



JUMBO WATE™ BAR

Easy-to-grip, foam-covered CanDo® Jumbo WATE™ exercise bars come in weights ranging from 2.5 lbs to 25 lbs. Colored end caps easily identify the weight of each bar. CanDo® jumbo WATE™ exercise bars can be used in supine and standing position to increase strength and ROM, and to improve endurance, balance and motor skills. The CanDo® jumbo WATE™ bars perfect for use in therapy, fitness, aerobics, yoga and pilates.

Choose the CanDo® WATE™ bar that's right for you!

10-1636	2.5 lbs	1.14 kgs	tan
10-1637	5 lbs	2.27 kgs	yellow
10-1638	7.5 lbs	3.41 kgs	red
10-1639	10 lbs	4.55 kgs	light green
10-1614	12.5 lbs	5.67 kgs	dark green
10-1615	15 lbs	6.80 kgs	light blue
10-1616	17.5 lbs	7.94 kgs	dark blue
10-1617	20 lbs	9.07 kgs	black
10-1618	22.5 lbs	10.21 kgs	silver
10-1619	25 lbs	11.34 kgs	gold



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UPPER BODY EXERCISES for Conditioning and Strengthening

These are just a few exercises. The Cando® jumbo WATE™ bars are so versatile, you can use them in any upper body exercise in your present strengthening regime. *The limit is your imagination!!!*

Grip WATE™ bar with hands shoulder-width apart.

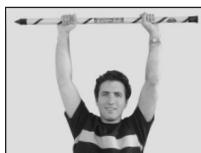
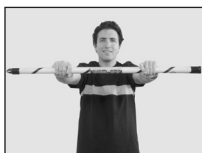
SHOULDER FORWARD PRESS (sitting or standing)

Hold bar with palms DOWN. Exhale as you slowly raise your arms to shoulder level. Maintaining this level, inhale as you bring the bar to your chest. Exhale as you push the bar away. Repeat for desired repetitions.



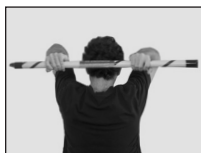
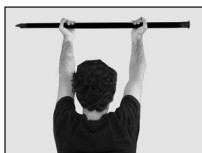
OVERHEAD LIFTS (sitting, standing or lying down)

Hold bar with palms DOWN. Keeping elbows slightly bent, exhale as you raise WATE™ bar over your head. Inhale as you lower bar to starting position. Repeat for desired repetitions.



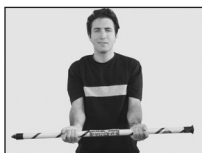
FOREARM PRESS (sitting or standing)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows slightly bent, exhale as you raise the bar over your head. Inhale as you lower the bar behind your head resting on the neck, elbows pointing to ceiling. Exhale as you lift the bar overhead until elbows are nearly extend. Repeat for desired repetitions.



FOREARM CURLS (sitting, standing or lying down)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows straight. Keep elbows close to your side for this exercise. Exhale as you “curl” bar as close to your chest as you can. Inhale as you lower your arms to starting position. Repeat for desired repetitions.



WARNING: Consult with your doctor or therapist before starting any rehabilitation or exercise program. Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).