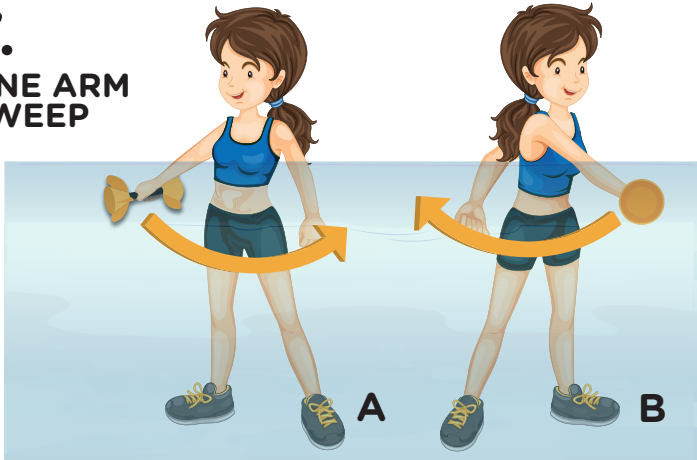


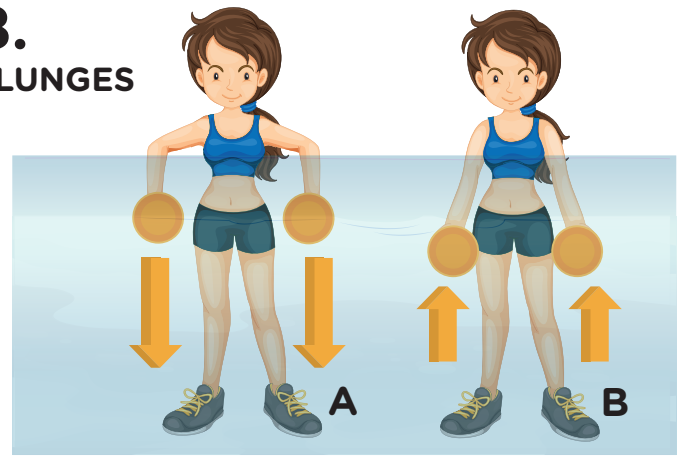
SpaBell Exercises

you can do in your iPool!

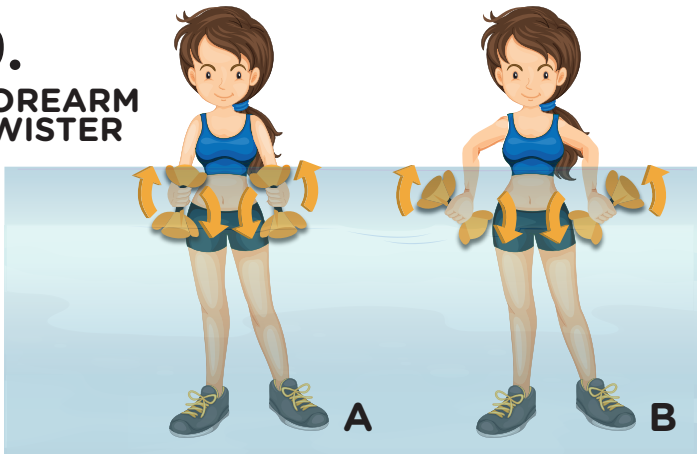
7. ONE ARM SWEEP



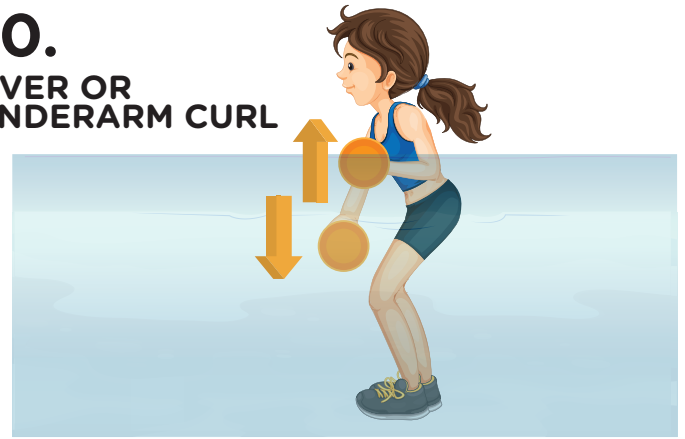
8. PLUNGES



9. FOREARM TWISTER



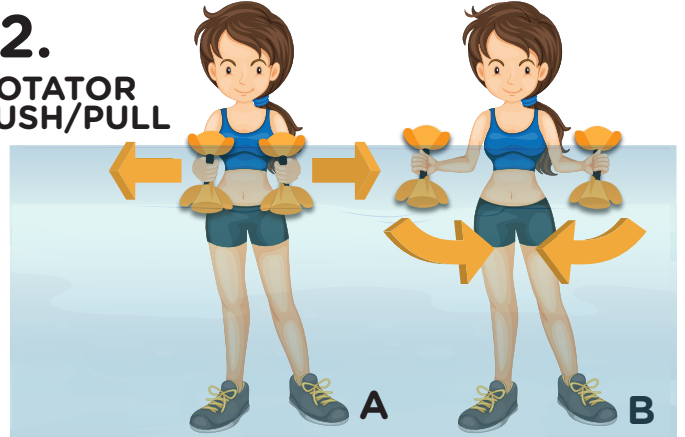
10. OVER OR UNDERARM CURL



11. TRICEP BLAST



12. ROTATOR PUSH/PULL



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