on the top of the sauna for fixation.

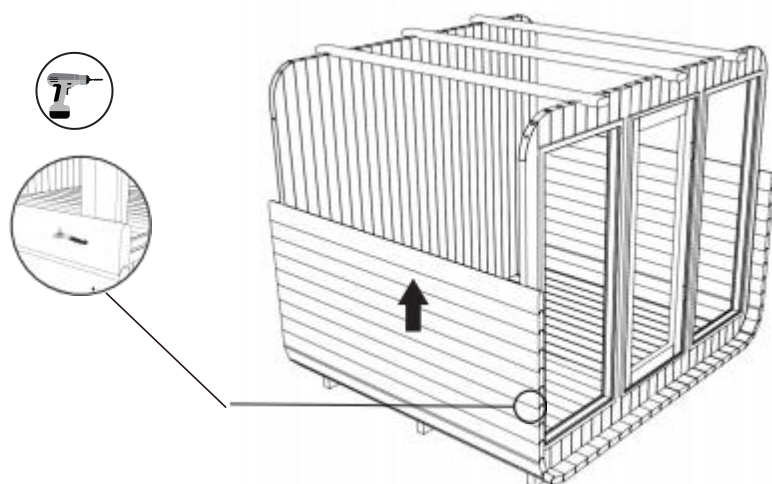


⑨ The stave covering the lower fillet needs to be fixed with screws.



Note:
Staves with reserved holes
are placed in this position first.
If not, drilling will be required.

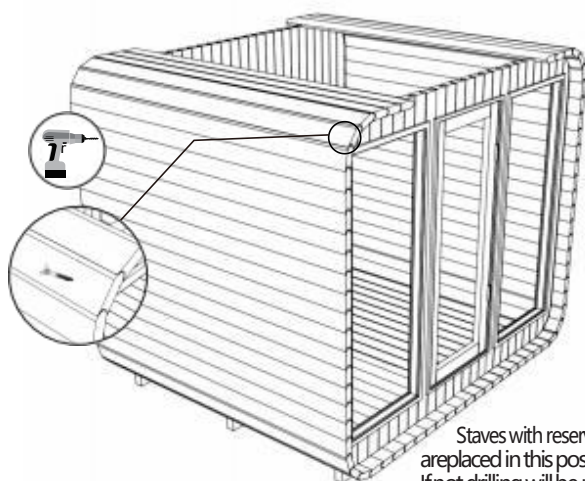
⑩ The side panels can be fixed with screws every 1-2 staves.



Front wall(back wall)

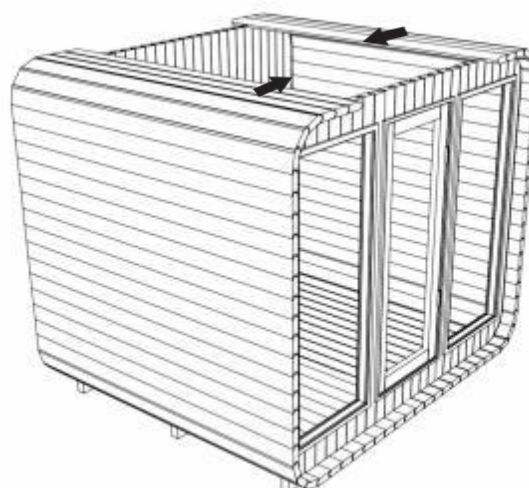
Splice them in order
from bottom to top.

⑪ The stave covering the lower fillet needs to be fixed with screws.



Note:
Staves with reserved holes
are placed in this position first.
If not, drilling will be required.

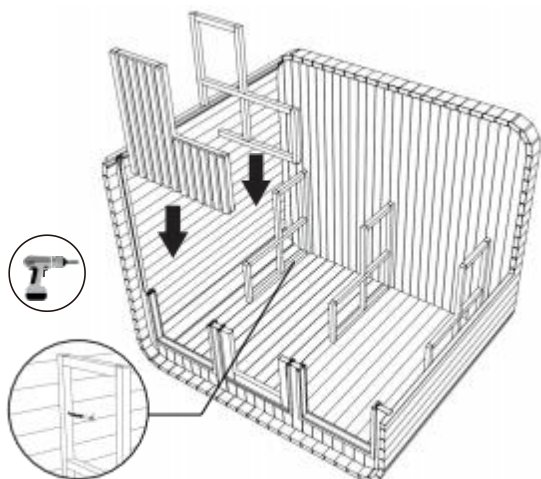
12. Lay stave from both sides to the middle. It is recommended, to use metal belts (dependent on size) to hold the unit together as additional support.



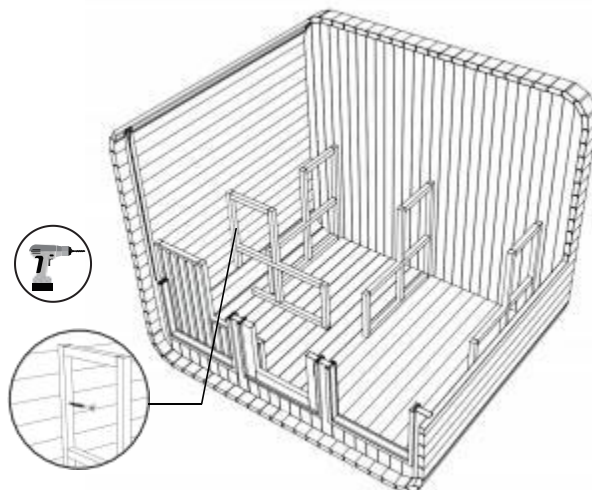
4.Seat installation

(1) inside seat installation

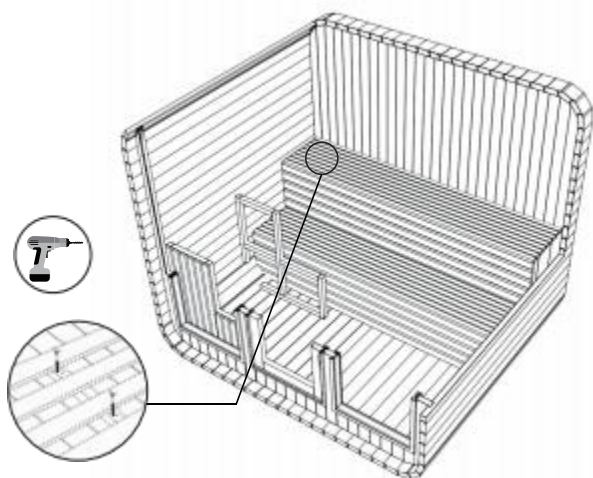
① Fix with screws, the bracket has reserved holes.



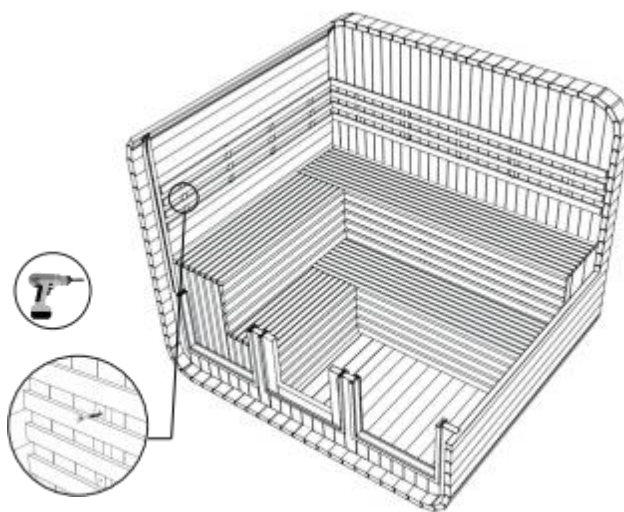
② Fix with screws, the bracket has reserved holes.



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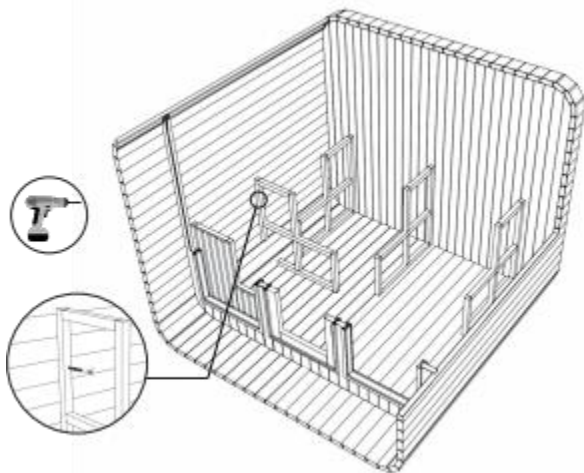


④ Fix with screws, the bracket has reserved holes.

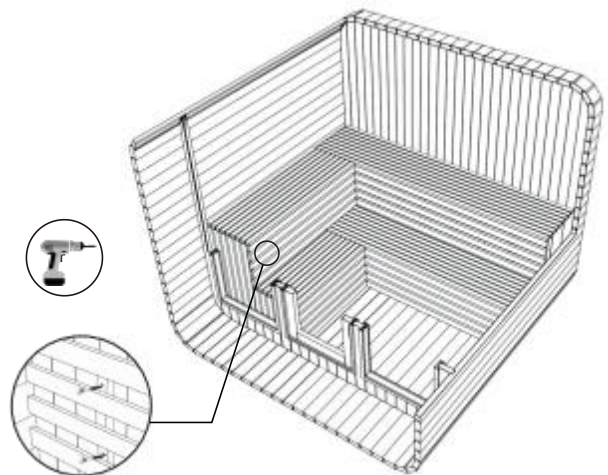


(2) inside seat installation

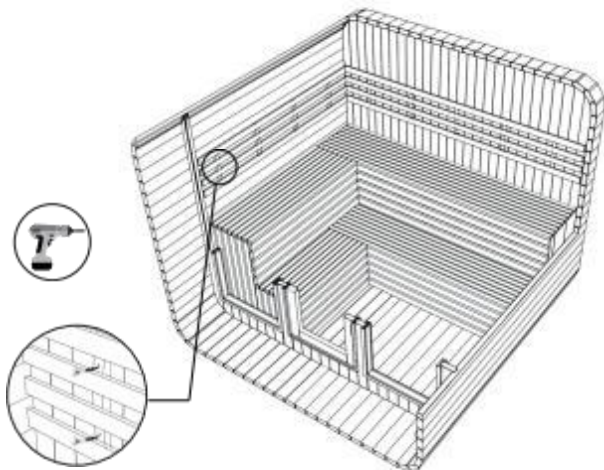
① Fix with screws, the bracket has reserved holes.



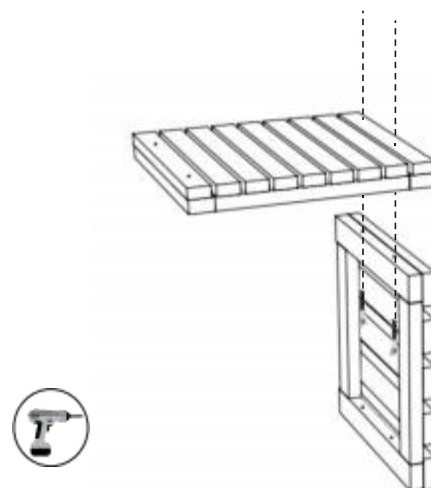
② Fix with screws, the bracket has reserved holes.



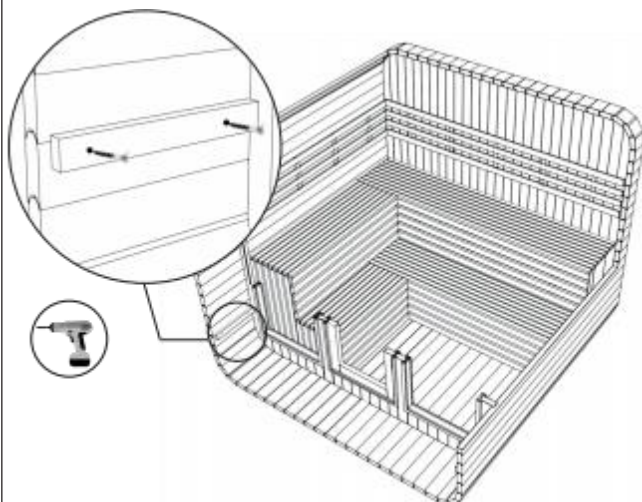
③ Fix with screws, the bracket has reserved holes.



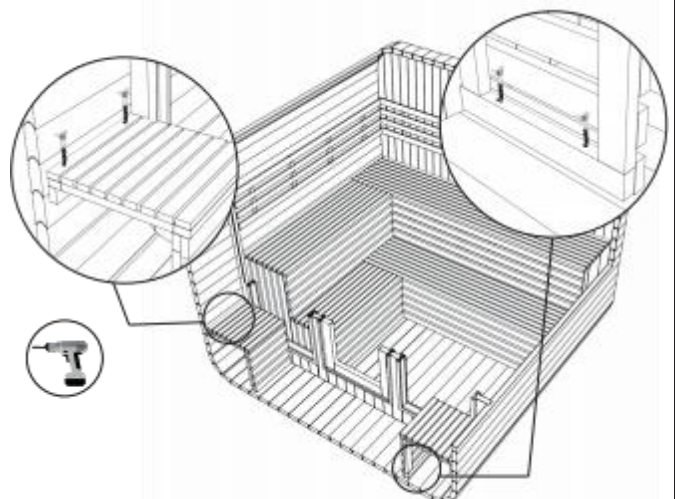
④ Fix with screws, the bracket has reserved holes.



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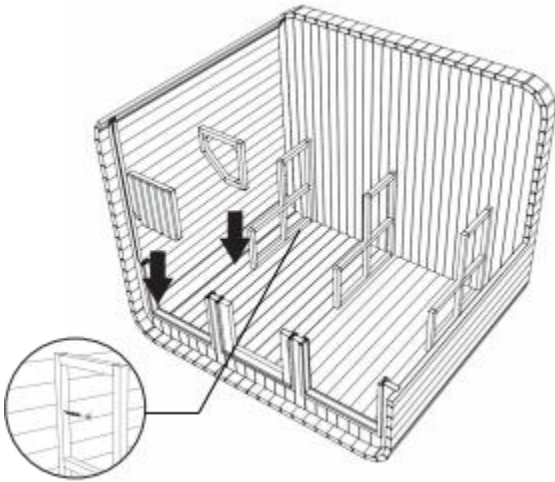


⑥ Fix with screws, the bracket has reserved holes.

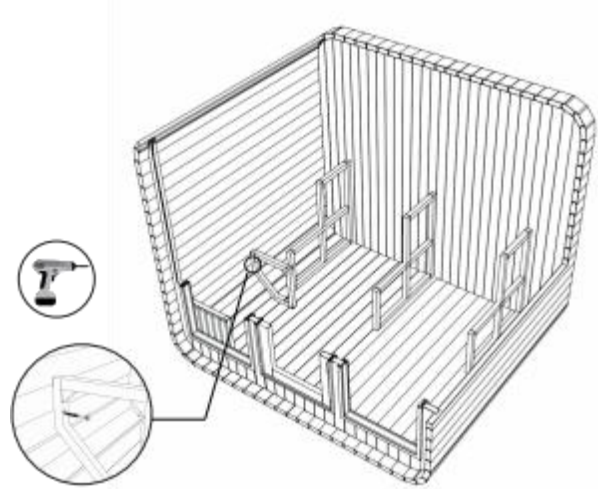


(3) inside seat installation

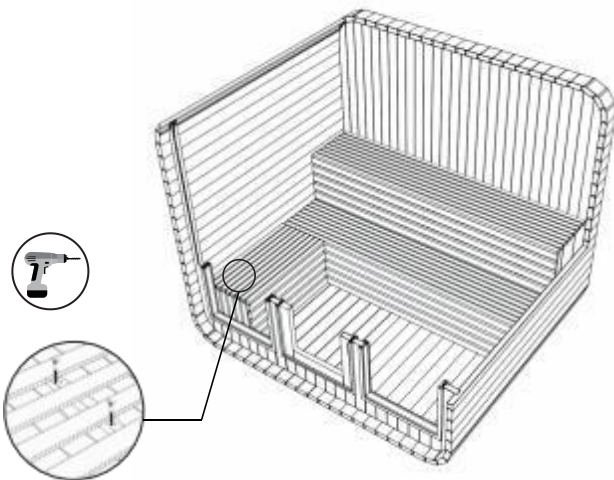
① Fix with screws, the bracket has reserved holes.



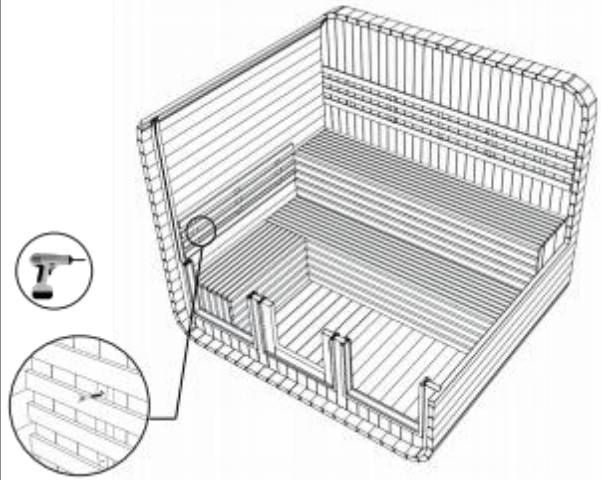
② Fix with screws, the bracket has reserved holes.



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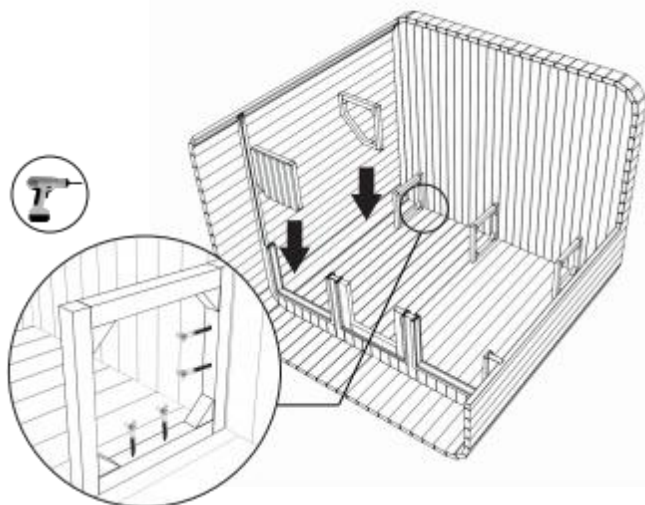


④ Fix with screws, the bracket has reserved holes.

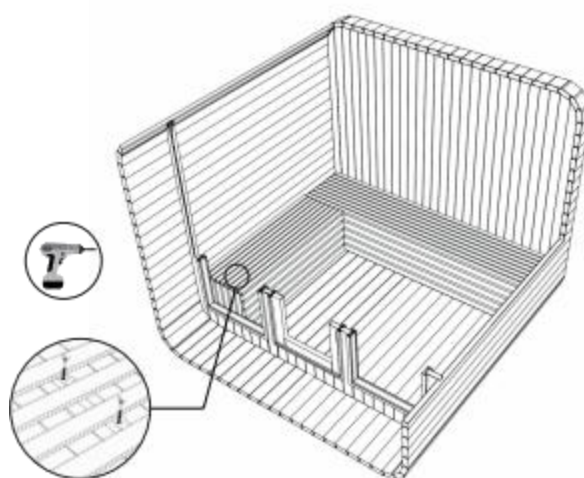


(4) inside seat installation

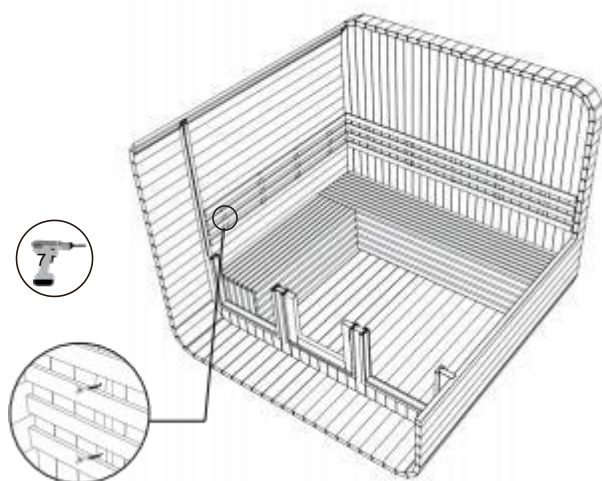
① Fix with screws, the bracket has reserved holes.



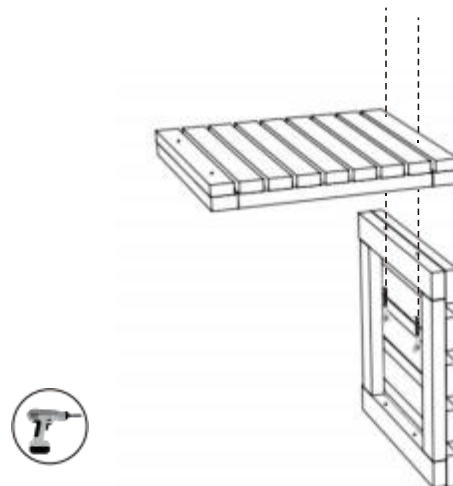
② Fix with screws, the bracket has reserved holes.



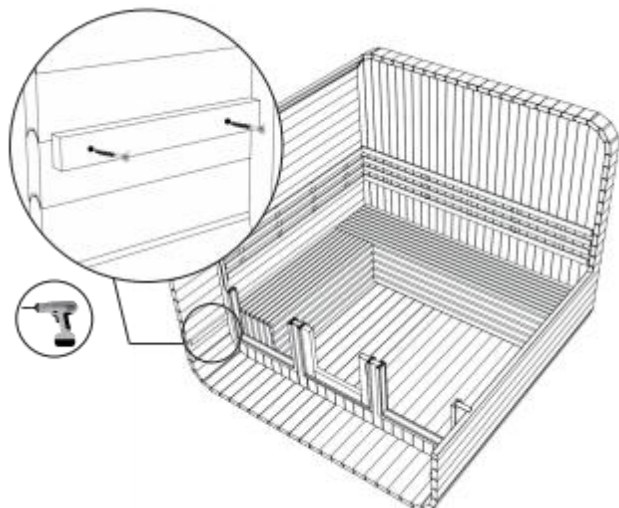
③ Fix with screws, the bracket has reserved holes.



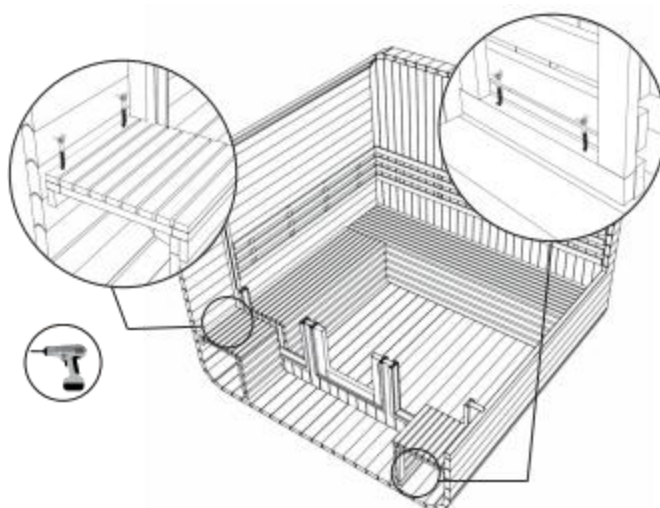
④ Fix with screws, the bracket has reserved holes.



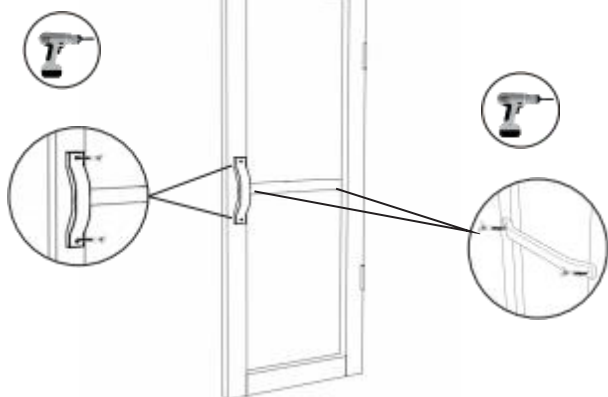
⑤ Fix with screws, the bracket has reserved holes.



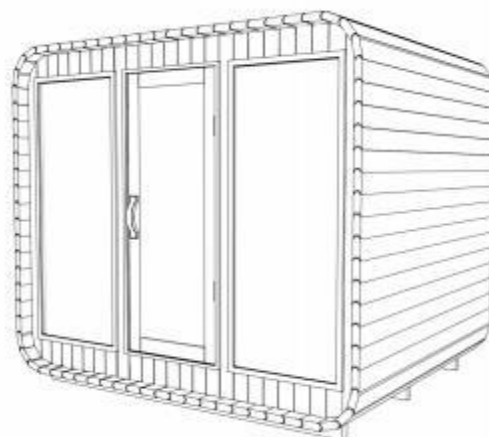
⑥ Fix with screws, the bracket has reserved holes.



- ① Use screws to secure door handles on both sides of the door.

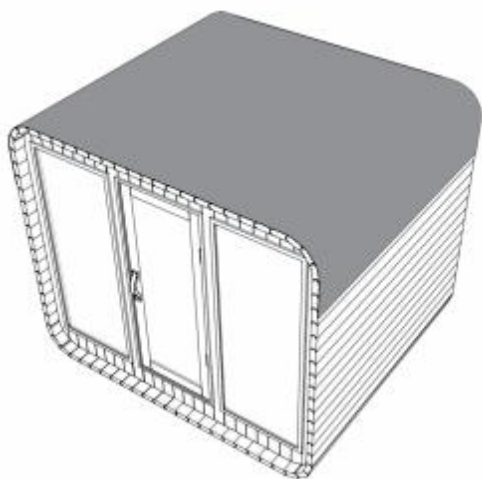


- ② Display of main body installation completed

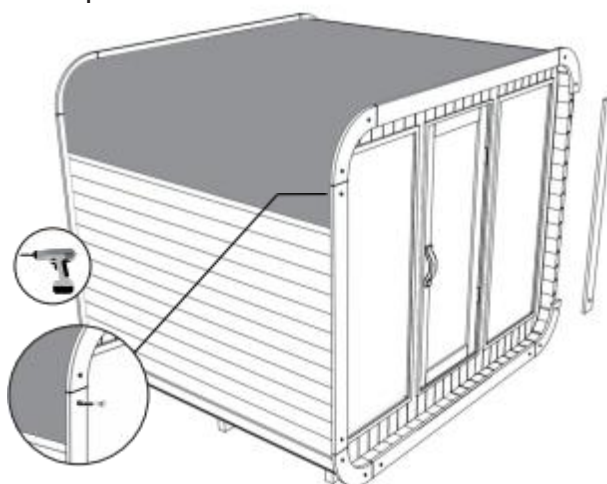


5. Waterproof layer installation

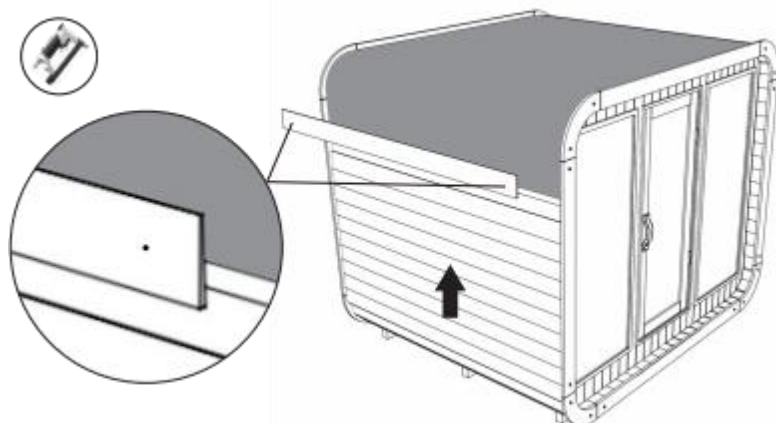
- ③ Spread the tarp over the top of the sauna.



- ④ Fasten the front and rear decorative strips with screws.



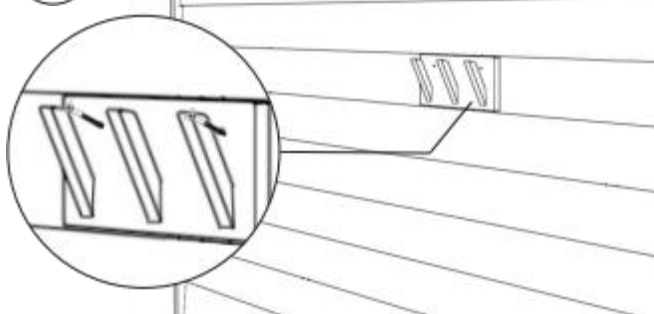
- ⑤ From bottom to top, secure the side flashings with a nail gun.



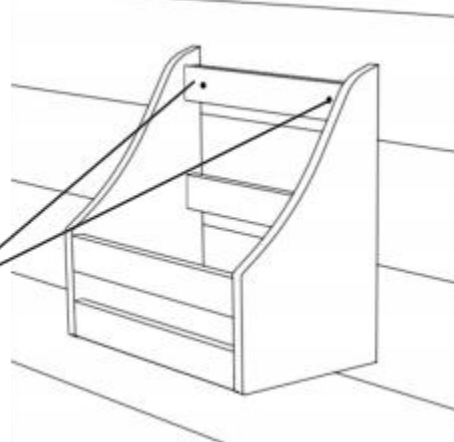
NOTE:
The thick side of the
flashing is placed underneath.

6. Accessories installation

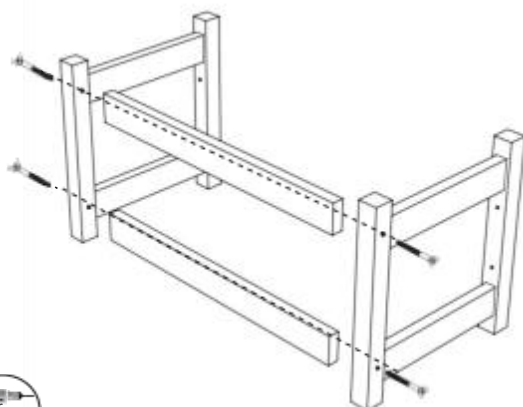
- ① The storage rack has reserved holes and is fixed with screws



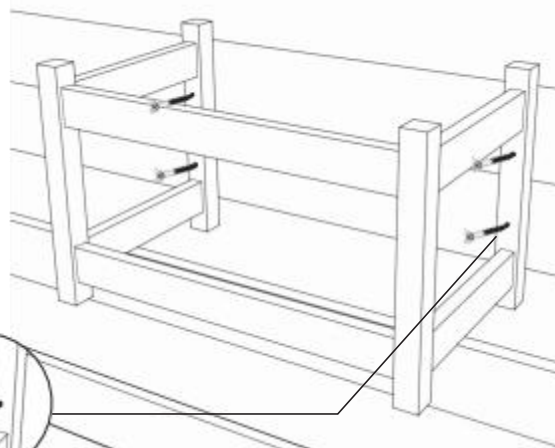
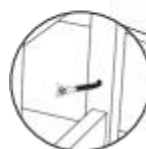
- ② The storage rack has reserved holes and is fixed with screws. May not be a part of the order.



- ③ The heater fence has reserved holes and is fixed with screws.



- ④ The heater fence has reserved holes and is fixed with screws.



- ⑤ Display of inside accessories installed

