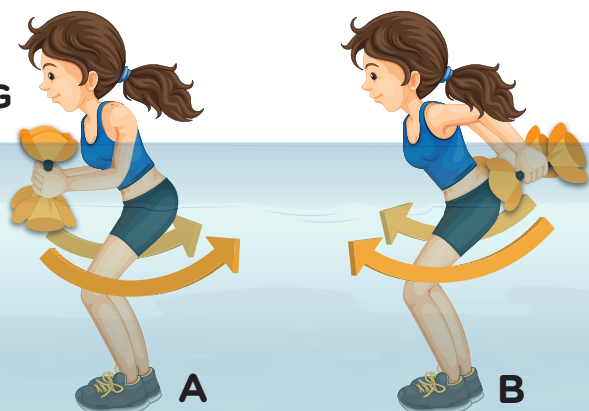


# SpaBell Exercises

you can do in your iPool!

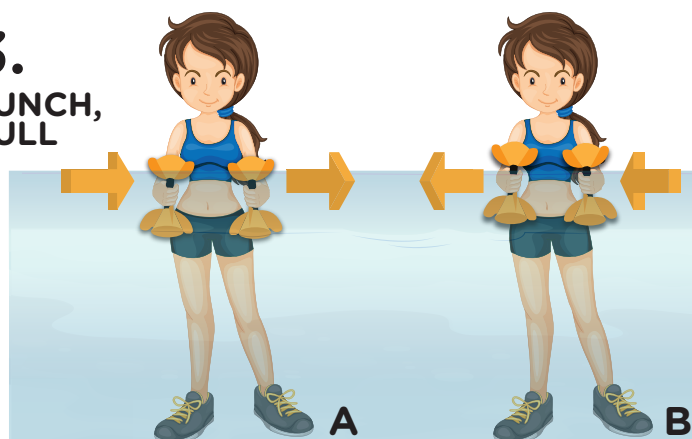
## 1. SKI POLING



## 2. DOG PADDLE



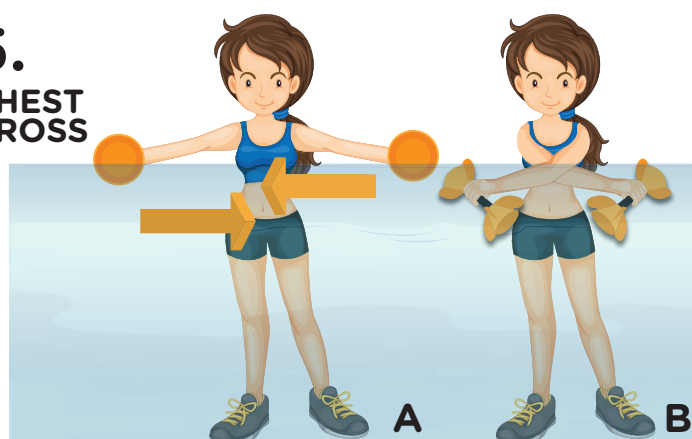
## 3. PUNCH, PULL



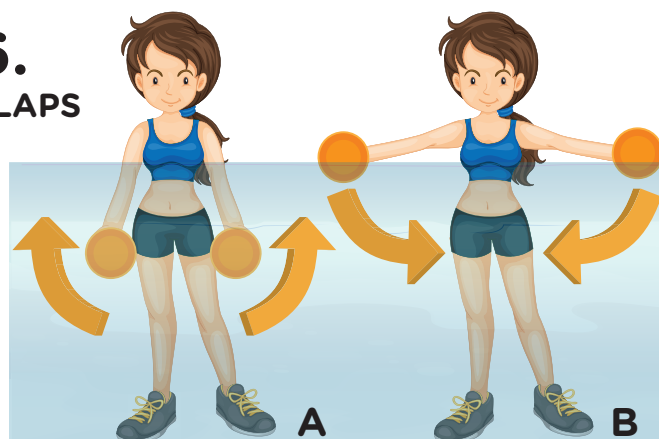
## 4. DOWNWARD CHEST CIRCLES



## 5. CHEST CROSS



## 6. FLAPS



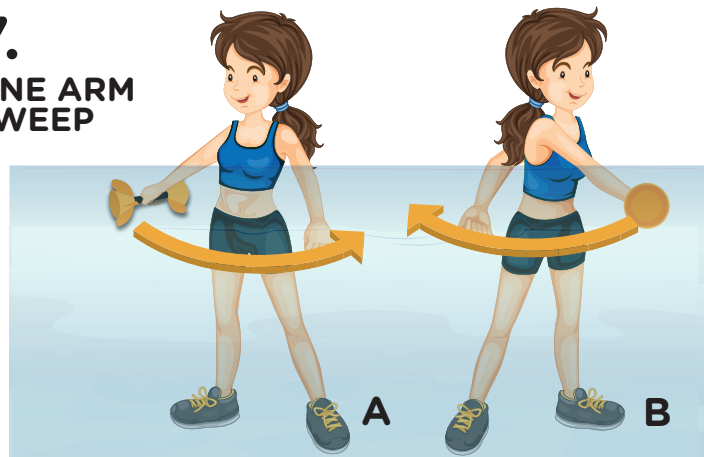
**IMPORTANT:** the FASTER you try to move the SpaBells through the water, the more FORCE is required to do so. In other words - the more “oomph” you put into it, the more you will get out of it!

When filled with water, each SpaBell weights approximately 8 lbs

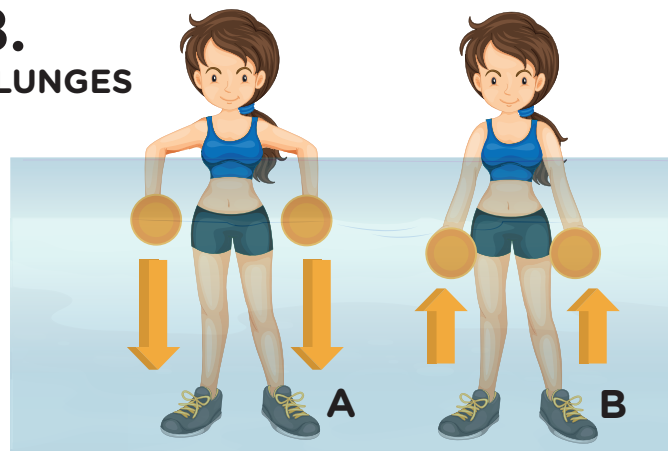
# SpaBell Exercises

you can do in your iPool!

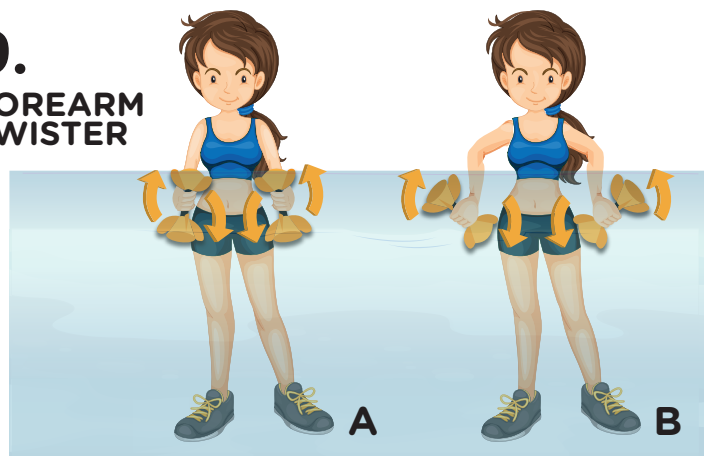
## 7. ONE ARM SWEEP



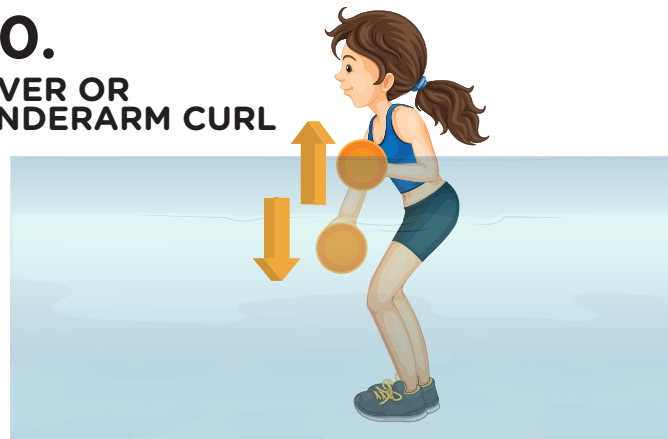
## 8. PLUNGES



## 9. FOREARM TWISTER



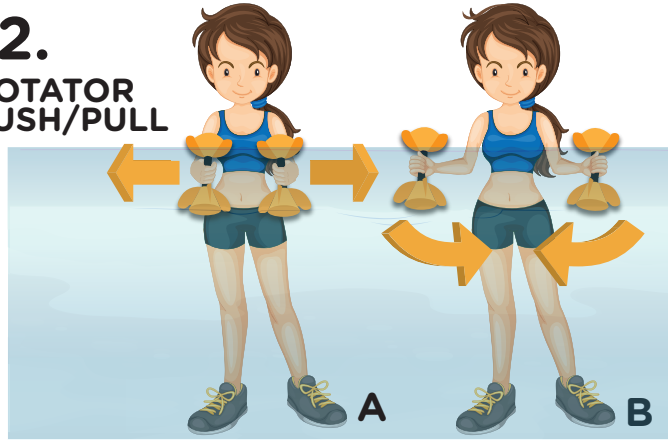
## 10. OVER OR UNDERARM CURL



## 11. TRICEP BLAST



## 12. ROTATOR PUSH/PULL

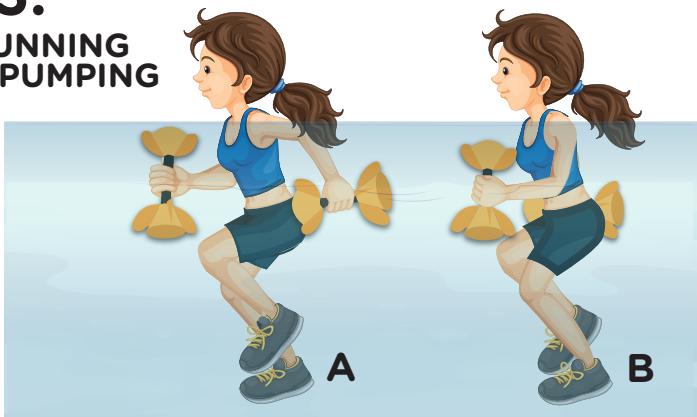


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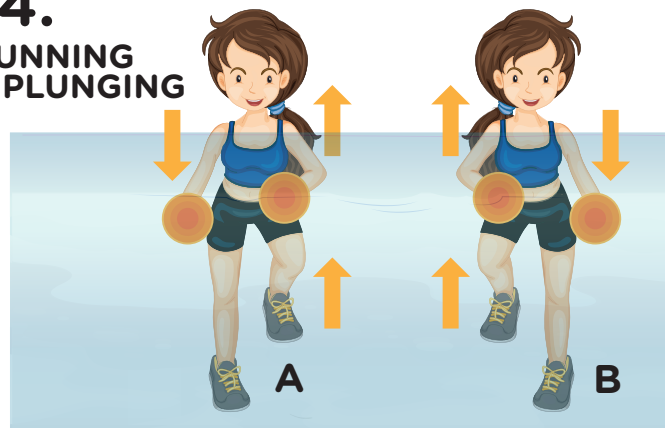
# SpaBell Exercises

you can do in your iPool!

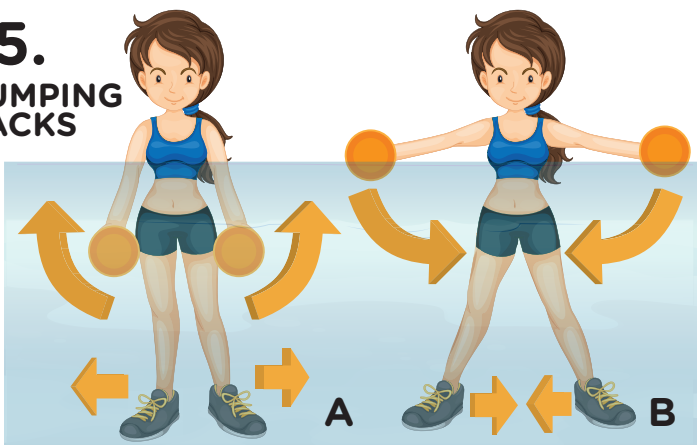
## 13. RUNNING & PUMPING



## 14. RUNNING & PLUNGING



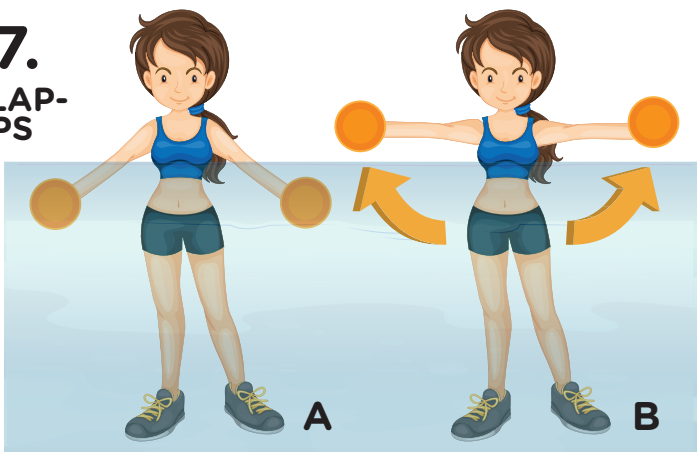
## 15. JUMPING JACKS



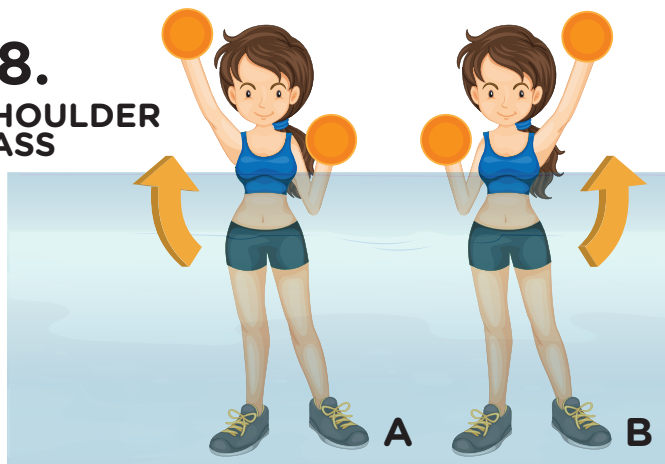
## 16. CROSS COUNTRY



## 17. FLAP-UPS



## 18. SHOULDER PASS

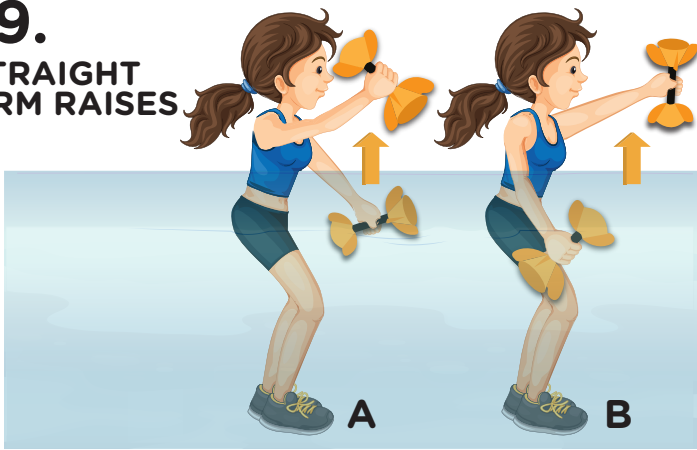


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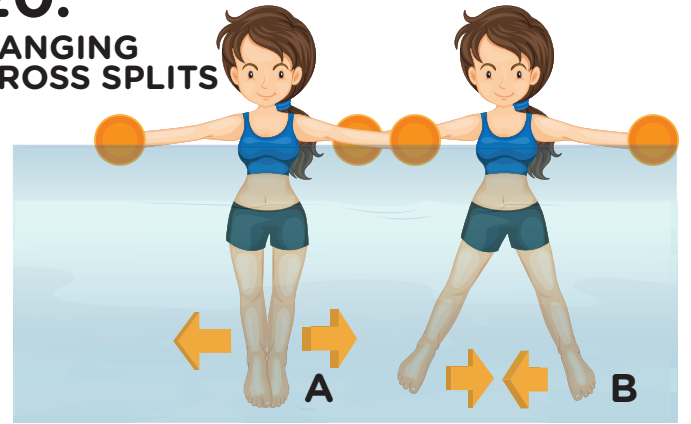
# SpaBell Exercises

you can do in your iPool!

## 19. STRAIGHT ARM RAISES



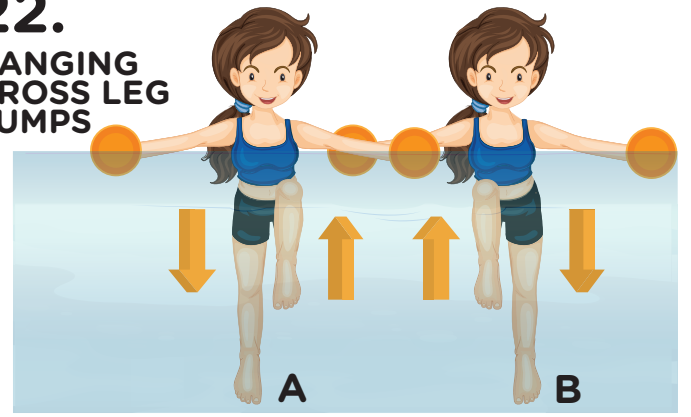
## 20. HANGING CROSS SPLITS



## 21. PRONE KICKS



## 22. HANGING CROSS LEG PUMPS



## 23. RUNNING WITH BUOYS



## 24. RUNNING IN CIRCLES

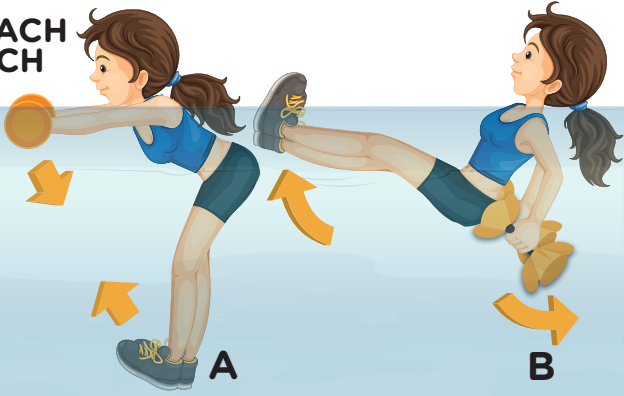


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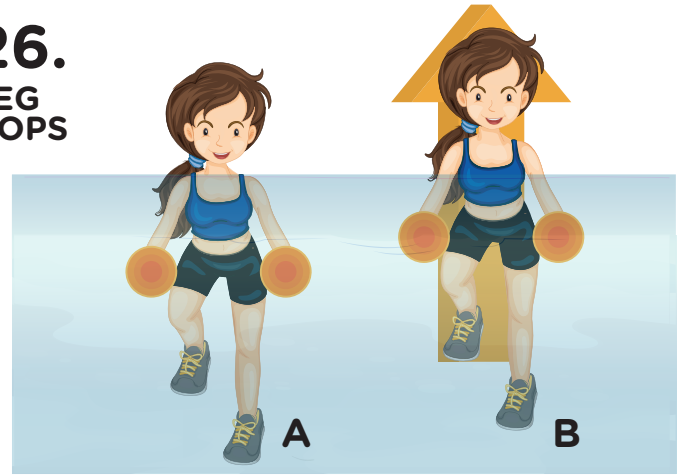
# SpaBell Exercises

you can do in your iPool!

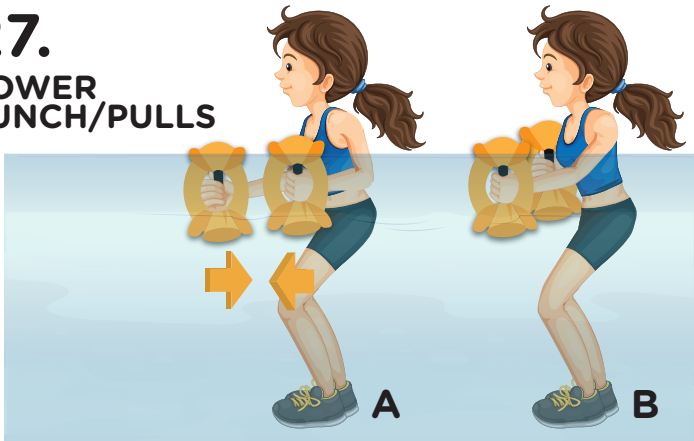
## 25. STOMACH CRUNCH



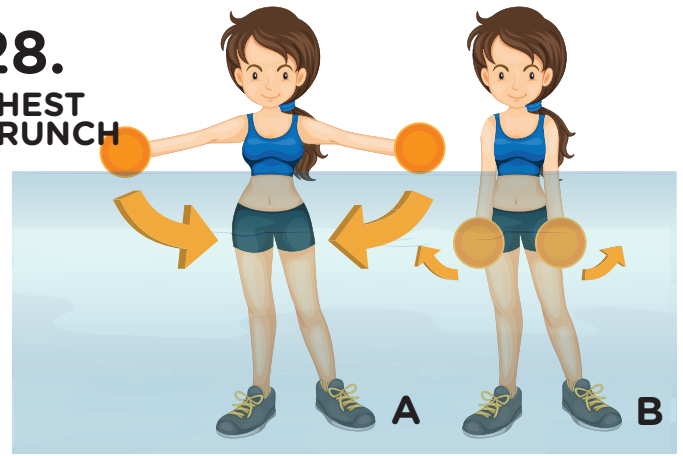
## 26. LEG HOPS



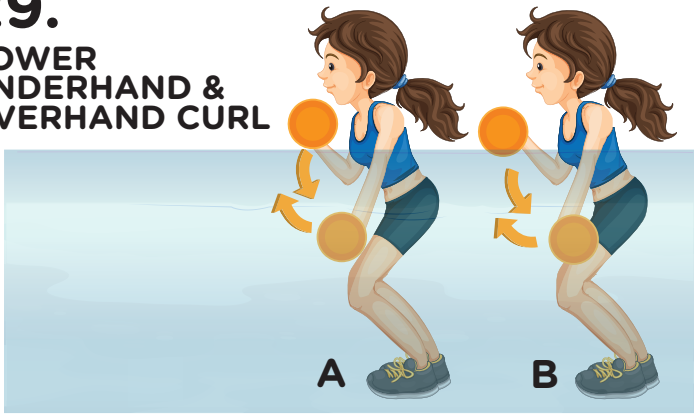
## 27. POWER PUNCH/PULLS



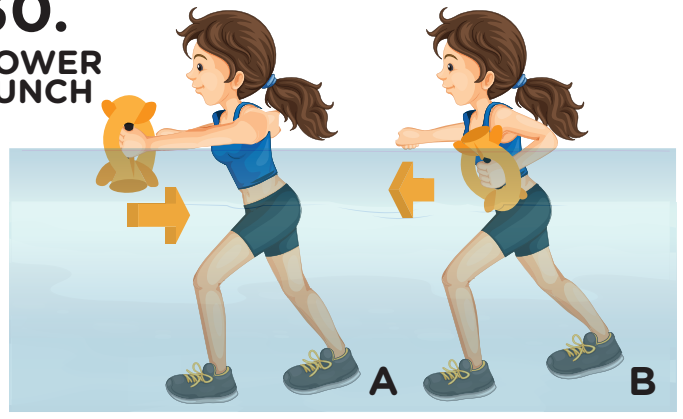
## 28. CHEST CRUNCH



## 29. POWER UNDERHAND & OVERHAND CURL



## 30. POWER PUNCH

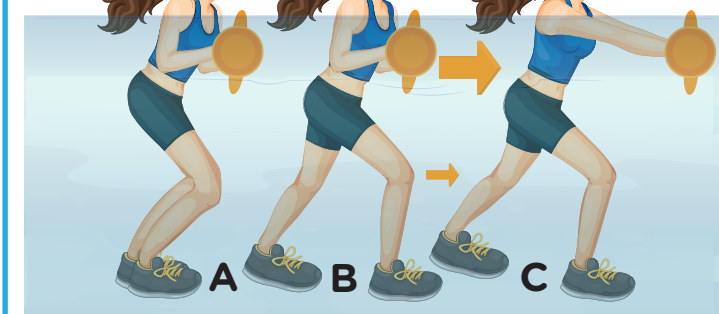


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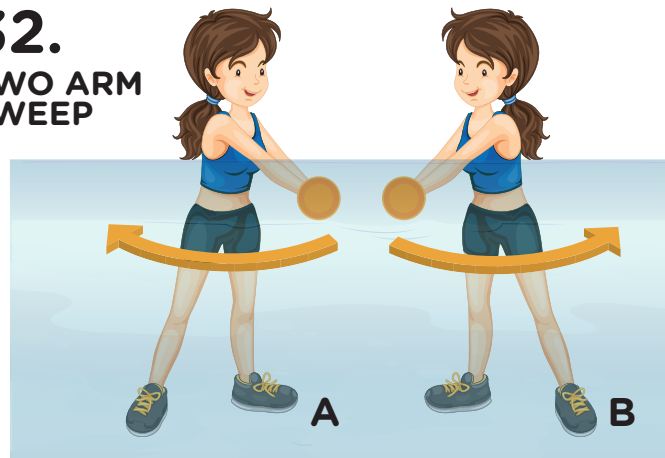
# SpaBell Exercises

you can do in your iPool!

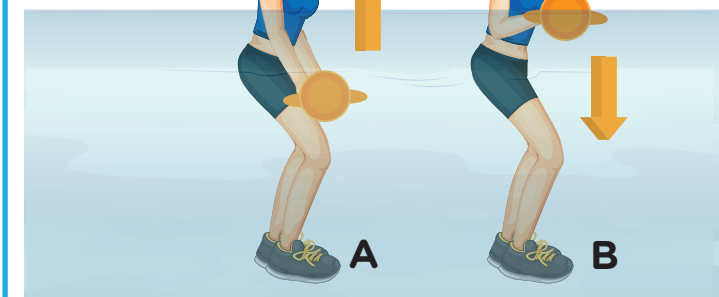
## 31. POWER STRIDE



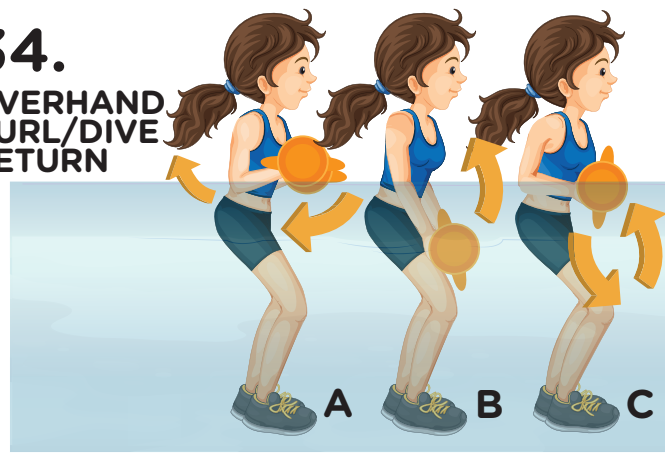
## 32. TWO ARM SWEEP



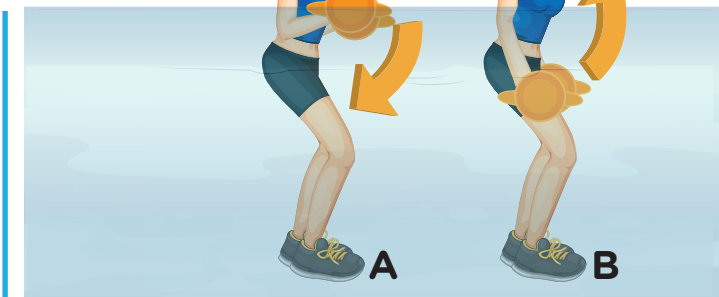
## 33. PLUNGE & LIFT



## 34. OVERHAND CURL/DIVE RETURN



## 35. UNDERHAND CURL



## Care & Handling

*SpaBells and accessories, and though they are extremely durable, they are not indestructible. Below are some guidelines to keep your Spabells protected.*

- Avoid exposing Spabells to extreme heat or cold, which could cause warpage or cracking.
- Avoid prolonged exposure to sunlight, as it could cause the colors to fade.
- Avoid contact with harsh chemicals as this could cause discoloration or mar surfaces.
- Avoid sudden impacts such as dropping or throwing equipment onto hard surfaces which could cause superficial scratches or breakage.

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