ICE DYNAMICS®

Order Form

Item	Unit Price	Quantity	Total
Ice Dynamics® Strength Conditioning & Injury Prevention Training Manual	$35		
Physio Balls			
Height: 4'7" - 5' (yellow)	$30		
5'1" - 5'6" (red)	$30		
5'7" - 5'11" (green)	$30		
6'0" - 6'3" (blue)	$30		
Stability Disks	$25		
Buddy Lee™ Standard Jump Rope	$10		
Buddy Lee™ Deluxe Jump Rope w/ swivel bearing system	$25		
JC Sport Resistance Tubing			
Pink (beginner)	$25		
Orange (intermediate)	$25		
Yellow (advanced)	$25		
Ice Dynamics® Resistance Bands			
Red (medium)	$9		
Green (heavy)	$9		
Blue (x-heavy)	$9		
1/2 Foam Roll	$6		
Ice Dynamics® Equipment Package #1 Contains: Ice Dynamics® Strength Conditioning & Training Manual, physio ball (*circle height above*), standard jump rope, 3 JC Sport bands (1-pink, 1-orange, 1-yellow), 2 bands (1-red, 1-green) and a 1/2 foam roll	$145		
Ice Dynamics® Equipment Package #2 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/ Jump Rope only	$4
Equipment Package	$10
All other orders	$7

Please inquire about international shipping rates before submitting form.

SubTotal:

Shipping:

Total:

Ice Dynamics • 1928 Spring Garden St. #2R • Philadelphia, PA 19130 • 267-476-2000 • email: orders@icedynamics.net

WWW.ICEDYANMICS.NET

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Prices and availability are subject to change without notice. Be sure to check out our online store!