

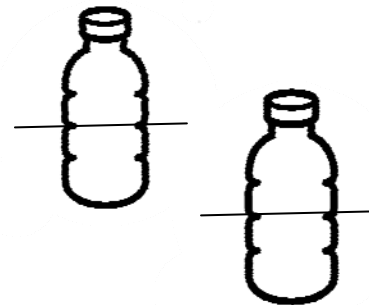
How To Make Sudsy Water Bottles: For Resistance Exercise

Compliments of KID-FIT P.E. Classes for Preschoolers - <http://www.kid-fit.com>

Water Dumbbells

Clean and remove labels from empty water bottles. Fill halfway full with clean water.

Add a drop of dishwashing liquid. Add 2 drops of food coloring. Put caps on tightly and shake. Hand out in pairs to use like dumbbells.



Single Weight

Clean and remove label from an empty 2-litre soda bottle. Fill 1/3 of the way full with water.

Add a squirt of dishwashing detergent. Add 3 drops of food color to each bottle. Put cap on tightly and shake. Use with both arms.

