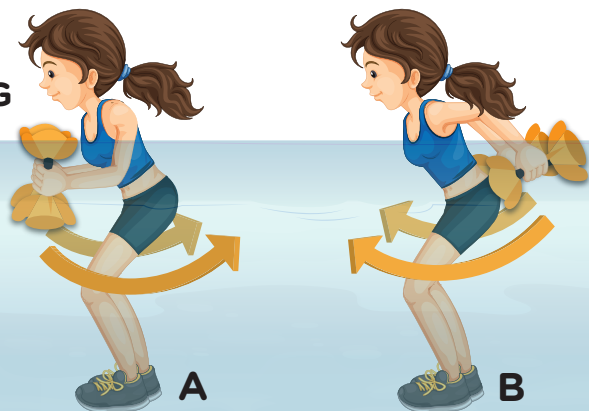


SpaBell Exercises

you can do in your iPool!

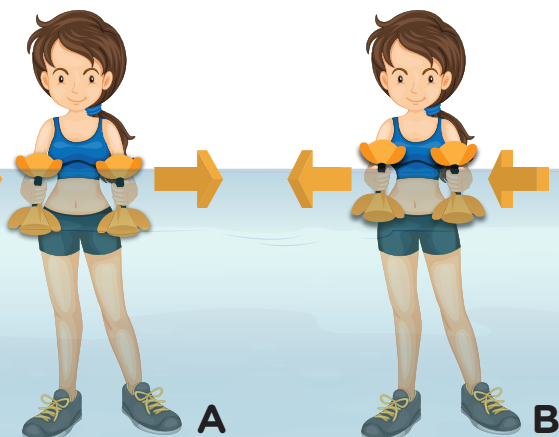
1. SKI POLING



2. DOG PADDLE



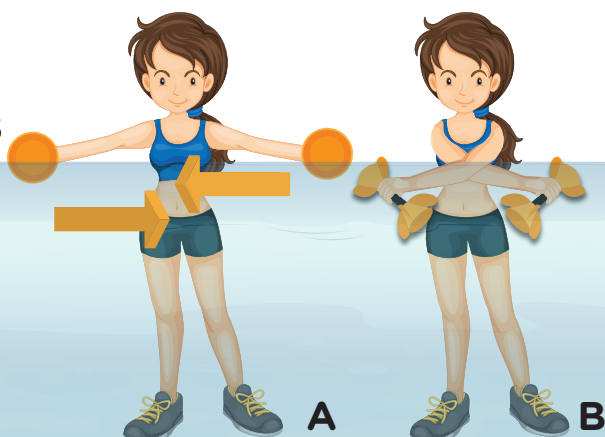
3. PUNCH, PULL



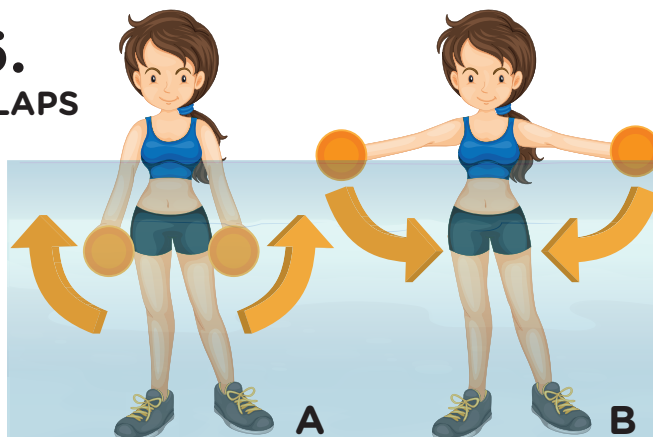
4. DOWNWARD CHEST CIRCLES



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