

Flow-Ball **ULTRA**®

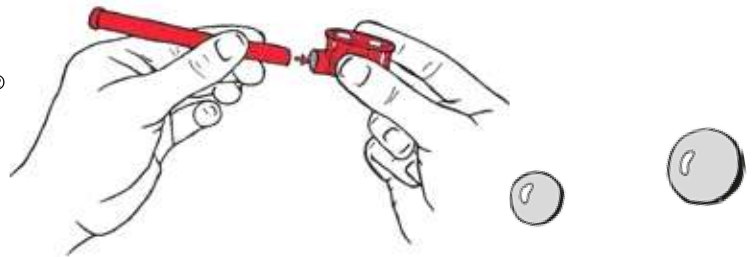
By POWERbreathe®



Getting started:

Before you start, assemble the Flow-Ball ULTRA® handle and basket together




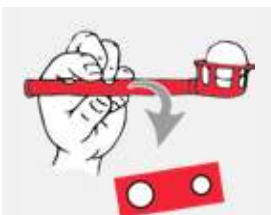
Your Flow-Ball ULTRA® is now ready for use.



Some ideas how to play with the Flow-Ball ULTRA®:

- > Blow the ball in the air and catch it in the basket, repeat as often as you like
- > Blow the ball up in the air as high as you can and keep it there for as long as possible
- > Blow the ball up in the air and try to keep it in the air whilst turning yourself round in a circle
- > Tilt the Flow-Ball ULTRA® slightly upwards or downwards (from horizontal) and blow through it so that the ball spins round at different speeds
- > Put a bowl or similar object on the table. Stand back from the table. Take a deep breath, blow through your Flow-Ball ULTRA® and try to get the ball into the bowl. Play with a friend and keep score.
- > 2 Player Game / Exercise: Tilt the Flow-Ball ULTRA® down slightly and blow the ball up high. Your partner should start blowing through their Flow-Ball ULTRA® and try to scoop the floating ball from you in mid-air. Now take a breath and try to scoop it back. The aim is to pass the ball backwards and forwards between you without the ball touching either of your baskets or dropping it!
- > Try passing it between multiple people in a circle.

Eight resistance levels

<div>Low</div> <div>High</div>		RESISTANCE LEVEL 1 KEEP BOTH HOLES COVERED
		RESISTANCE LEVEL 2 KEEP THE LARGE HOLE COVERED
		RESISTANCE LEVEL 3 KEEP THE SMALL HOLE COVERED
		RESISTANCE LEVEL 4 KEEP BOTH HOLES UNCOVERED

Resistance level 1 = low resistance/resistance level 4 = high resistance

2 different balls provide 8 different resistance levels altogether

SMALL BALL
LOW RESISTANCE



LARGE BALL
HIGH RESISTANCE



With the small ball you achieve a low level of resistance. The large ball is for advanced exercises and allows you to achieve a higher level of resistance.

Care and Maintenance

Because your Flow-Ball ULTRA® will be exposed to saliva during use, we recommend that your Flow-Ball ULTRA® is cleaned after use. Remove the basket from the stem and wash all parts in soapy water, rinse with clean water, dry thoroughly and reassemble. Once a week we recommend that the device is cleansed using approved cleansing tablets.

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