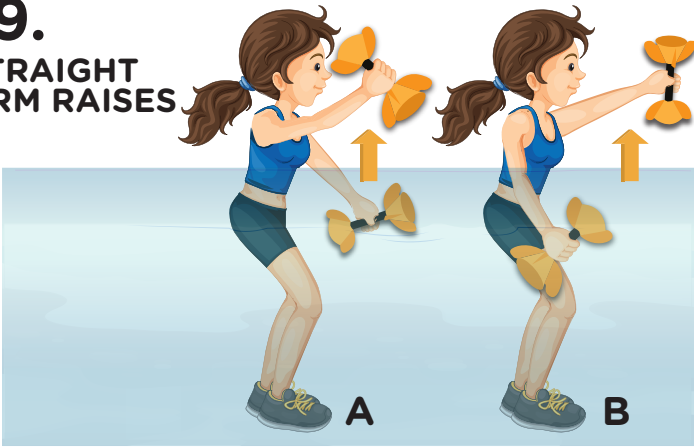


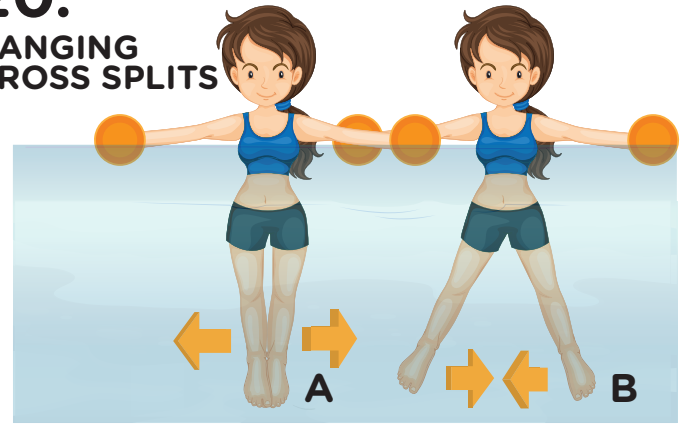
SpaBell Exercises

you can do in your iPool!

19. STRAIGHT ARM RAISES



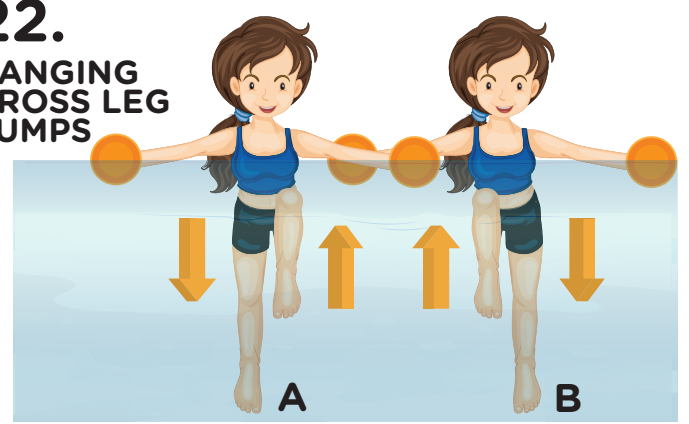
20. HANGING CROSS SPLITS



21. PRONE KICKS



22. HANGING CROSS LEG PUMPS



23. RUNNING WITH BUOYS



24. RUNNING IN CIRCLES



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