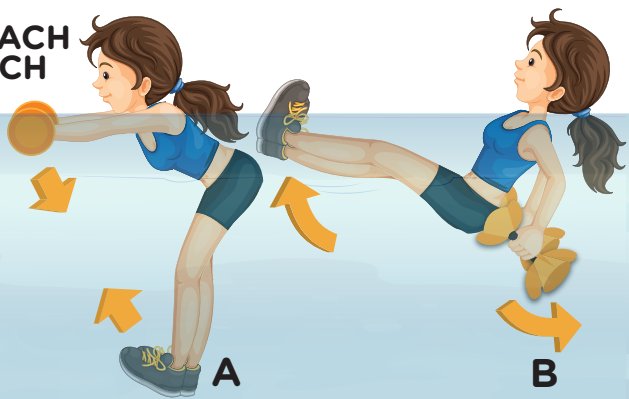


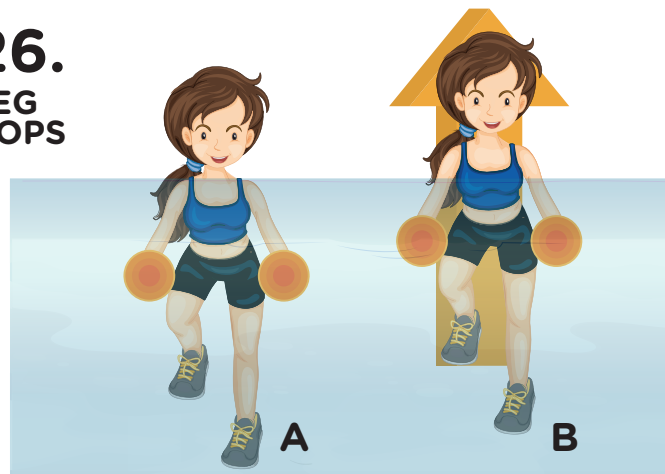
SpaBell Exercises

you can do in your iPool!

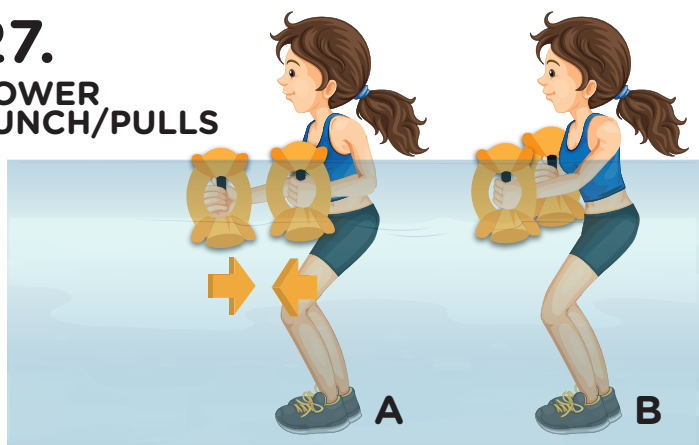
25. STOMACH CRUNCH



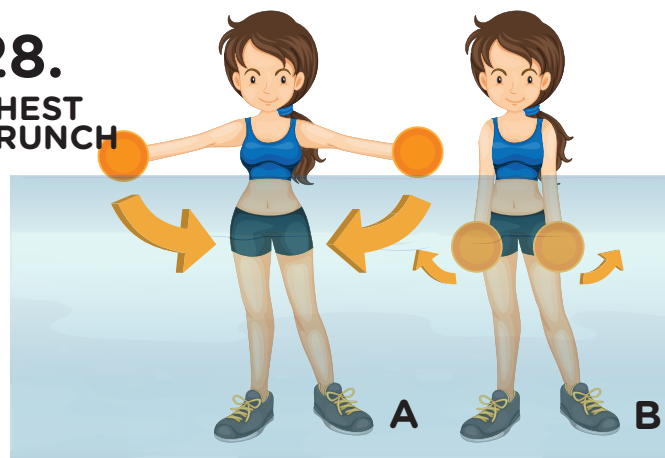
26. LEG HOPS



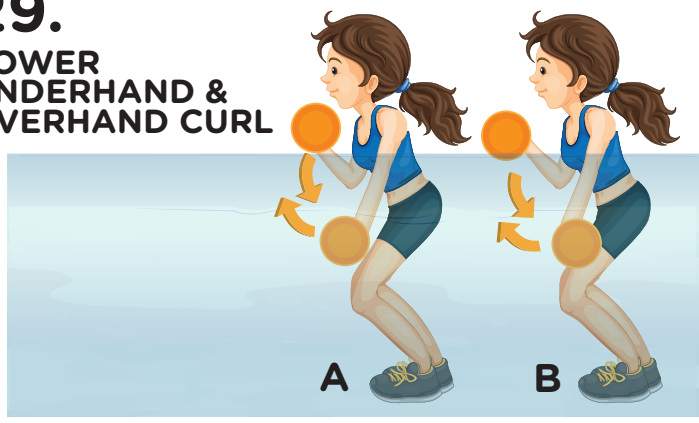
27. POWER PUNCH/PULLS



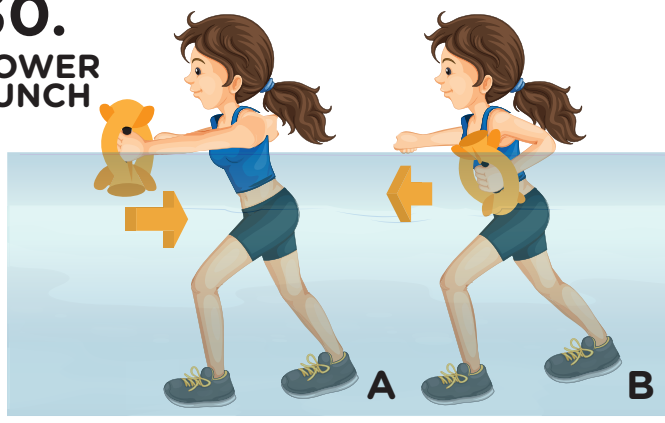
28. CHEST CRUNCH



29. POWER UNDERHAND & OVERHAND CURL



30. POWER PUNCH



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