

STURDY

ICE BATH

Ice baths facilitate faster recovery and minimise the effects of injury. They are an integral part of any serious training regime.

FEATURES AND BENEFITS

The STURDY 'Ice Bath' is ideal for use after workouts, matches or heavy training sessions

Handles act as a stability aid when entering and exiting the 'Ice Bath'

Unique textured surface helps prevent slipping

Durable, long lasting container made from 100% virgin Linear Low density polyethylene plastic

Fitted with drain plug for drainage

Available in a range of colours and personalisation is available as an optional extra

Height:	Width:	Length:	Capacity:	Code:
700mm	700mm	1,000mm	330 lt	627- A



How do Ice Baths work?

Getting into cold water in an 'Ice Bath' causes your blood vessels to tighten and drains the blood from of your legs and arms. After approximately 10 minutes you begin to feel numb. When you get out, your legs and arms fill up with fresh blood that invigorates your muscles with oxygen to help the cells function better and recover quicker. In simple terms, using an 'Ice Bath' allows your muscles, bones, nerves, tendons and tissues to recover faster.

GO ON, TAKE THE PLUNGE



STURDY PRODUCTS U.A.E. LTD

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(فروع منطقة حرة برأس الخيمة)

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