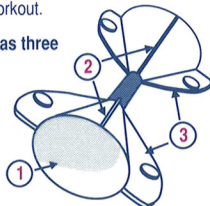


SPABELL® DOME CAP & POWER VANE BASICS

SPABELLS are designed to track smoothly through the water, provide variable resistance to accommodate all fitness levels, and maximize water as an exercise medium, so you can experience a safe, pleasant and effective **total** body workout.

The basic SpaBell has three areas of resistance:

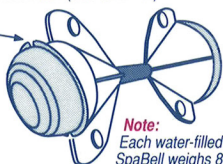
- 1) the **FUNNELS**
- 2) the **SMALL** set of vanes
- 3) the **LARGE** set of vanes



When slightly crouching in chest-deep water you can use a pair of SpaBells for a variety of upper body exercises (see exercises #1-16).

DOME CAPS are used to trap water or air inside the SpaBells, so you can perform free-weight exercises (see #17-19) or buoyancy exercises for the legs, arms and stomach (see #20-26).

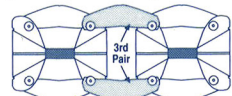
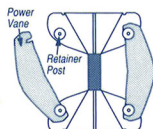
Line up notch with large vane, then press down hard to 'pop' Dome Cap onto tunnel end.



Note: Each water-filled SpaBell weighs 8 lbs.

DOME CAPS fit snugly over Funnel ends. Simply peel off to remove.

POWER VANES click under the **RETAINER POST** and are used to substantially increase the amount of resistance of the SpaBells (see #27-31).



**BE CREATIVE!
HAVE FUN!**

A third pair of **POWER VANES** is used to connect two SpaBells together (see #32-36).

BASIC SPABELL — UPPER BODY Exercises

IMPORTANT: Always warm up for a few minutes first by doing a variety of exercises (e.g. 1, 3, 5, 6) at light to moderate intensity. After the main part of your exercise session take a few minutes to stretch and cool down.

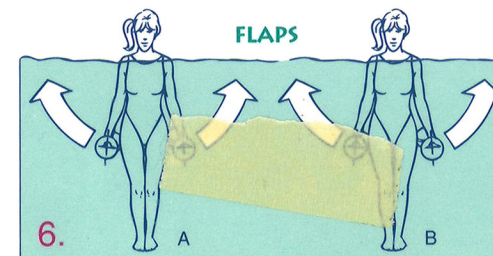
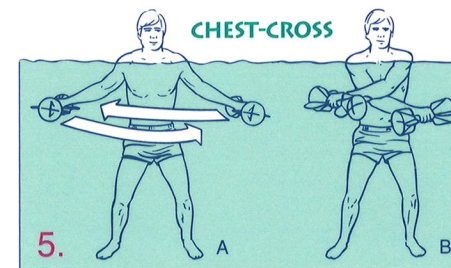
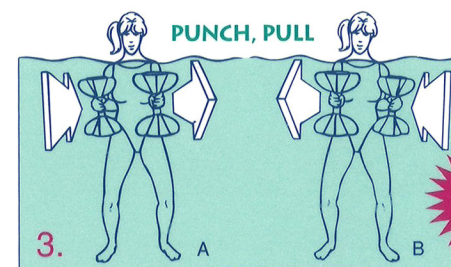
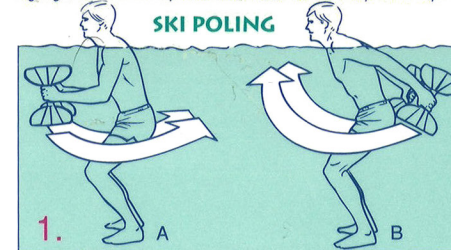
FOR AEROBIC BENEFIT — Do more reps (15-30) with less resistance at medium to high intensity. (See **Basic SpaBell**, **Arms & Legs**, and **Dome Caps** sections).

FOR BUILDING STRENGTH — Do fewer reps (10-15) with more resistance at medium to high intensity. (See **Basic SpaBell**, **Power Vanes** and **Max. Power Vanes** sections).

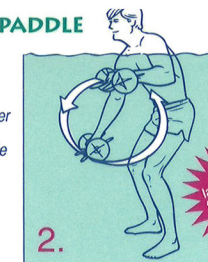
FOR INCREASING FLEXIBILITY — Slowly twist, turn, push or pull the SpaBells to the fullest extent of a particular exercise pattern and hold for a few seconds. Slowly move out of this extended position.

1. **SKI POLING** A. Primary resistance - FUNNELS; Hold SpaBells so LARGE VANES are vertical as they pass by hips; Move arms simultaneously backwards, but keep arms slightly bent throughout "SKI POLING" motion. B. Bring SpaBells forward simultaneously. Repeat.
2. **DOG PADDLE** Primary resistance - Transitions from LARGE VANES to SMALL VANES; With OVERHAND GRIP and with LARGE VANES horizontal, alternately push each SpaBell forward at top of circular **DOG PADDLE** pattern, then pull down and towards the body, then pull up to top of circle; Do small or large overlapping circles; Avoid hitting chest with SpaBell vanes by bending over from waist and not pulling SpaBells in too close to the body on the upward stroke. Repeat.
3. **PUNCH/PULL** A. Primary resistance - LARGE VANES (shown), SMALL VANES (optional); Keep SpaBells below water surface; With PUNCHING MOTION push one SpaBell forward while pulling the other one backward. B. Alternate punching motion. Repeat.
4. **DOWNWARD CHEST CIRCLES** Primary resistance - Transitional from LARGE VANES to SMALL VANES; Bend over slightly from waist; Keep back and legs straight; Hold SpaBells so LARGE VANES are vertical; Simultaneously swing arms outward at top of circular pattern, then swing down and pull SpaBells toward each other — at bottom of pattern pull straight up to starting position. Repeat.
5. **CHEST-CROSS** A. Primary resistance - FUNNELS; Hold SpaBells so LARGE VANES are horizontal; Feet apart; Elbows slightly bent; Pull SpaBells simultaneously around to front, crossing one over the other. B. Pull SpaBells simultaneously apart, returning arms to spread position. Repeat. **NOTE:** When repeating motion, cross opposite SpaBell under.
6. **FLAP** A. Primary resistance - LARGE VANES (shown), SMALL VANES (optional); **FLAP** arms simultaneously downward, ending motion at hips. B. Raise arms simultaneously to water surface. Repeat.

aligning it with notches. Slip hand under rubber band and cup Dome Cap in hand.



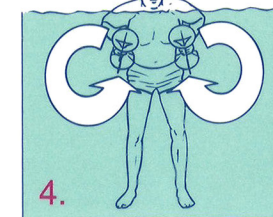
DOG PADDLE



Note: Remember to relax your grip and wiggle your fingers occasionally to avoid hand strain.

No lap lane required for this quasi swim stroke

DOWNWARD CHEST CIRCLES



If the lid is tight you can remove it using a flathead screwdriver

7. ONE ARM SWEEP A. Primary resistance - FUNNELS; Hold SpaBell with LARGE VANES horizontal; With elbows slightly bent, sweep SpaBell across to opposite side. B. Pull SpaBell back to opposite side. Repeat.

8. PLUNGES A. Primary resistance - LARGE VANES (shown), SMALL VANES (optional); Simultaneously PLUNGE the SpaBells straight down at sides. B. Simultaneously RAISE SpaBells to just below water surface. Repeat. **Variation:** Alternately raise and lower the SpaBells. This works the side muscles more.

9. FOREARM TWISTER A. Primary resistance - LARGE VANES (shown), SMALL VANES (optional); ROTATE SpaBells outward using grip position as a pivot point; Keeping arms straight puts emphasis on wrists and forearms. B. Rotate SpaBells inward. Repeat. **Variation:** Hold SpaBells in front and simply CURL and UNCURL the wrists, thus engaging the LARGE and SMALL VANES simultaneously.

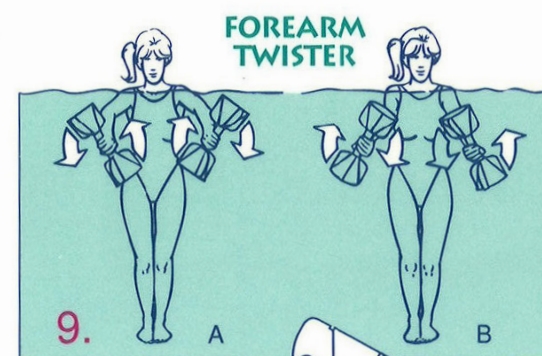
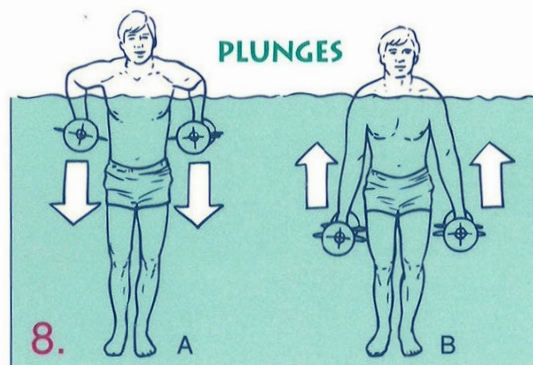
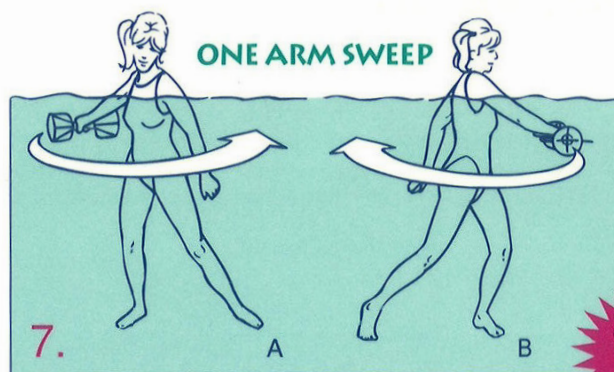
10. OVERHAND OR UNDERHAND CURLS Primary resistance - LARGE VANES (shown), SMALL VANES (optional); For OVERHAND CURL, grip SpaBells so back of hand faces up — For UNDERHAND CURL, grip is palm up; **Important:** Make elbows **fixed** flex points; Alternately PUMP the SpaBells up and down, bending arms only at the elbows; Hands should almost touch top of knees when arms are extended downward.

11. TRICEP BLAST Primary resistance - FUNNELS; **START** Hold the SpaBells with the LARGE VANES vertical; **Important:** Make elbows **fixed** flex points to emphasize tricep muscles; Simultaneously straighten both arms by pulling SpaBells as far back as possible. **RETURN TO START** — Keep elbows as **fixed** flex points; Bring SpaBells forward by bending arms only at the elbows. Repeat.

12. ROTATOR PULL/PUSH A. Primary resistance - LARGE VANES (shown), SMALL VANES (optional); Simultaneously pull SpaBells apart while keeping elbows a relatively fixed pivot point. B. Simultaneously push SpaBells together. Repeat. **Variation:** Instead of pushing SpaBells straight back together, return to starting position by first pushing the SpaBells forward, then bringing them together, thus, creating a circular pattern. This emphasizes the chest muscles. Reversing directions of the circular pattern emphasizes the upper back muscles.

EXERCISE PRECAUTIONS

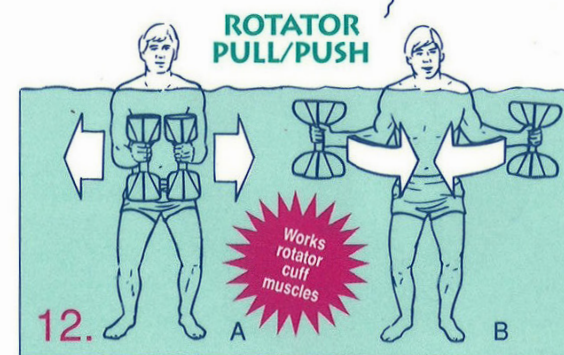
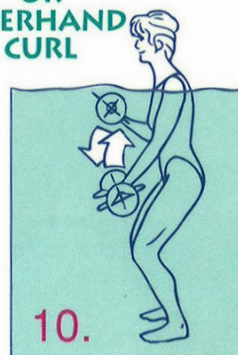
- Check with your doctor before engaging in these exercises.
- Don't overdo it. If you experience any unusual muscle or joint pain STOP that particular exercise. Increase the intensity and duration of your exercise sessions slowly to avoid injuries.
- At a minimum, know how to float and tread water.



Tip: Placing thumb on an adjacent vane provides extra stability while performing certain exercises e.g. #2, #3, #8, etc.



UNDERHAND OR OVERHAND CURL



REMEMBER: 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!

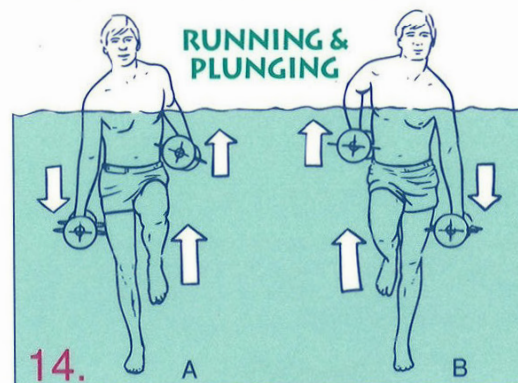
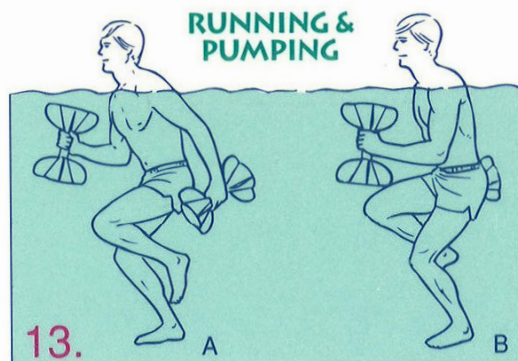
MS & LEGS — Highly AEROBIC

RUNNING & PUMPING Primary resistance - FUNNELS; Hold SpaBells with LARGE VANES *vertical*; While **RUNNING IN PLACE** pump arms up & down, bending elbows significantly on forward upstroke; Keep arm and leg motions in sync. Repeat.

RUNNING & PLUNGING Primary resistance - LARGE VANES (shown); SMALL VANES (optional); While **RUNNING IN PLACE** perform upward & downward plunges with the SpaBells: **NOTE:** As left knee rises also raise the left SpaBell and vice versa — this is different from the way you normally move your arms and legs when performing a running motion as in #13. Repeat.

JUMPING JACKS A. Primary resistance - SMALL VANES (preferable because arm speed is faster); Do a **JUMPING JACK** by simultaneously swinging arms up while stepping up and spreading feet apart. B. Simultaneously pull arms down to sides while jumping up and bringing feet together. Repeat.

CROSS COUNTRY Primary resistance - FUNNELS; Hold SpaBells with LARGE VANES *vertical*; Imitate "CROSS COUNTRY SKI" motion; While swinging arms forward and backward, simultaneously switch position of feet forward and backward, i.e. as right arm travels back, left foot switches forward and vice versa. Repeat.



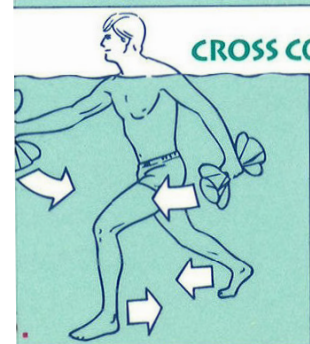
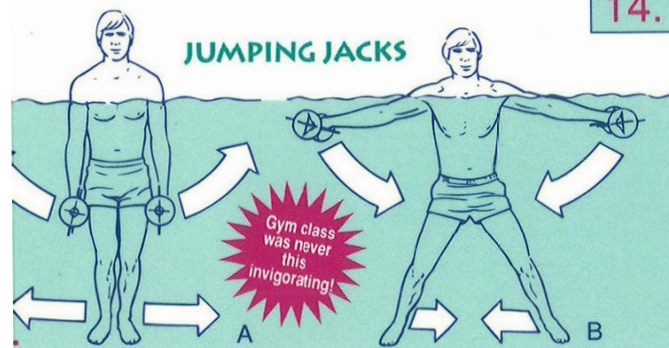
DOME CAPS attached to SpaBells (Water Filled) for performing Free-weight exercises

Important: Only perform free-weight exercises (with water filled SpaBells) in and around the pool area to avoid the possibility of damaging furniture, carpet, etc. by water leaking from SpaBell.

17. FLAP-UPS A&B SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water alternately raise and lower each SpaBell with arms kept straight. Emphasis is on the shoulders.

18. SHOULDER PRESS A&B SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water do **SHOULDER PRESSES** by alternately raising each SpaBell straight overhead. Be careful not to bang your shoulders or head with the LARGE VANES. Repeat. **NOTE:** Use less water in SpaBells if they seem too heavy for this or any other free-weight exercise. Use only enough weight to perform 10-20 reps without undue strain. For maximum weight, hold both SpaBells in one hand.

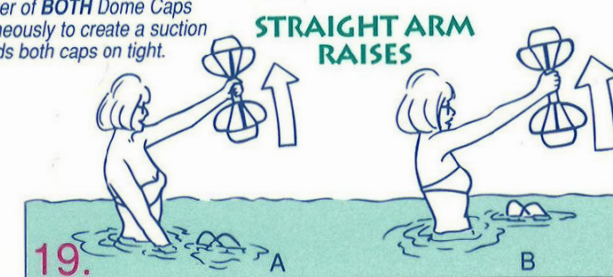
19. STRAIGHT ARM RAISES A. SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water simultaneously **RAISE** SpaBells straight up as high overhead as possible; Keep elbows slightly bent. B. Lower arms slowly. **NOTE:** In the interest of conserving space, other free-weight exercises such as **UNDERHAND** or **OVERHAND BICEP CURLS** are not shown.



Hold SpaBell underwater; line up notch with vane; press **HARD** on one side, then press in center of Dome Cap to force it on completely.



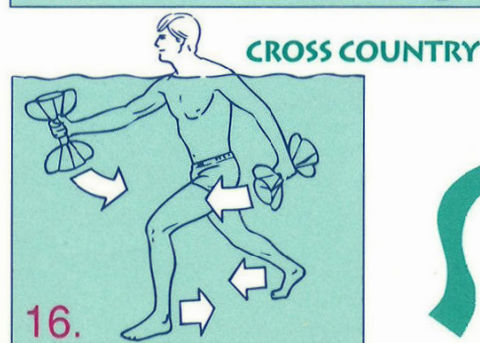
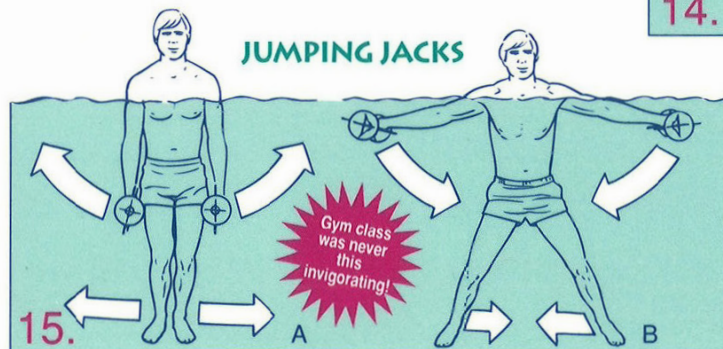
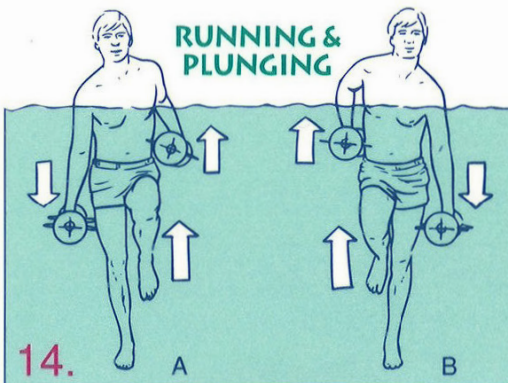
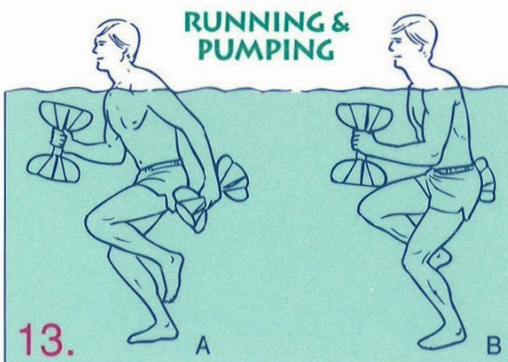
Tip: While holding SpaBell underwater, **DEPRESS** the center of **BOTH** Dome Caps simultaneously to create a suction that holds both caps on tight.



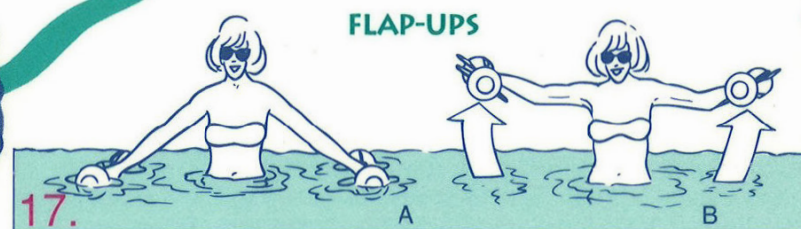
NOTE: When **FILLED** with water, each SpaBell weighs approximately 8 lbs.

ARMS & LEGS — Highly AEROBIC

- 13. RUNNING & PUMPING** Primary resistance - FUNNELS; Hold SpaBells with LARGE VANES vertical; While **RUNNING IN PLACE** pump arms up & down, bending elbows significantly on forward upstroke; Keep arm and leg motions in sync. Repeat.
- 14. RUNNING & PLUNGING** Primary resistance - LARGE VANES (shown); SMALL VANES (optional); While **RUNNING IN PLACE** perform upward & downward plunges with the SpaBells: **NOTE:** As left knee rises also raise the left SpaBell and vice versa — this is different from the way you normally move your arms and legs when performing a running motion as in #13. Repeat.
- 15. JUMPING JACKS** A. Primary resistance - SMALL VANES (preferable because arm speed is faster); Do a "JUMPING JACK" by simultaneously swinging arms up while jumping up and spreading feet apart. B. Simultaneously pull arms down to sides while jumping up and bringing feet together. Repeat.
- 16. CROSS COUNTRY** Primary resistance - FUNNELS; Hold SpaBells with LARGE VANES vertical; Imitate "CROSS COUNTRY SKI" motion; While swinging arms forward and backward, simultaneously switch position of feet forward and backward, i.e. as right arm travels back, left foot switches forward and vice versa. Repeat.



Hold SpaBell underwater; line up notch with vane; press **HARD** on one side, then press in center of Dome Cap to force it on completely.



Tip: While holding SpaBell underwater, DEPRESS the center of BOTH Dome Caps simultaneously to create a suction that holds both caps on tight.



DOME CAPS attached to SpaBells (Water Filled) for performing Free-weight exercises

Important: Only perform free-weight exercises (with water filled SpaBells) in and around the pool area to avoid the possibility of damaging furniture, carpet, etc. by water leaking from SpaBell.

- 17. FLAP-UPS** A&B SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water alternately raise and lower each SpaBell with arms kept straight. Emphasis is on the shoulders.
- 18. SHOULDER PRESS** A&B SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water do **SHOULDER PRESSES** by alternately raising each SpaBell straight overhead. Be careful not to bang your shoulders or head with the LARGE VANES. Repeat. **NOTE:** Use less water in SpaBells if they seem too heavy for this or any other free-weight exercise. Use only enough weight to perform 10-20 reps without undue strain. For maximum weight, hold both SpaBells in one hand.
- 19. STRAIGHT ARM RAISES** A. SpaBell configuration - DOME CAPS attached (water filled); While standing in waist deep water simultaneously **RAISE** SpaBells straight up as high overhead as possible; Keep elbows slightly bent. B. Lower arms slowly. **NOTE:** In the interest of conserving space, other free-weight exercises such as **UNDERHAND** or **OVERHAND BICEP CURLS** are not shown.

NOTE: When FILLED with water, each SpaBell weighs approximately 8 lbs.

DOME CAPS attached to SpaBells (Air Filled/Buoyancy Mode) — for LEG exercises

Important: A SpaBell with Dome Caps attached and filled with air **IS NOT A LIFE SAVING DEVICE**. In a panic situation the DOME CAPS could become dislodged and the SpaBell would immediately lose its buoyancy.

20. HANGING CROSS SPLITS A&B SpaBell Configuration - DOME CAPS attached (air filled); While using SpaBells to support body (with feet off pool bottom) swing legs wide apart and then bring feet back together. Repeat. **Variation:** When bringing feet back together, cross one foot over the other as far as possible; Alternate which foot crosses in front on successive repetitions. **NOTE:** SpaBells can also be tucked under each arm if desired (See drawing at left of #20).

21. PRONE KICKS SpaBell configuration - DOME CAPS attached (air filled); While supporting body in a prone position with arms straight down holding SpaBells steady, either do deep "SCISSOR KICKS" (shown) or do "FLUTTER KICKS". You can also do "FROG KICKS" or a "BICYCLING" motion from this position. **NOTE:** Leave room to move through the water, since this exercise will propel you forward.

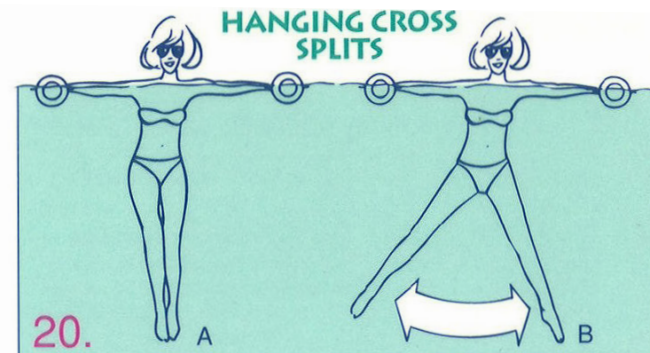
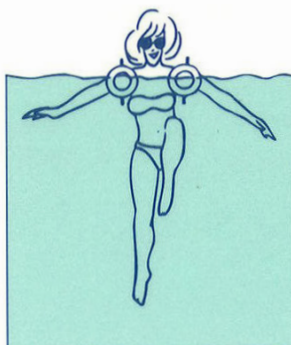
22. HANGING CROSS LEG PUMPS A&B SpaBell configuration - DOME CAPS attached (air filled); While using SpaBells to support body perform "BICYCLING" motion with legs; Feet do not touch pool bottom. Repeat. **Variation:** Instead of bicycling motion, keep legs straight and do "SCISSOR KICKS". Repeat.

23. SUSPENSION RUNNING SpaBell configuration - DOME CAPS attached (air filled); While using SpaBells to suspend body in water simply "RUN IN PLACE" and vigorously pump arms back and forth; Bring knees up as high as possible. **Variation:** Use "SCISSOR KICK" motion, i.e. legs kept straight throughout motion. Repeat.

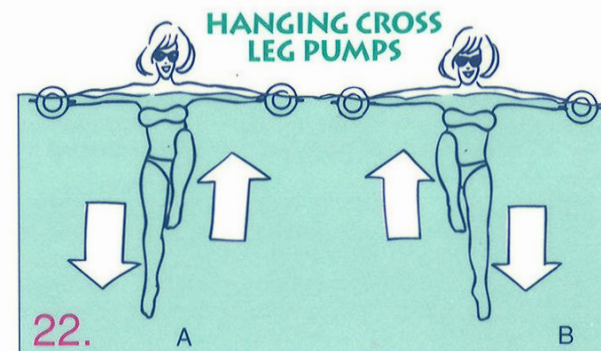
24. RUNNING IN CIRCLES A&B SpaBell configuration - DOME CAPS attached (air filled); While using SpaBells to support body, begin "BICYCLING" while attempting to lie on your left side; Proceed in a COUNTER-CLOCKWISE direction for several revolutions, then switch to your right side and proceed in a CLOCKWISE direction for several revolutions.

25. PIKE KICKS SpaBELL configuration - DOME CAPS attached (air filled); Hold SpaBells with arms straight out in front; "SCISSOR KICK", "FLUTTER KICK" or "FROG KICK" so that you move backwards through the water; Continue as space allows.

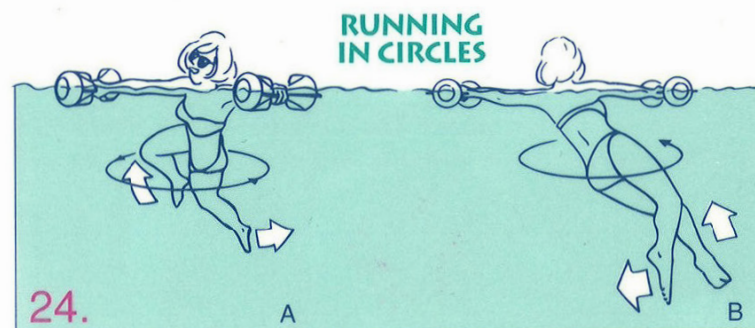
SpaBells can also be tucked under each arm, if desired, to give your hands a rest.



26. STOMACH CRUNCH A&B SpaBell configuration - DOME CAPS attached (air filled); From starting position (feet on pool bottom, arms outstretched) simultaneously pull back SpaBells as far back as possible while pulling both feet up to water surface. Return to starting position. Repeat. **Variation:** Instead of returning feet to pool bottom, swing feet from water surface in front all the way back behind you. At this point, you have returned SpaBells to front position and your body is stretched out in a somewhat prone position. **NOTE:** This variation takes some practice and is more strenuous and aerobic.



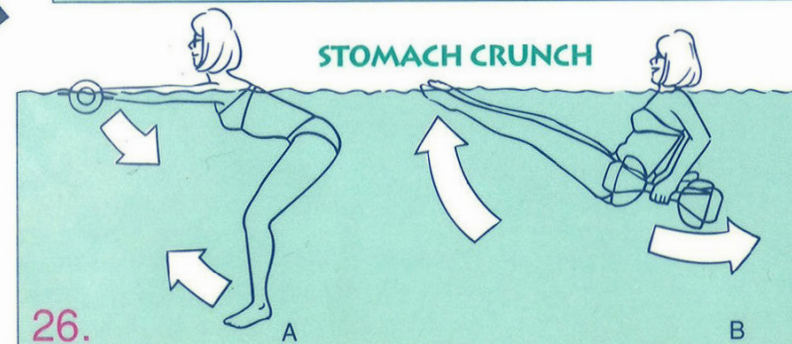
Press **HARD** on one side, until you feel a 'POP', then, similarly press on opposite side to secure Dome Cap.



PIKE KICKS



STOMACH CRUNCH



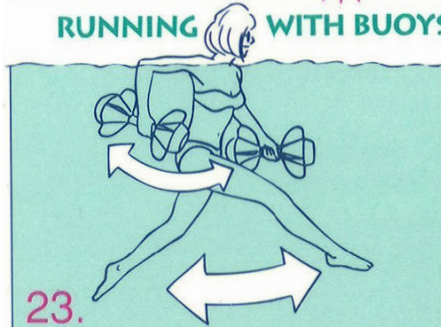
Watch out for people and pool walls behind you!

If the lid is tight you can remove it using a flathead screwdriver

PRONE KICKS

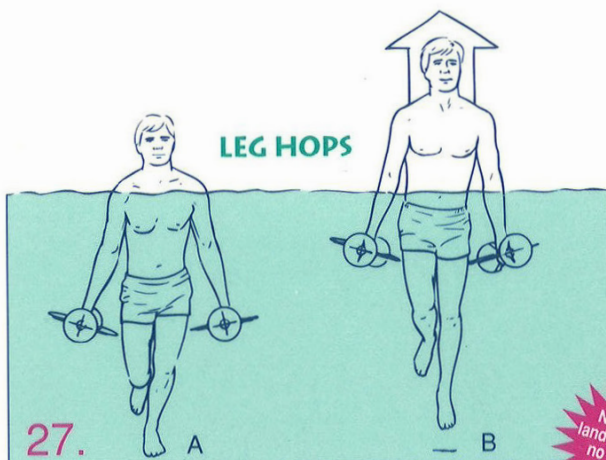


RUNNING WITH BUOYS



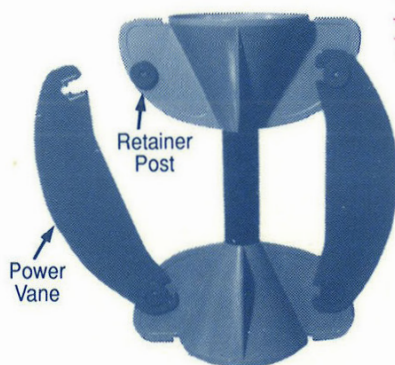
POWER VANES attached to SpaBells — for building UPPER BODY strength (except #27 which is a LEG exercise)

27. LEG HOPS A&B Primary resistance - POWER VANES; Hold POWER VANES horizontal and arms extended down at sides; Keep arms stiff and leap straight up off left foot (as

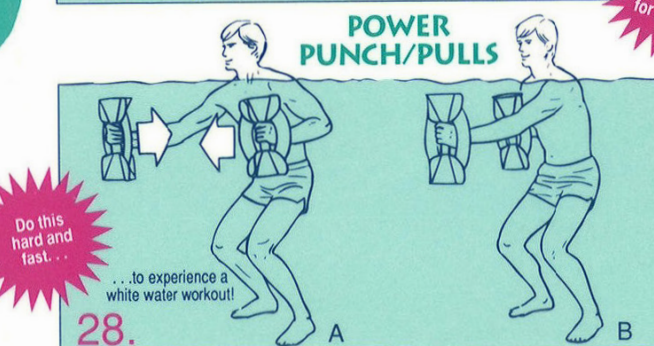


LEG HOPS

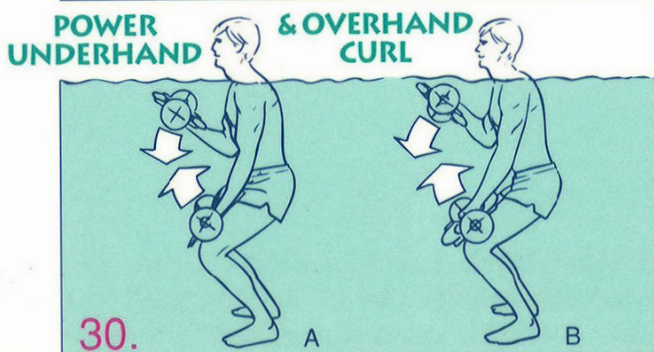
Power Vanes 'CLICK' under Retainer Post



Tip: When removing Power Vanes, hold the SpaBell underwater. This makes pulling off the Power Vanes easier.



POWER PUNCH/PULLS



POWER UNDERHAND & OVERHAND CURL

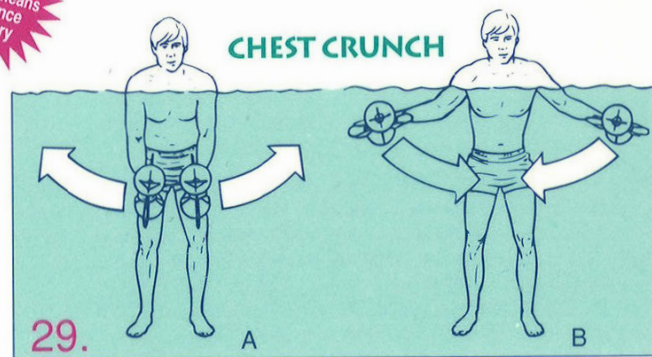
shown); Land gently on same foot. Repeat, then switch to right foot. **Variation:** Jump up and land on both feet.

28. POWER PUNCH/PULLS A&B Primary resistance - POWER VANES; While standing with feet apart, alternately PUNCH forward and PULL back the SpaBells; Keep SpaBells underwater at all times. Repeat.

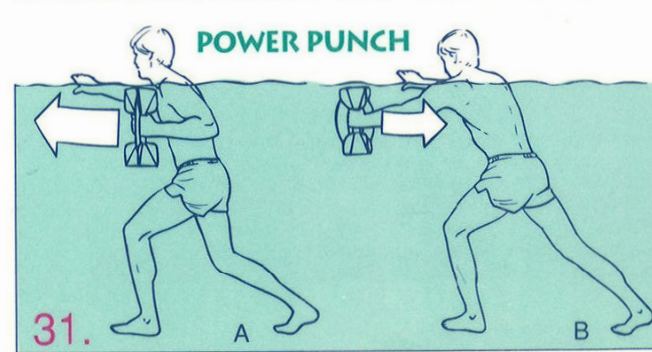
29. CHEST CRUNCH A. Primary resistance - POWER VANES; Bend over from waist; Hold SpaBells with POWER VANES vertical; Simultaneously raise arms, pulling SpaBells apart. B. Simultaneously CRUNCH SpaBells down towards each other; Emphasis is on the chest muscles; **Variation:** Perform exercise using circular pattern as shown in #4.

30. POWER UNDERHAND & OVERHAND CURLS A. Primary resistance - POWER VANES; Using UNDERHAND grip, do BICEP CURLS; Alternately raise and lower SpaBells so back of hand nearly touches top of knee; Keep elbows as **fixed** flex points. Repeat. B. Same as above except use OVERHAND grip.

31. POWER PUNCH A. Primary resistance - POWER VANES; Use only one SpaBell for this exercise; Stand diagonally to pool wall and use free hand to brace yourself; Feet are spaced wide apart (left foot in front, right foot behind, as shown); From cocked position PUNCH left arm forward, to full extension. B. PULL back hard to starting position using legs and right arm to brace yourself. Repeat, then switch SpaBell to right arm and repeat.



CHEST CRUNCH

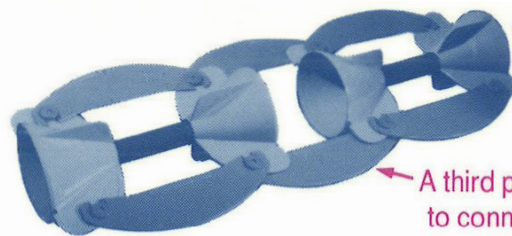


POWER PUNCH

If the lid is tight you can remove it using a flathead screwdriver

MAX. POWER VANE SET-UP

Two SpaBells (with Power Vanes attached) **CONNECTED** together with an extra pair of Power Vanes. (6 Power Vanes total) — for heavy duty UPPER BODY work

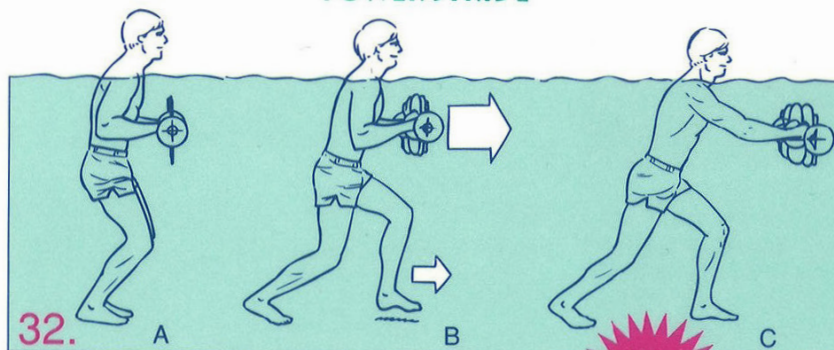


Note: Try to avoid **over bending** the middle Power Vanes. Never hold set-up out of water by just one SpaBell.

A third pair of Power Vanes is used to connect two SpaBells together.

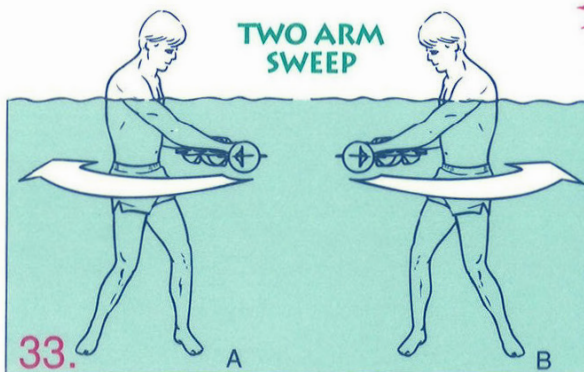
32. POWER STRIDE A. Primary resistance - 3 pairs of POWER VANES; Hold SpaBells so POWER VANES are vertical; Both feet are together at this point. B. Lean forward and step with either left or right foot; As your forward foot is landing, push the SpaBell configuration forward **HARD**, using your back leg to brace yourself; Fully extend your arms. C. From the fully extended position, bring your back foot up beside your forward foot while you pull back on the SpaBells to recock your arms; Step forward again to repeat this "POWER STRIDE" motion. Repeat as space allows.

POWER STRIDE



33. TWO ARM SWEEP A. Primary resistance - FUNNELS; Hold SpaBells with POWER VANES horizontal; Swing configuration from left to right side; Pull mainly with right arm and right side; Keep feet firmly planted. B. Swing SpaBell configuration from right to left side, this time pulling mainly with left arm and left side. Repeat.

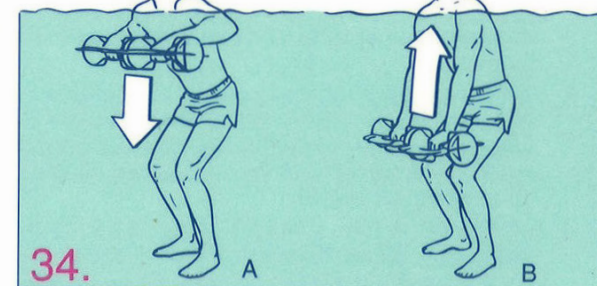
TWO ARM SWEEP



This is a total body bench press

34. PLUNGE & LIFT A. Primary resistance - 3 pairs of POWER VANES; Hold SpaBell configuration with POWER VANES horizontal; Keep back straight and bend over slightly from waist; Push SpaBells straight down, fully extending arms. B. Lift SpaBells straight up to surface of water. Repeat.

PLUNGE & LIFT



35. OVERHAND CURL/DIVE RETURN A. Primary resistance - 3 pairs of POWER VANES; Hold SpaBells with OVERHAND grip, but slip hands under POWER VANES, then over grips, i.e. POWER VANES should rest on top of forearms; Keep back straight and knees bent; Lift configuration by doing **BICEP CURL**; Keep elbows as **fixed** flex points for this part of motion. B. At top of **BICEP CURL** swing elbows back and up while curling wrists downward to bring POWER VANES into a vertical position. C. Dive SpaBell configuration, edge first, straight down until arms are fully extended to starting position. Repeat.

OVERHAND CURL/DIVE RETURN



36. UNDERHAND CURL A. Primary resistance - 3 pairs of POWER VANES; Hold SpaBells with UNDERHAND grip; POWER VANES should rest on top of forearms; Keep back straight and knees bent; Lift configuration by doing a **BICEP CURL**; Keep elbows as **fixed** flex points. B. Return configuration to starting point by extending arms until back of hands nearly touch top of knees. Repeat.

UNDERHAND CURL



Pumping water is a refreshing change of pace

Panel 6

If the lid is tight you can remove it using a flathead screwdriver