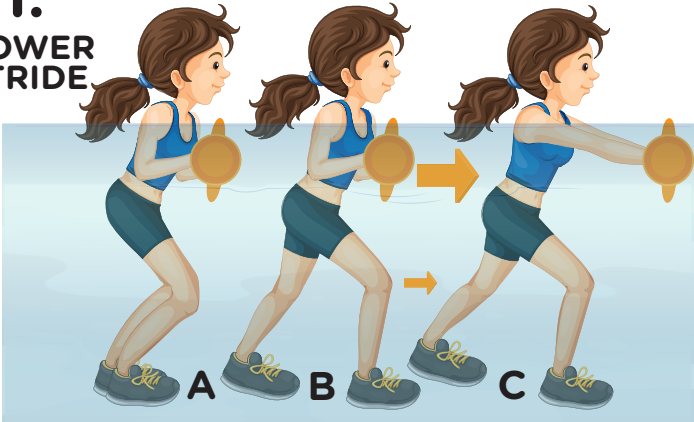


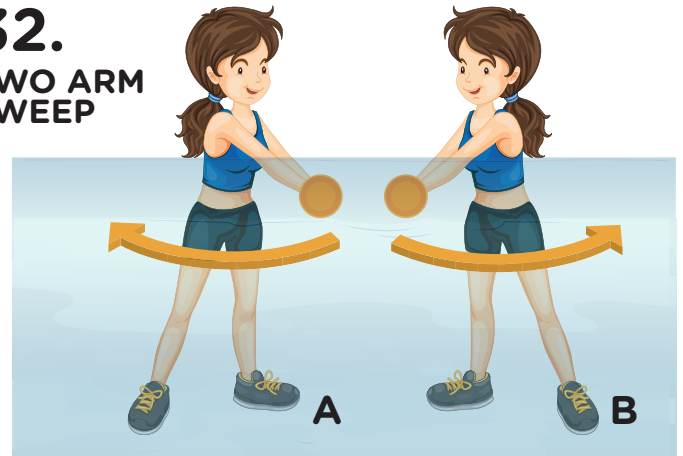
SpaBell Exercises

you can do in your iPool!

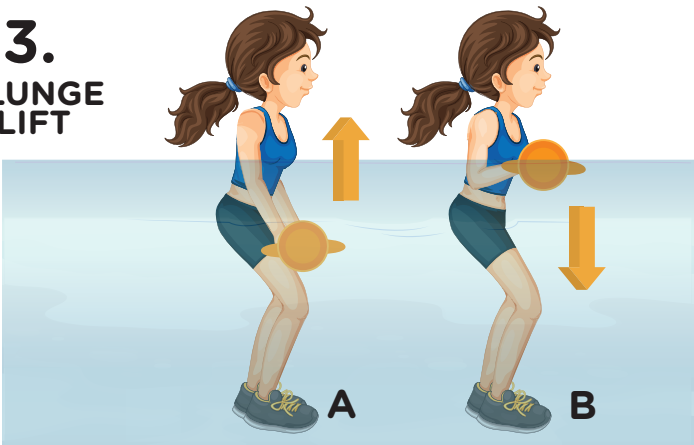
31. POWER STRIDE



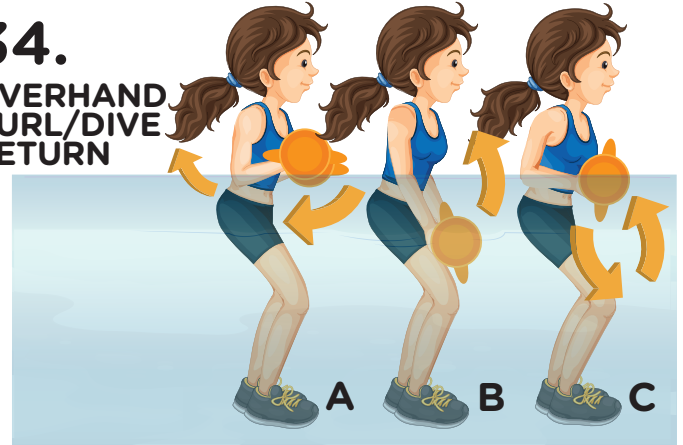
32. TWO ARM SWEEP



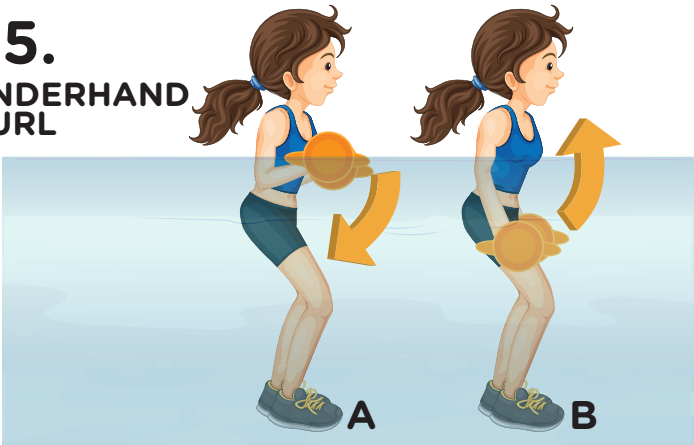
33. PLUNGE & LIFT



34. OVERHAND CURL/DIVE RETURN



35. UNDERHAND CURL



Care & Handling

SpaBells and accessories, and though they are extremely durable, they are not indestructible. Below are some guidelines to keep your Spabells protected.

- Avoid exposing Spabells to extreme heat or cold, which could cause warpage or cracking.
- Avoid prolonged exposure to sunlight, as it could cause the colors to fade.
- Avoid contact with harsh chemicals as this could cause discoloration or mar surfaces.
- Avoid sudden impacts such as dropping or throwing equipment onto hard surfaces which could cause superficial scratches or breakage.

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