

# BOWNET<sup>®</sup>

MULTI-SPORT & THERAPY

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# 10<sup>TH</sup>

ANNIVERSARY



# SOCCER

Bownet has 13 different soccer goals for every age group, every level of player and every type of game, from USSF regulation and Futsal to 3v3 and 5-a-Side. Plus, Soccer Tennis (page 22) and Field Barriers (page 29) all designed to work together for an endless combination of training options.

## BOWNET ENERGY ABSORPTION SYSTEM®

10 years ago Bownet revolutionized the sports netting business with its Energy Absorption System® (EAS®). This system created extremely durable portable nets and goals that are so strong they could be used by Elite Players for full game play and could outlast all other portable sports nets and goals on the market.

### Simple

Sets up in as little as 60 seconds

### Safe

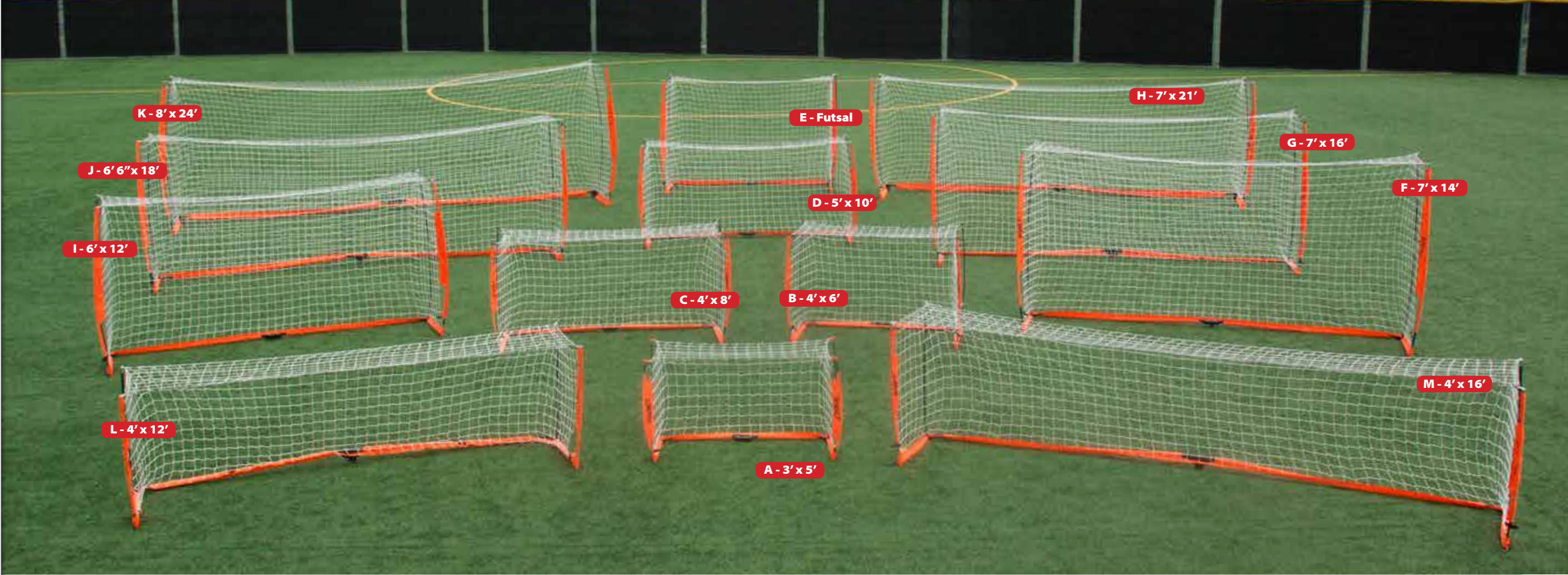
No guide wires or heavy crossbars

### Superior

The EAS® design allows the goals to flex and bend which reduces stress and tension on the net which not only increases the lifespan of the netting, but also creates a more stable and balanced goal.



3' x 5', 4' x 6' and 4' x 8' Goals use Bownet's Quick Clip™ for easy assembly



### 3' x 5' (Bow3x5)

Bownet's most popular soccer goal.

- Weight - 8lbs
- Carry Bag Size - 36" x 8"
- Shipping Box Weight - 10lbs
- Box Size - 38" x 6.5" x 6"
- Set-up Time: 60 sec.

A

### 4' x 8' (Bow4x8)

Standard size for 3v3

- Weight - 16lbs
- Carry Bag Size - 50" x 12"
- Shipping Box Weight - 18lbs
- Box Size - 51" x 9.5" x 5"
- Set-up Time: 80 sec.

C

### 4' x 6' (Bow4x6)

- Weight - 16lbs
- Carry Bag Size - 50" x 12"
- Shipping Box Weight - 18lbs
- Box Size - 50" x 9.5" x 5"
- Set-up Time: 80 sec.

B

USSF Regulation  
Size U6 - U8

### 5' x 10' (Bow5x10)

- Weight - 24lbs
- Roller Bag Size - 50" x 9" x 6"
- Shipping Box Weight - 27lbs
- Box Size - 51" x 10" x 8"
- Set-up Time: 80 sec.

D

### Futsal (Bow-Futsal)

FIFA Official Indoor Game Size 2m x 3m (6'6" x 9'9")

- Weight - 28lbs
- Roller Bag Size - 45" x 9" x 6"
- Shipping Box Weight - 32lbs
- Box Size - 49" x 10" x 8"
- Set-up Time: 120 sec.

E



### 7' x 14' (Bow7x14)

- Weight - 34lbs
- Roller Bag Size - 53" x 9" x 6"
- Shipping Box Weight - 38lbs
- Box Size - 54" x 10" x 8"
- Set-up Time: 165 sec.

F

### 7' x 16' (Bow7x16)

- Weight - 37lbs
- Roller Bag Size - 56" x 9" x 7"
- Shipping Box Weight - 41lbs
- Box Size - 57" x 10" x 8"
- Set-up Time: 165 sec.

G

### 7' x 21' (Bow7x21)

USYS Recommended goal size for Youth Soccer.

- Weight - 42lbs
- Roller Bag Size - 57" x 15" x 7"
- Shipping Box Weight - 57lbs
- Box Size - 58" x 15.5" x 8"
- Set-up Time: 135 sec. (2 people)

H

### 6' x 12' (Bow6x12)

Bownet's most popular AYSO and Recreational League goal.

- Weight - 28lbs
- Roller Bag Size - 50" x 9" x 6"
- Shipping Box Weight - 32lbs
- Box Size - 51" x 10" x 8.5"
- Set-up Time: 160 sec.

I

### 6'6" x 18' (Bow6.5x18)

- Weight - 39lbs
- Roller Bag Size - 50" x 9" x 7"
- Shipping Box Weight - 43 lbs
- Box Size - 51" x 10" x 8"
- Set-up Time: 110 sec. (2 people)

J

USSF Regulation  
Size U9 - U12

### 8' x 24' (Bow8x24)

- Weight - 46lbs
- Roller Bag Size - 62" x 13" x 8"
- Shipping Box Weight - 62lbs
- Box Size - 64" x 15.5" x 9"
- Set-up Time: 135 sec. (2 people)

K

USSF Regulation  
Size U13 & up

## 5-A-Side Soccer Goals

### 4 x 12 (Bow4x12)

L

- Weight - 25.5lbs
- Roller Bag Size - 49" x 9" x 7"
- Shipping Box Weight - 32lbs
- Box Size - 50" x 10" x 8"
- Set-up Time: 120 sec. (1 person)

### 4 x 16 (Bow4x16)

M

- Weight - 33lbs
- Roller Bag Size - 56" x 9" x 7"
- Shipping Box Weight - 37.5lbs
- Box Size - 57" x 10" x 8"
- Set-up Time: 120 sec. (1 person)





The most innovative and unique soccer ball developed to build the youth player skill, confidence and passion for the game.

- FLIGHT** - Ball's lightweight composition increases flight for control, touch, and ease of shooting and passing
- CONTROL** - Specifically developed to teach players to square up with the ball for total control
- CONFIDENCE** - Builds player confidence to master the ball and express technique
- DEVELOP SKILL** - Guarantees the best chance to find joy, inspiration, and fun for players to enjoy a long term love of the game.

<b>SIZE 3</b> <b>260 GRAMS</b> 24% LIGHTER <small>THAN AVERAGE SIZE 3 SOCCER BALLS</small> (BOW-SB LITE3 0)	<b>SIZE 4</b> <b>290 GRAMS</b> 21% LIGHTER <small>THAN AVERAGE SIZE 4 SOCCER BALLS</small> (BOW-SB LITE4 0)	<b>SIZE 5</b> <b>320 GRAMS</b> 29% LIGHTER <small>THAN AVERAGE SIZE 5 SOCCER BALLS</small> (BOW-SB LITE5 0)
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**3.50MM SOFT EVA FOAM** -  
Designed to offer cushioning  
comfort and flexibility

**POLYESTER FABRIC LAYER** -  
2,200 yards of polyester yarn gives  
durability and excellent playability

**RUBBER BLADDER** -  
Specially developed soft  
construction in machine sewn  
TPU casing



**Futsal Ball**  
(BOW-SB FUTSAL 0)

Futsal is the extremely fast paced, 5-A-Side, indoor soccer style game that continues to grow in popularity around the world and THE KEY TO FUTSAL IS THE BALL!

- Hand Sewn for the best quality
- Regulation Size 4 - 408g
- Low Bounce for best control
- Specially developed wool fiber Butyl Bladder
- High Performance Technical Soft Micro Fiber Pu
- Technical Reinforcement Fabric Layer
- Neoprene Air Mattress Foam
- Reinforcement Nylex Polyester

- Weight - 1lbs.
- Shipping Box Weight - 1.5lbs.



**Ball Travel Tube**  
(BN-SOCCER TUBE B)

53" x 9" Travel Tube holds up to 6, size 5 Soccer balls, or Volleyballs. Clear pocket for identification makes it perfect for traveling with the team.

- Weight - 1lbs.
- Shipping Box Size - 14"x13"x14"
- Shipping Box Weight - 15lbs.
- Master Carton: 12 ea



**SOCCER  
TENNIS**

**Soccer Tennis Nets**

No guide wires or tools needed.  
Sets up in under 60 seconds.

**12' x 3'  
Tennis Net** (Bow-12x3-net)

- Weight - 16lbs.
- Carry Bag Size - 50" x 12"
- Box Weight - 20lbs.
- Box Size 50 x 10 x 6
- Set-up Time: 55 sec.

**18' x 2'9"  
Tennis Net** (Bow-18x2-9-net)

- Weight - 23lbs
- Bag Size - 50" x 12"
- Box Weight - 26lbs
- Box Size 52" x 11" x 6"
- Set-up Time: 90 sec.



**Soccer Tennis Courts**

Soft non-tangling 1/2" climbing style rope.  
**For grass** use 2' Bungee with Stakes (supplied) on the corners.  
**For turf** use 4' Webbing Extensions(supplied) and you can attach Sand Bags (not supplied) to the ends.  
**For sand** use the four Sand Anchors (supplied).

**Comes in a draw string bag.**

**12' x 3'** (Bow-12 Court)

The 12' court measures 12' wide x 15' deep on either side of the net.

- Weight - 4 lbs.
- Shipping Box Weight - 5 lbs.
- Carry Bag Size - 12"x12"
- Shipping Box Size 12"x 10"x 8"

**18' x 2'9"** (Bow-18 Court)

The 18' court measures 18' wide x 18' deep on either side of the net.

- Weight - 5 lbs.
- Shipping Box Weight - 6lbs.
- Carry Bag Size - 12"x 12"
- Shipping Box Size 12"x 11"x 6"

**Sold As Court Only**  
Net Sold Separately

**TENNIS**

**12' x 3' Tennis Net** (Bow-12x3-Net)

Bownet Tennis Net is 12' x 3'. No guide wires needed and sets up in under 1 minute - and with a weight of 16lbs you'll still have the energy left to have some fun.

- Weight - 16lbs.
- Carry Bag Size - 50" x 12"
- Box Weight - 20lbs.
- Box Size 50 x 10 x 6
- Set-up Time: 55 sec.



**18' x 2'9" Youth Tennis Net**  
(Bow18x2-9-Net)

With this portable tennis net from Bownet you can maximize your clinic space, run U8 tennis tournaments, cross court, or practice.

- Weight - 23lbs
- Bag Size - 50" x 12"
- Box Weight - 26lbs
- Box Size 52" x 11" x 6"
- Set-up Time: 90 sec.

**PICKLEBALL**

**Pickleball Net** (Bow-Pickleball)

Pickleball is a 2 or 4 player game played with wooden paddle and a perforated wiffle-type ball. This net is regulation sized 22' wide and 36" on each side. The center is regulation 34" height with center pole for reinforcement and canvas trim across the top. Pickleball courts are relatively small at only 20' x 44' and with Bownet's portable technology and non-marking rubber feet means you can set up a game just about anywhere, in the park, in your driveway or even in your garage.

- Weight - 32lbs.
- Carry Bag Size - 62" x 13" x 8"
- Box Weight - 36lbs.
- Box Size - 63" x 14" x 9"
- Set-up Time: 120 sec.





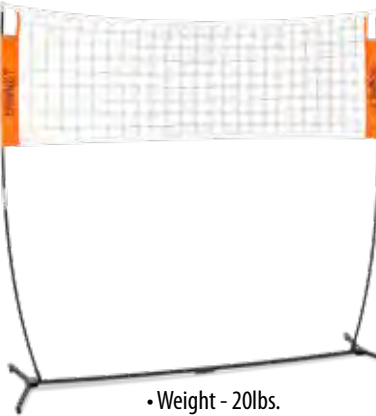
# VOLLEYBALL

## VB Practice Station (Bow-VB Practice Net)

The Bownet Practice Station for Volleyball is a portable sports net that works great with our front net or your court net. The VB Practice Station gives you options during practice to split off your servers and shooters into stations around your gym. Great for hitting and serving practice. Good for high school through college and club teams. No tools needed. Made with non-marking rubber feet to prevent scratching indoor courts.

- Measures: 8' wide and 11' high
- Comes with free Roller Bag
- Weight - 42lbs.
- Bag Size - 53" x 12" x 8"
- Box Size - 54" x 13" x 9"
- Shipping Box Weight - 47lbs.
- Set-up Time: 160 sec. (2 people)

**INCLUDES**  
BOW™ poles for front setting net.

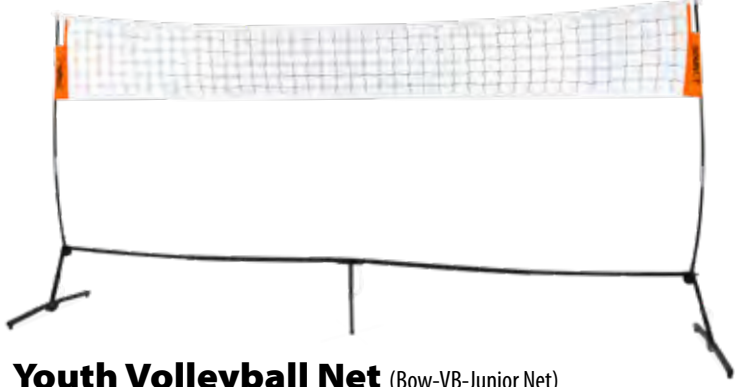


## VB Warm-up Net (Bow-VB-WarmUp Net)

- Adjustable from 7'11.5" to 7'4" (Men's regulation height to Women's regulation height).
- Manage shared spaces during team practice drills with multiple warm up areas. No Court Net Necessary.
- Non-marking rubber feet prevents damage to floors

- Weight - 20lbs.
- Bag Size - 48"
- Box Size - 52" x 10" x 8.5"

- Shipping Box Weight - 24lbs.
- Set-up Time: 75 sec. (1 Person)



## Youth Volleyball Net (Bow-VB-Junior Net)

- 15' Wide and adjustable from 4'6" to 7' tall (~Women's regulation height) in 3" increments
- Gives youth players ability to grow with the practice net.
- Non-marking rubber feet prevents damage to floors

- Weight - 40lbs.
- Roller Case Size - 56" x 7" x 7"
- Box size - 58 x 10 x 8"
- Shipping weight - 42lbs
- Set-Up Time - 160 sec. (2 People)



## VB Setting Net (Bow-VB Setting Net)

- Adjustable from 8' to 11'6"
- Basket is adjustable from Horizontal to 45°
- Weight - 21.5lbs.
- Carry Bag Size - 50" x 14"
- Box Weight - 24lbs.
- Shipping Box Size - 52" x 12" x 7"
- Set-up Time: 60 sec.

## VB Caddy (Bow-VB Ball Caddy)

- 24" x 24" x 40"
- Holds over 30 balls
- Easily collapsible
- Includes carry bag
- Durable Steel frame
- Shipping weight - 15lbs
- Box size - 42 x 6.5 x 6"



## Floor Target (Bow-VB Targets)

- Six 24" Dia numbered rubber Floor Targets
- Each Target weighs approximately 3lbs.
- Less than 1/8" thick
- Durable carry case
- Weight - 17lbs.
- Bag Size 24" diameter x 1"
- Shipping Box Weight 18lbs.
- Box Size - 24" x 1"

# FOOTBALL

## Solo Kicker Pro (Bow-Solokicker-Pro)

Bownet Solo Kicker Pro net stands at a massive 11'6" tall x 8' wide, the largest net of it's kind and the ONLY net specifically designed for Kickoff practice. Built with the height and strength necessary for kickers that need the running start to drive the ball higher and harder and designed to allow the kicker to continue running past the kick. Train like a Pro!

- Includes carry bag
- Weight - 42 lbs.
- Bag Size - 48" x 10" x 8"
- Box Weight - 45lbs.
- Shipping Box Size - 50" x 10" x 9"
- Set-up Time: 180 sec.



**TWICE AS BIG AS THE SOLO KICKER!**  
11'6" Tall x 8' Wide

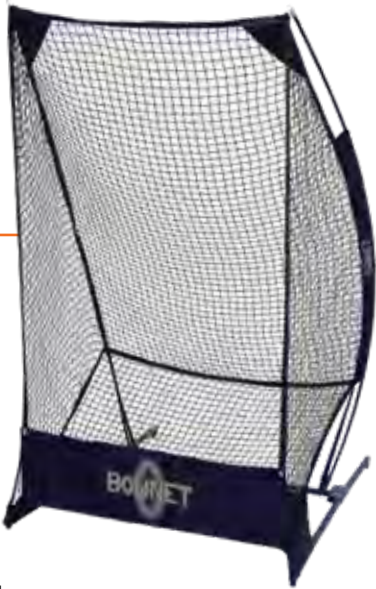
## The Preferred Warm Up net of the NCAA®

## Solo Kicker (Bow-SoloKicker-Bk)

Bownet Portable SoloKicker is a one-of-a-kind portable sports barrier net that works great for kicking, punting drills and game sideline warm up reps. No tools needed. Unique design makes it the most portable practice kicker's net ever, the best for traveling and away games. Used by Division 1 Colleges.

### Carry Bag included for Easy Transport

- 7'4" Tall x 4' Wide
- Weight - 23lbs.
- Bag Size - 50" x 14"
- Box Weight - 27lbs.
- Shipping Box Size - 53" x 9" x 6"
- Set-up Time: 90 sec.



## QB Fade (BowQBFade)

The QB Fade is lightweight, extremely durable, and positions easily for the corner, fade and post routes. The QB Fade Net is 8' at the center and the basket is adjustable from Horizontal to 45°.

- Weight - 21.5lbs.
- Carry Bag Size - 50" x 14"
- Box Weight - 24lbs.
- Shipping Box Size - 52" x 12" x 6.5"
- Set-up Time: 60 sec.



## QB5 (BowQB5)

Bownet's Quarterback 5 pocket net gives you the option that you've never had before, QB5 is a truly portable short-pass accuracy net. QB5 stores and travels easily in the free carry bag.

- Weight - 29lbs.
- Carry Bag Size - 50" x 9" x 6"
- Shipping Box Weight - 33lbs.
- Box Size - 51" x 9.5" x 9"
- Net Size - 8' x 8'
- Set-up Time: 90 sec.



## SnapZone

Targets for: Field goal snap, Long snap and Shotgun snap practice. (Bow-Snap-Zone)

## PassZone

Target practice for your QB. (Bow-Pass-Zone)



## QB Targets (BowQBT)

The 5 QB targets come in a drawstring bag. The targets attach to the Barrier Net via Velcro® tabs.

Shown on the Barrier Net Sold Separately

- Weight - 1lb.
- Drawstring Bag Size - 14" x 14" x 1"
- Shipping Box Weight - 3lbs.
- Shipping Box Size - 20" x 12" x 10"





# LACROSSE

## Lacrosse Goal (BowLAX)

Get that extra goal for practice with Bownet's full-size Lacrosse goal. Portable and lightweight, it's perfect for camps, clinics and the backyard.

- Weight - 25lbs
- Bag Size - 48 x 10 x 8
- Box Weight - 30lbs
- Box Size - 50 x 10 x 9
- Set-up Time: - 80 sec



## Bownet Lacrosse Men's and Women's Arcs and Creases

All Bownet Portable Lacrosse Men's and Woman's, Arcs and Creases are designed to work on turf, grass or the gym floor. Great for practice and youth tournaments and fit around any manufacturers' Lacrosse Goal. No tools needed and sets up easily in seconds. Good for any age group: youth, high school, club or college.



### Men's Crease (Bow-Crease)

- Comes with free 30" x 1" round case
- Weight - 8lbs
- Bag Size - 30"dia x 1"
- Shipping Box Weight - 11lbs
- Box Size - 30" x 30" x 1"
- Set-up Time: - 30 sec

**Official International Lacrosse Size 3 meter Crease (Bow-Crease 3m)**



### Ladies 8m Arc (Bow-Womens8m-Arc)

Note : 8m Arc made to attach with Ladies Crease

- Bag Size - 29" Dia x 3" (Arc)
- Bag Size - 19" Dia x 3" (accessories)
- Shipping Box Weight - 43lbs
- Box Size - 30" x 30" x 4"
- Set-up Time: 4 mins (2 people)

**Note: Lacrosse Goal and Portable Ladies Crease Sold Separately.**



### Ladies Crease (Bow-WomensCrease)

- Size - 17' Dia
- Weight - 8lbs
- Bag Size - 28"dia x 1"
- Shipping Box Weight - 11lbs
- Box Size - 30" x 30" x 1"
- Set-up Time: 30 sec



All Creases and Arcs come in a carry bag with stakes, weights and pockets for storage.



## 12' x 9' Halo (Bow-Halo)

The Bownet Lacrosse Halo is a portable free-standing net that fits around any manufacturers' lacrosse goal. The Halo gives you a 3' protective barrier around the goal with no clips or brackets.

- Ideal for Camps and Clinics
- Recommended for U14 and under
- Portable backyard goal
- Bag Size - 53" x 10" x 9"
- Box Weight - 36lbs
- Box Size - 55" x 11" x 10"
- Set-up Time: - 85 sec (2 people)



## Box Lacrosse

Bownet Makes two sizes of Portable Box Lacrosse Goals

- 4' Wide x 4' High Box (BowLAX 4Box)
- 4' 6" Wide x 4' High Box (BowLAX 4-6Box)

The 4' 6" goal measures 4' 9" at the widest point . The Goals come with non-marking rubber feet which are perfect for the gym floor.

- Weight - 11.5lbs
- Bag Size - 52 x 13
- Box Weight - 14.5lbs
- Box Size - 51" x 6.5" x 5"
- Set-up Time: 45sec

# CRICKET

## Wicket Attachment

(BowlerWkts)

Use this net and hanging weighted wicket for Bowling practice.

- Weight - 2lbs
- Box Size - 12 x 4 x 4
- Box Weight - 4lbs
- Set-up Time: - 15 sec

**Net and Wicket sold separately. (See Lacrosse Goal page 26)**



## Batter's Practice Net Baffles

(B-StopCricketBafs)

Mobile, free-standing and easily moved by just two people. Designed for schools and clubs. Comes with 2 different Cricket Baffles, canvas and net.

- Weight - 3lbs ea
- Ships in 6" Dia Tube
- Tube Weight - 6lbs
- Set-up Time: - 15 sec

**Baffles and backstop sold separately. (See backstops on page 6)**





# FIELD HOCKEY



A - Youth FH Goal

B - Indoor FH Goal

C - Field Hockey Goal

## A 4'x 8' Youth Field Hockey (Bow-Fieldhockey-Youth)

- Weight - 25lbs
- Bag Size - 45" x 9" x 6"
- Shipping Box Weight - 30lbs
- Box Size - 47" x 9.5" x 7"
- Set-up Time: 60 sec.



## B Indoor Field Hockey (Bow-Fieldhockey-ID)

- Goal Size - 6'6" x 9'9" x 3'3"
- Weight - 38lbs
- Roller Bag Size - 47" x 12" x 8"
- Box Weight - 44.5lbs
- Shipping Box Size - 48" x 13" x 9"
- Set-up Time: 120 sec (2 people)



## C Field Hockey Goal (Bow-Fieldhockey)

- Goal Size - 7' x 12' x 4'
- Weight - 44lbs
- Roller Bag Size - 54" x 12" x 8"
- Box Weight - 51lbs
- Shipping Box Size - 55" x 13" x 9"
- Set-up Time: 120 sec (2 people)



# BASKETBALL

## Basketball Returner

(Bow-Basketball)

No more chasing balls around the court. The Bownet Basketball Returner rebounds your shots and keeps them in the ball catch. The Basketball Returner can be positioned for free throw practice and even outside 3pt shots.

- Includes roller bag for easy transport
- 11'6" (h) x 10' (w) at the top
- 39" (h) x 59" (w) at the front
- Weight - 31lbs.
- Bag Size - 51" x 11" x 7"
- Box Weight - 34lbs.
- Shipping Box Size - 53" x 13" x 11"
- Set-up Time: 135 sec.



# HANDBALL



## Team Handball (Bow-Handball)

Bownet's Team Handball Goal is official size of 2m x 3m x 1m. Non-marking rubber feet make it perfect for either indoor or outdoor use and allows you to set-up a game or practice wherever you might need it.

Includes a nylon net, a ground frame poles and a carry bag.

- Weight - 25lbs
- Bag Size - 47" x 12" x 8"
- Box Weight - 29lbs
- Shipping Box Size - 48" x 13" x 9" (123x33x22cm)
- Set-up Time: - 120sec (2 people)

# HOCKEY



## Roller, Ice & Street Hockey

Bownet Hockey Goals have padded posts and ground frame with a vinyl covered lower pocket. Screw in spikes are included for ice play. Non-marking rubber feet. Comes with carry bag.

### Street Hockey (BowStreet-Hockey)

- Street size 52" x 42"
- Weight - 13lbs
- Bag Size - 50" x 16"
- Box Weight - 16lbs
- Box Size - 51" x 9.5" x 9"
- Set-up Time: 60 sec.

### Ice/Roller Hockey (BowRoller-Ice)

- Roller/Ice Full size 72" x 48"
- Weight - 20lbs
- Bag Size - 50" x 14"
- Box Weight - 23lbs
- Box Size - 51" x 9.5" x 9"
- Set Up Time: 70 sec.

# GOLF



## Golf Net (Bow-Golf)

The Bownet Golf Net gives you a driving range anywhere you want to play. The Golf Net fits the Bownet 7x7 frame.

Together, the 7x7 Frame and Golf net collapse into a manageable carry case (included) making it perfect for practice anywhere,

and with a set-up time of only 90 seconds means less hassle and more time to play. Non marking rubber feet means, if you have the space, you can set-up your driving range indoors too.

**Sold As Net Only  
Fits 7x7 Frame**

- Weight - 4.3lbs.
- Bag Size - 14" x 12" x 6"
- Box Weight - 5.5lbs.
- Box Size 53" x 13" x 7"
- Set-up Time: 90 min



# ICE THERAPY ICE20 TWENTY ON - TWENTY OFF

- Highest quality neoprene (latex free) with adjustable Velcro® straps giving you the most comfortable, form-fitting therapy.
- Refillable and removable no-leak ice bag.
- Designed for comfort and mobility.
- ICE20 stays colder longer than traditional gel packs providing the most effective therapy.

## ICE20 BAGS

Durable, removable, refillable, no-leak ice bag with a soft cotton exterior providing the most comfortable fit of any ice bag with no condensation. The easy-to-open, wide-mouth lid makes it simple to fill and clean.

ICE20 Bags are lined with a high quality rubberized interior that keeps the ice cold for hours longer than conventional gel packs.

**CHEMICAL FREE - It's just ice!** (ICE-Bag 9)  
**LATEX FREE** (ICE-Bag 11)

All ICE20 Wraps use 9" or 11" ICE20 Bags.  
Available as stand-alone or replacements.



## SHOULDER

### FITS

- Left or Right Shoulder

**Single Shoulder** (Above)  
(ICE-Shoulder)

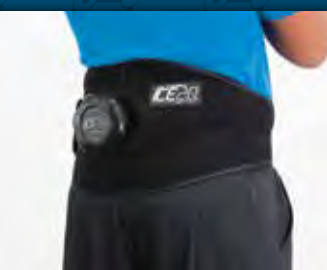
- Compression Wrap with One 11" ICE20 Bag

**Double Shoulder** (Top Right)  
(ICE-Dbl-Shoulder)

- Compression Wrap with Two 11" ICE20 Bag

**Combo Arm** (Lower Right)  
(ICE-Combo Arm)

- Compression Wrap with Two 11" ICE20 Bags and for Shoulder and One 9" ICE20 Bag for Elbow



10 Different ICE20 Wraps to choose from that cover every area of the body for total body therapy.



## DOUBLE ANKLE

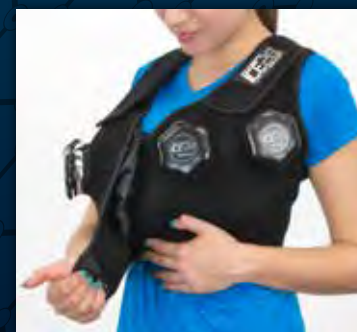
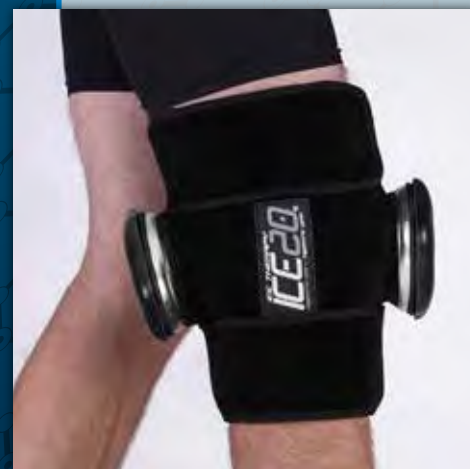
(ICE-Dbl-Ankle)

### FITS -

- Left or Right Ankle

### INCLUDES -

- ICE20 Compression Wrap for Ankle
- Two 9" Refillable ICE20 Bags



## ELBOW/SMALL KNEE

(ICE-Elbow-Sm Knee)

### FITS

- Left or Right Elbow, Forearm, Biceps and Triceps
- Small Knee, Small Thigh, Calf, Shin and Foot

### INCLUDES -

- ICE20 Compression Wrap for Elbow/Small Knee
- One 9" Refillable ICE20 Bag



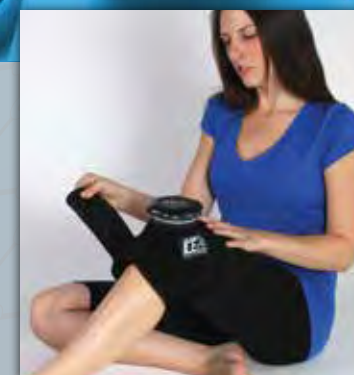
## SINGLE & DOUBLE KNEE

### FITS

- Left or Right Knee, Thigh, Calf and Shin

### INCLUDES -

- ICE20 Compression Wrap for Knee
- One 11" Refillable ICE20 Bag (Single Knee) (ICE-Single Knee)
- Two 11" Refillable ICE20 Bags (Double Knee) (ICE-Dbl Knee)



## NECK/TRAPS

(ICE-Neck)

### FITS

- Neck, Upper Back and Traps

### INCLUDES -

- Compression Wrap
- Two 9" Refillable ICE20 Bag

The ICE20 Neck and Traps compression wrap gives you 4 options for placing the ICE20 Bags; Neck, Upper Back and Traps.

## BACK/HIP

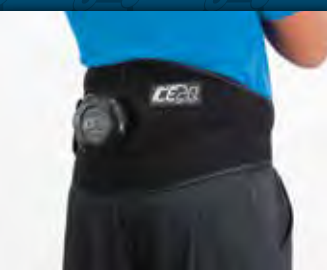
(ICE-Back-Hip)

### FITS -

- Upper, Mid and Lower Back
- Left or Right Hip and Glutes
- Abdominal, Obliques and Pelvis

### INCLUDES -

- ICE20 Compression Wrap for Back and Hip
- One 11" Refillable ICE20 Bag



## DOUBLE BREAST (ICE-Dbl-Breast)

### FITS

- Size 00 to 16 and up

### INCLUDES -

- Compression Wrap for chest
- Four 9" Refillable ICE20 Bags

