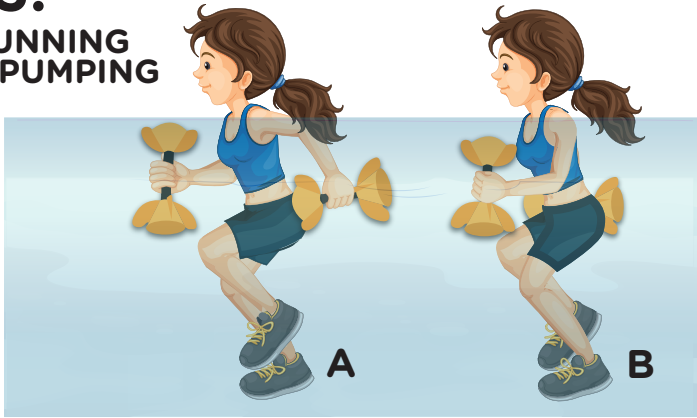


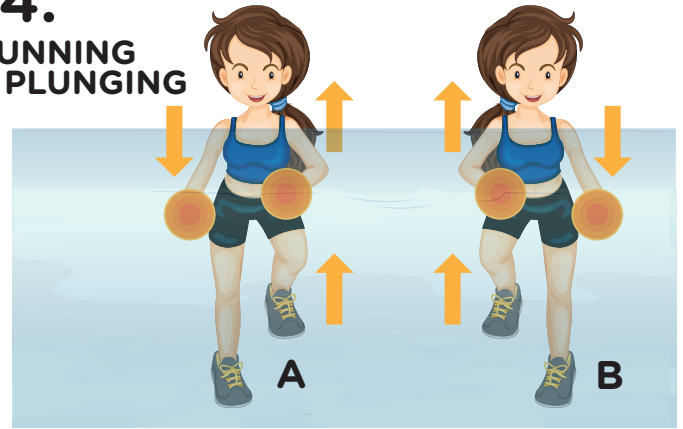
# SpaBell Exercises

you can do in your iPool!

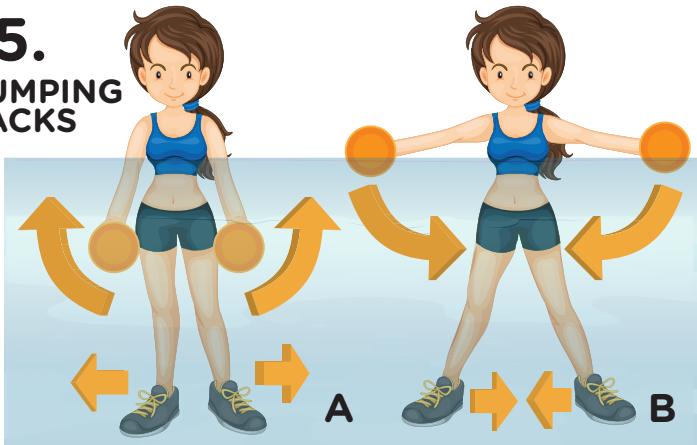
## 13. RUNNING & PUMPING



## 14. RUNNING & PLUNGING



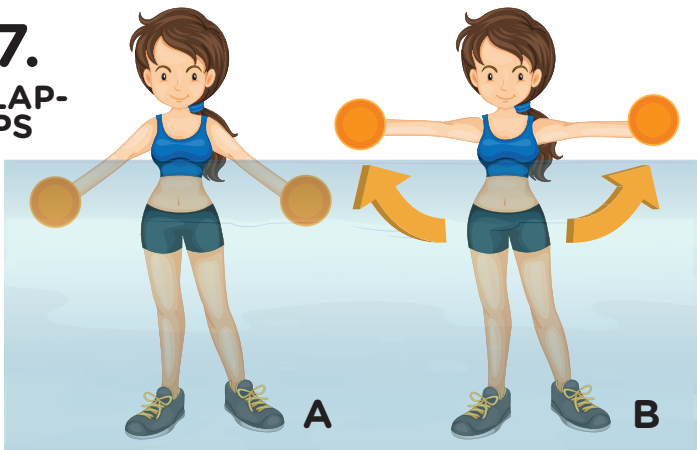
## 15. JUMPING JACKS



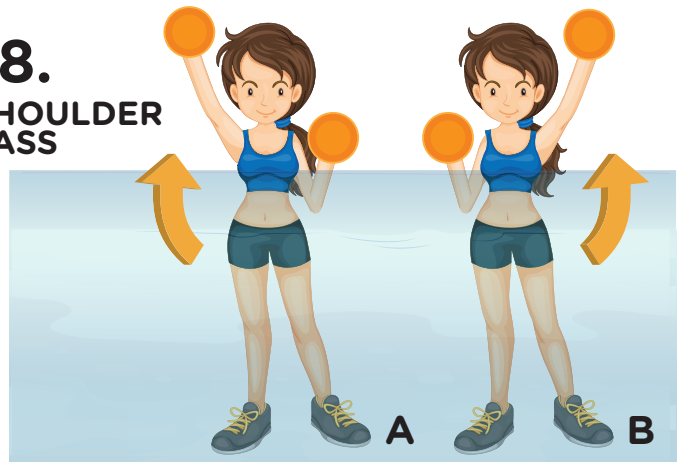
## 16. CROSS COUNTRY



## 17. FLAP-UPS



## 18. SHOULDER PASS



**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