Lift 4 bottles* of water a day...and drink them, too!

Bottle Curl (biceps)
Sit upright with a water bottle in each hand, arms at your sides. Bend your elbows and slowly curl your arms toward your chest. Then, in a slow, controlled motion, lower to start. Do 12-14 repetitions.

Bench Press (shoulders, triceps)
Note: not recommended for those with shoulder injuries.
Sit all the way back in your chair with your spine straight and abdominals pulled in. Hold a water bottle in each hand to each side at shoulder height. Lift arms overhead, palms facing each other and shoulders relaxed. Then in a slow, controlled motion, lower bottles to start. Do 12-14 repetitions.

Consult with your doctor before starting an exercise program.

*Water bottle is intended to be a 16-20 oz. size.

Answer Line: 1-800-262-3804
Web site—
http://www.extension.iastate.edu/families/
**Lateral (shoulders, triceps)**
Sit upright with a water bottle in each hand, arms at your sides. Keeping your arms straight, slowly raise your arms to your sides to shoulder height. Then, in a slow, controlled motion, lower to start. Do 12-14 repetitions.

**Front Lateral (shoulders, triceps)**
Sit upright with a water bottle in each hand, arms at your sides. Keeping your arms straight, slowly raise your arms in front of you to shoulder height. Then, in a slow, controlled motion, lower to start. Do 12-14 repetitions.

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