



### EXERCISES WITH HALF-A-LITRE BOTTLES

Welcome at exercises with an exercising weight. We use bottles specially formed into dumbbells filled with water. But you can also use half-a-litre pet bottles filled with water or sand (they will be heavier).

#### **Exercise 1:**

Standing up straight, your feet at the width of the hips, the tips aimed forward, sense the little bones under your big toes, your little toes and the centres of the heels. Your back is straight, your head stretched, keep your shoulders away from the ears. There is a dumbbell in each hand.

Breathe in and breathing out let your right arm go down with your head stretching into a right side bend. Breathing in return back and breathing out bend the other side.

Repeat that four times to each side.

#### **Exercise 2:**

Standing up straight – your feet at the width of the hips, the tips aimed forward, sense the little bones under your big toes, your little toes and the centres of the heels. Slightly release your knees the pelvis stays relaxed. Your back straight, your head stretched, mind your shoulders stay away from the ears. There is a dumbbell in each hand your palms are turned forward.

Breathing out bend your right hand up to the shoulder, breathing in stretch it back. Do the same with your left hand. Your shoulders down, your elbows at the trunk, repeat it several times.

Then breathing out bend both arms at the same time up to the shoulders and breathing in stretch it continuously back without letting arms down. Repeat that several times.

#### **Exercise 3:**

Standing up straight, your feet at the width of the hips, the tips aimed forward, sense the little bones under your big toes, your little toes and the centres of the heels. Your back is straight, your head stretched, mind your shoulders stay away from the ears. Hold a dumbbell in each hand, your palms are turned towards the thighs.

As if you were walking move one arm forward and the other backward.

The movement is smooth, without any lash, you are breathing freely and keeping the shoulders broad away from your ears all the time.

Then you can add swinging your knees to the arm movement. Your knees stay at the width of the feet, they do not go near each other. Breathe freely and repeat it several times.

#### **Exercise 4:**

Lying on your abdomen, one hand under your head, the other arm along your body holding the dumbbell.



Lift this arm with the dumbbell up, keep the pelvis pushed forward, your shoulders straight and turn the dumbbell to one side and to the other side as if you wanted to turn your palm to the ceiling and back to the ground.

Try to rotate the arm every time a bit further to enlarge the rotation in the shoulder. The scapula should be drawn to the back your shoulder does not fall down. Breathe freely and repeat this several times. Then change the arms.

### **Exercise 5:**

Lying on your side, your legs bent in front of your body to keep stabilized. The lower arm is under your head, the upper arm is stretched in front of the body holding the dumbbell. Keep the shoulder away from the ear.

Breathing out lift the dumbbell up to the ceiling and breathing in return it continuously back without putting it down. Try neither to turn your body back after the dumbbell nor to look at it.

Repeat this several times and then do it on the other side.

### **Exercise 6:**

Supported on your four, the knees at the width of the hips, lean against one palm holding a dumbbell in the other hand. Your shoulders broad and drawn away from your ears, stretch your head.

Breathing out stretch your arm with the dumbbell out sideways but only up to the level of your shoulder without turning your head after it. Breathing in return it back. Try to keep the palm pressed against the mat all the time. Repeat this several times and then do it with the other arm.

### **Exercise 7:**

Supported on your knees and forearms, keep your shoulders away from the ears and stretch your head. Holding the dumbbell in one hand you will work out the triceps, which are on the back side of your arms.

Lift the bent arm with the dumbbell from the mat, place the forearm beside your trunk and keep it there. Breathing out stretch the elbow with force trying to turn the palm to the ceiling and breathing in bend the arm again.

Your shoulder stays in place. Repeat it several times and then do it with the other arm.

### **Exercise 8:**

Standing up straight, your feet at the width of the hips, the tips of your feet forward, slightly bend your knees and keep them at the same distance from each other as the feet. With your back straight bend slightly forward your trunk holding a dumbbell in each hand.

Breathing in bend your elbows and stretch your arms up aslant up to the level of your ears with your palms turned down. Breathing out return them back by bending your elbows and turning your palms to the mat. Then stretch them slightly backwards. Repeat this several times and then release your arms.



### **Exercise 9:**

Standing up straight with your feet at the width of your hips, the tips forward, try to sense the little bones under your big toes, the little toes and the centres of your heels. Your shoulders straight, your head stretched, keep the shoulders away from the ears. You need only one dumbbell, which you will pass from hand to hand.

Stretch your arms sideways and continuously up, pass the dumbbell from hand to hand and then lower your stretched arms sideways and down and pass the dumbbell behind your back to get your arms stretched slightly backward. Repeat this motion continuously and then change the direction of passing the dumbbell.

A variant: Lying on your abdomen, your forehead leaning against the mat, pass the dumbbell up above your head and behind your back. Repeat this motion several times and then change its direction.