

Flow-Ball **ULTRA**®



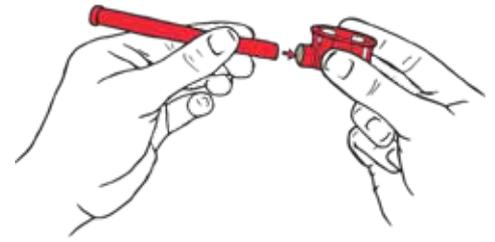
by POWERbreathe®

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

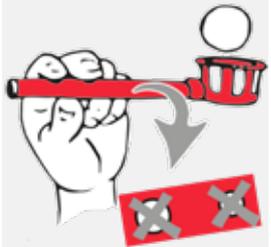
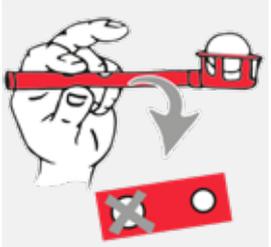
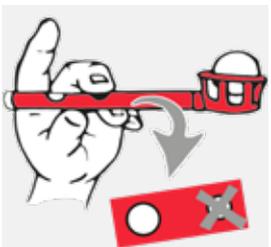
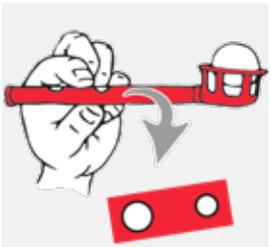
- > Blow the ball upwards as often as you like and catch it again in the pipebowl.
- > Keep the ball in the air as high and long as possible.
- > Blow the ball high while turning yourself around once or twice.
- > Move the Flow Ball ULTRA® slightly up- or downwards, blow just a little bit so that the ball turns itself around more or less quickly.
- > Put a bowl on the table, keep a certain distance, breathe in deeply, blow the ball and try to hit it.
- > Blow the ball high to your partner by inclining the pipe forward. Your partner then takes it over by blowing it into the reach of his air cone. He now tries to keep the ball in the air as long as possible until his partner has breathed in again and thus can take over the ball again. This process can be continued as long as you like.
- > It is also suitable as a round game.

Getting started:

Before you begin, stick together the net and the handle.
The Flow-Ball ULTRA® is now ready for use.



Eight resistance levels

Low		RESISTANCE LEVEL 1 KEEP BOTH OPENINGS CLOSED.
		RESISTANCE LEVEL 2 KEEP THE LARGE OPENING CLOSED.
		RESISTANCE LEVEL 3 KEEP THE SMALL OPENING CLOSED.
		RESISTANCE LEVEL 4 KEEP BOTH OPENINGS OPEN.
High		

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

2 different balls result in 8 different resistance levels

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.