

AQUABELLS TO THE RESCUE!

Move over heavy weights, we've found the best substitute, AquaBells!

No longer will I tote around dumbbells in my carry-on that prompt that silly question, "How many gold bars have you got in there?"

I recently kept up my routine with AquaBells in the Caribbean and they are just as great for my workouts as I travel around Australia and New Zealand.

AquaBells (as the name implies) are inflatable using water stored in chambers for a maximum of 32 lbs. per pair. Just fill them up and voila you've got dumbbells that rival the ones at the gym after you attach the cushioned grips. If you want to strengthen your lower extremities, fill ankle weight chambers to a level that result in a total of eight pounds or less per pair and velcro the weights around the ankles.

The chambers are fully collapsible and deflate within seconds for easy storage while traveling. The empty dumbbells weigh 24 ozs. while the ankle weights are a mere eight ounces.

Designed in heavy duty vinyl, they are guaranteed to be leak-proof. AquaBells are the next best thing to a portable gym and are priced at US\$49.95 for the dumbbells, while the ankle weights cost \$24.95. Order both sets and pay only US\$69.95 plus shipping and handling.

AquaBells are sold at www.aquabells.com or by telephone at 509-325-4266.

- PamelaAnn Campbell

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