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## **Seniors to sport court, not to hospital**

### **EXERCISES WITH HALF-A-LITRE BOTTLES**

Keeping muscle strength is important even at an advanced age. For working out muscle strength, mainly of the upper limbs, we can make use of exercises with a small half-a-kilo pet bottle with water. For this exercise it is very important to carry it out in the right way in coordination with breathing. Before working out it is important to warm up and limbering up the employed muscle groups. We always try to work out until we feel some fatigue repeating every exercise 8-12 times. After working out we have to stretch the engaged muscles in the correct and consistent way.