

# 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'*

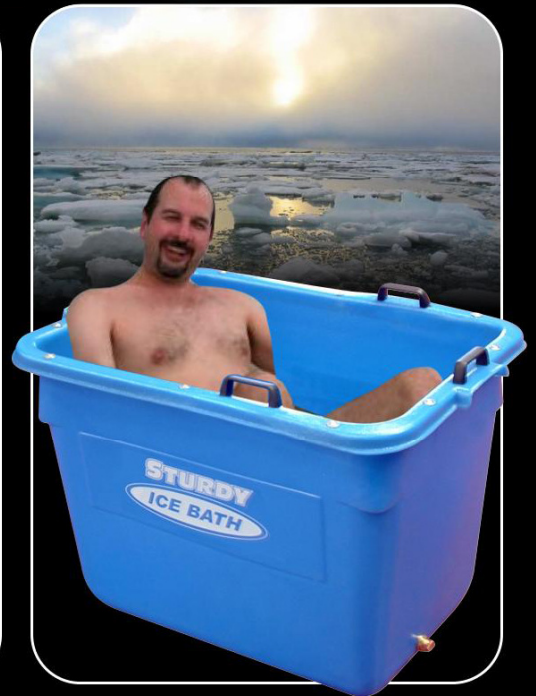
Unique textured surface helps prevent slipping

Durable, long lasting container made from recyclable medium density polyethylene plastic

Fitted with brass connector for filling or 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	336 - A



Previously featured in 'The Dubs: The Story of a Season' on RTE 1 and the Irish Independent

## How do Ice Baths work?

Getting into cold water in an *'Ice Bath'* causes your blood vessels to tighten and drains the blood out of your legs and arms. After about 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, an using an *'Ice Bath'* allows your muscles, bones, nerves, tendons and tissues to recover faster.

## GO ON, TAKE THE PLUNGE

