



JUMBO WATE™ BAR

The easy-to-grip, foam-covered CanDo® Jumbo WATE™ exercise bars come in weights ranging from 2½ lbs to 25 lbs. Colored end caps easily identify the weight of each bar. CanDo® Jumbo WATE™ exercise bars can be used in supine, sitting and standing position to increase strength and ROM, and to improve endurance, balance and motor skills. The CanDo® Jumbo WATE™ bar is perfect for use in therapy, fitness, aerobics, yoga, and pilates.

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

10-1636	2½ lb	1.14 kg	tan
10-1637	5 lb	2.27 kg	yellow
10-1638	7½ lb	3.41 kg	red
10-1639	10 lb	4.55 kg	light green
10-1614	12½ lb	5.67 kg	dark green
10-1615	15 lb	6.80 kg	light blue
10-1616	17½ lb	7.94 kg	dark blue
10-1617	20 lb	9.07 kg	black
10-1618	22½ lb	10.21 kg	silver
10-1619	25 lb	11.34 kg	gold



Fabrication Enterprises Inc.
P.O. Box 1500
White Plains, NY 10606 (USA)
Tel: 1-914-345-9300 / 800-431-2830
fax: 1-914-345-9800 / 800-634-5370
www.Fab-Ent.com



Authorized CE representative:
RMS UK Ltd.
28 Trinity Road
Nailsea, Somerset BS48 4NU (UK)

UPPER BODY EXERCISES for Conditioning and Strengthening

These are just a few exercises. The CanDo® Jumbo WATE™ exercise bar is so versatile, you can use it in any upper body exercise in your present strengthening regime.

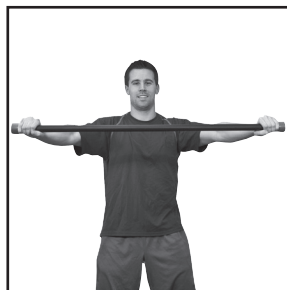
Forearm Curls (sitting, standing, or lying down)

Hold bar with palms facing UP. Start 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 arms to starting position. Repeat for desired repetitions.



Overhead Lifts (sitting, standing, or lying down)

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



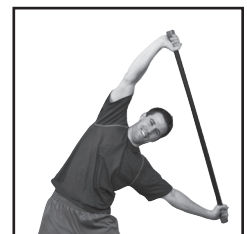
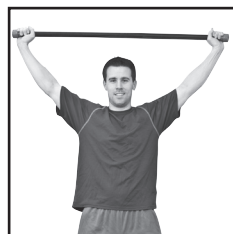
Forearm Press (sitting or standing)

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, elbows pointing to ceiling. Exhale as you lift the bar overhead until elbows are nearly extend. Repeat for desired repetitions.



Side Bend (sitting or standing)

Hold bar with palms DOWN. Start with Jumbo WATE™ bar over your head with elbows slightly bent. Exhale as you bend from the waist towards the left or right. Keeping bar above your head, inhale as you return to center position. Follow same directions toward our other side. Repeat both sides for desired repetitions.



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

For our complete line of CanDo® exercise products, visit us at
www.Fab-Ent.com