

Flow-Ball **ULTRA**®

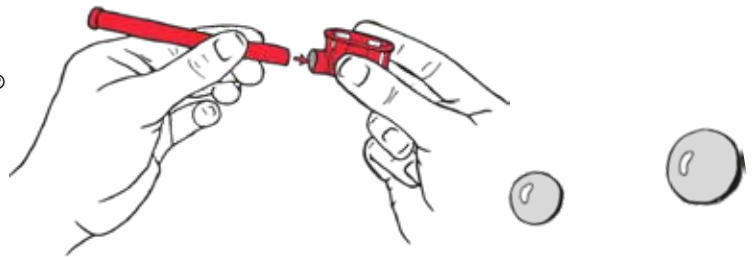
By POWERbreathe®



Getting started:

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


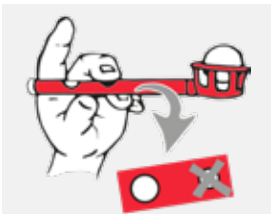
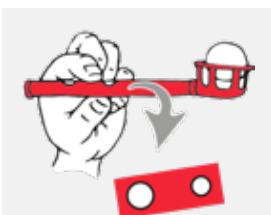
Your Flow-Ball ULTRA® is now ready for use.



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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Flow-Ball ULTRA is not a toy. This product is designed to be used for breathing exercises only. Any other use is not recommended. The material in this manual is for information purposes only. POWERbreathe International Ltd makes no representations or warranties with respect to this manual or with respect to the products described herein. No claims are made or implied in the use or results by the use of equipment herein. POWERbreathe International Ltd shall not be liable for any damages, direct, indirect or incidental, consequential or special, arising out of or related to the misuse or deviations from the intended use of this material or the products described herein.

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