



## ICE DYNAMICS® Order Form

| Item   | Unit Price | Quantity | Total |
|--|------------|----------|-------|
| <b>Ice Dynamics® Strength Conditioning &amp; Injury Prevention Training Manual</b>   | \$35       |          |       |
| <b>Physio Balls</b>  |            |          |       |
| <b>Height:</b> 4'7" - 5' (yellow)  | \$30       |          |       |
| 5'1" - 5'6" (red)  | \$30       |          |       |
| 5'7" - 5'11" (green)   | \$30       |          |       |
| 6'0" - 6'3" (blue)   | \$30       |          |       |
| <b>Stability Disks</b>   | \$25       |          |       |
| <b>Buddy Lee™ Standard Jump Rope</b>   | \$10       |          |       |
| <b>Buddy Lee™ Deluxe Jump Rope w/ swivel bearing system</b>  | \$25       |          |       |
| <b>JC Sport Resistance Tubing</b>  |            |          |       |
| Pink (beginner)  | \$25       |          |       |
| Orange (intermediate)  | \$25       |          |       |
| Yellow (advanced)  | \$25       |          |       |
| <b>Ice Dynamics® Resistance Bands</b>  |            |          |       |
| Yellow (light)   | \$7        |          |       |
| Green (intermediate)   | \$7        |          |       |
| Silver (advanced)  | \$7        |          |       |
| <b>1/2 Foam Roll</b>   | \$6        |          |       |
| <b>Ice Dynamics® Equipment Package #1</b><br>Contains: Ice Dynamics® Strength Conditioning & Training Manual, physio ball ( <i>circle height above</i> ), standard jump rope, 3 JC Sport bands (1-pink, 1-orange, 1-yellow), 2 bands (1-yellow, 1-green) and a 1/2 foam roll | \$145      |          |       |
| <b>Ice Dynamics® Equipment Package #2</b><br>Same as Equipment Package #1, with stability disk instead of physio ball  | \$140      |          |       |

**Please print clearly or type:**

|   |            |           |  |
|---|------------|-----------|--|
| Name  |            |           |  |
| Address   |            |           |  |
| City  | State      | Zip       |  |
| Phone   |            |           |  |
| Email   |            |           |  |
| (Circle one)    Visa    MC    AmEx    Check    Cash |            |           |  |
| Name on Card  |            |           |  |
| CC#:  | Exp. Date: | CVS Code: |  |
| Signature of Cardholder                             |            |           |  |

**Shipping & Handling Rates:**

|                                 |      |
|---------------------------------|------|
| Training Manual only            | \$4  |
| Bands/Tubing/<br>Jump Rope only | \$4  |
| Equipment Package               | \$10 |
| All other orders                | \$7  |

Please inquire about international shipping rates before submitting form.

|               |  |
|---------------|--|
| SubTotal:     |  |
| Shipping:     |  |
| <b>Total:</b> |  |

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[WWW.ICEDYNAMICS.NET](http://WWW.ICEDYNAMICS.NET)