

BOWNET[®] VOLLEYBALL



**The World's Best Portable Sports
Nets, Goals, Training Systems
and More!**

Volleyball 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.

- Front Net is height adjustable from ladies regulation 7'4" to men's regulation 7'11.6"
- The station includes a volleyball barrier net, a sock catching net, and a practice court net to help improve player's setting and serving techniques without a regulation sized court net available
- Bownet's EAS™ technology (Energy Absorption System™) diffuses ball energy throughout the net to extend its lifespan, give more stability and balance, and add flexibility upon impact
- "BOWpoles" and powder coated steel frame have non-marking rubber feet to prevent damage to floors and provide stability and traction indoor and outdoor.
- Sets up in 160 seconds with two people and no tools required - the fastest set up on the market!
- Includes volleyball barrier netting, sock catching net, practice court net, ground frame, BOW-pole, and roller case for easy portability and storage.
- Measures: 8' wide and 11' high
- Weight - 42lbs.
- Includes Bag Size - 53" x 12" x 8"



Front Net is height adjustable from ladies regulation 7'4" (right) to men's regulation 7'11.6" (above)

\$499⁹⁹

VB Caddy

(Bow-VB Ball Caddy)

Add convenience to your volleyball practices and tournaments with Bownet's Volleyball Ball Caddy. Measuring 40" tall, the ball caddy holds 30 volleyballs at hip level to ensure an uninterrupted coaching experience on the field and in the gym.

- 24" x 24" x 40"
- Holds over 30 balls
- Come with free carry bag
- Shipping weight 15lbs

\$119⁹⁹



Set-up Time
160
SECONDS
2 People





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

- Whether you are a coach that needs additional practice space or dedicated player looking to work on their game, Bownet's Warm-up Net is the perfect lightweight and durable net for the court or backyard.
- Adjustable from 7' 11.6" for Men's Volleyball to 7' 4" for Women's Volleyball.
- Manage and improve shared space during team practice drills with multiple warm up areas.
- Great for practicing your serves or setting drills with a teammate.
- Non-marking rubber feet prevents damage to floors and provides stability and traction indoor and outdoor.
- No Tools needed. Sets up in just seconds.



Adjustable from 7' 11.6" (top left) to 7' 4" (above)

- Weight - 20lbs.
- Bag Size - 48"
- Box Size - 52" x 10" x 8.5"
- Set-up Time: 75 sec. (1 Person)



Includes: Carry Bag, Base, Net and Composite "BOWpoles" for height adjustments

\$249⁹⁹

Youth Volleyball Net (Bow-VB-Junior Net)

- Adjustable from 4' 6" to 7' tall in 3" increments, makes this net perfect for players of all ages.
- 15' Wide means this net is large enough to have game or practice for 2-a-side up to full team 6-a-side.
- Durable steel base and Bownet's composite "BOWpoles" make an extremely well balanced net that will not tip over even when it takes the most direct hit.
- Collapsible base sets up in just seconds with no tools.
- Non-marking rubber feet prevents damage to floors and provides stability and traction indoor and outdoor.
- A perfect portable net for coaches, teams, schools, parks & recs and even for the family.



Adjustable from 4' 6" (above) to 7' (top right)



Simple pins in the legs and center allow for quick height adjustment

- Shipping weight - 42lbs
- Roller Case Size - 56" x 7" x 7"
- Box size - 58 x 10 x 8"
- Set-up Time: 75 sec. (2 People)



Includes: Carry Bag, Base, Net and Composite "BOWpoles" for height adjustments

\$339⁹⁹

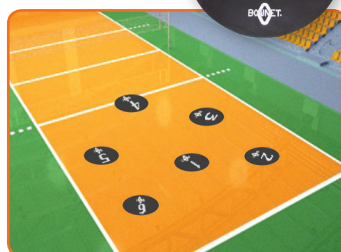


Floor Target (Bow-VB Targets)

- Six 24" Dia Numbered Floor Targets
- Rubberized for grip
- Each Target weighs almost 3lbs.
- Less than 1/8" thick
- Includes carry case



\$119⁹⁹



VB Setting Net (Bow-VB Setting Net)

- A "must-have" for every coach, team, school or club.
- Adjustable from 8' to 11' 6"
- Basket is adjustable from Horizontal to 45°
- Set-up Time: 60 sec.



\$299⁹⁹



Ball Travel Tube

(BN-Soccer Tube B)

- 53" x 9" Travel Tube holds up to 6 Volleyballs.
- Zipper opening in the center and at one end for easy access
- Clear pocket for identification makes it perfect for traveling with the team.
- Padded shoulder strap

\$39⁹⁹

BARRIERS

Managing shared space for practice and games can often be a challenge and even an issue of safety. Coaches, Leagues, Schools, Parks and Facilities struggle with the challenge of running multiple teams, even multiple sports, in small spaces. Chasing balls all over the field not

only brings your game or practice to a halt but can also become an issue of player or spectator safety. Bownet Barriers are the perfect solution for preventing a missed pass or shot at goal from traveling into the game next door or even into the stands.



Barrier Net (Bow-Barrier)

The largest in the series of Bownet Barriers, this enormous wall stands 21'6" wide x 11'6" tall our most popular choice for Schools, Teams, Clubs, and Athletic Facilities.

\$399⁹⁹

Low Barrier Net (Bow-BarrierLow)

The little brother to the Barrier Net the Low Barrier is still a huge 21'6" wide x 8' tall.

\$399⁹⁹

• REHABILITATE • PREVENT • STRENGTHEN • PERFORM •

INTRODUCING THE NEW



EXOaid® is designed to assist, support, and facilitate shoulder movements which provides functional support and assistance to surrounding muscles of the rotator cuff and shoulder girdle. The key is the unique and Intelligent patented MYO STRAPPING SYSTEM®, anatomically built to seamlessly create the most optimum level of support and movement for the shoulder.

EXOaid® is built to support shoulder instability and hyper mobility and can be used in conjunction shoulder rehabilitation

SUPPORTS

- Shoulder Dislocation
- Rotator Cuff Tendonitis
- AC separation
- Shoulder Subluxation
- Shoulder Impingement
- Shoulder Bursitis
- Bicipital Tendonitis
- Shoulder Instability
- Ligament Sprains
- Muscle Strains

**EXOaid® Now Available for
Women's and Men's Right Shoulder**

EXOaid-R-F-Med
EXOaid-R-M-Med

\$199⁹⁹

ICE THERAPY
ICE20
TWENTY ON - TWENTY OFF

ICE20 Ice Compression Therapy Wraps have quickly become the choice for athletes, trainers coaches and therapists everywhere.

- ICE20 stays in place and is designed for comfort and mobility.
- ICE20 stays colder longer than gel packs providing the most effective recovery.
- Refillable and removable, no-leak ice bag with an easy-open cap.
- Highest quality neoprene (latex free) with adjustable straps giving you the most comfortable, form-fitting therapy.

ICE20 BAGS

The ICE20 Bag is a 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 and
NO CHEMICALS - It's just ice!

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

(ICE-Bag 9)

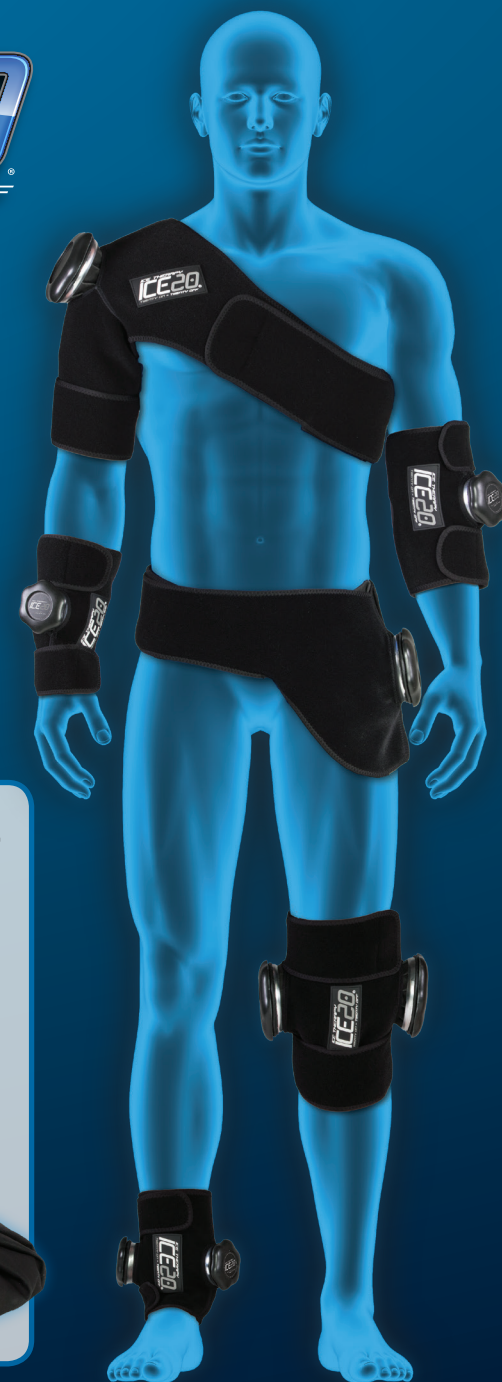
(ICE-Bag 11)



EXOaid pulls the humerus superiorly and posteriorly providing increased level of support and protection



EXOaid® MYO STRAPPING SYSTEMS® are designed to create the most optimum level of support and movement for the shoulder. Anatomically designed for optimal function and comfort for seamless overhead shoulder movements.



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

\$39⁹⁹



DOUBLE KNEE
\$79⁹⁹

SINGLE KNEE
\$49⁹⁹

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-Traps)

\$79⁹⁹

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)

\$59⁹⁹

FITS -

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

INCLUDES -

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



SHOULDER

FITS

- Left or Right Shoulder

Single Shoulder Top
(ICE-Shoulder)

- Compression Wrap with One 11" ICE20 Bag

\$59⁹⁹

Double Shoulder Middle (ICE-Dbl-Shoulder)

- Compression Wrap with Two 11" ICE20 Bag

\$79⁹⁹

Combo Arm Bottom (ICE-Combo Arm)

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

\$119⁹⁹



DOUBLE ANKLE

(ICE-Dbl-Ankle)

FITS -

- Left or Right Ankle

INCLUDES -

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

\$49⁹⁹



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