



# WATE™ BAR

The easy-to-grip Cando® exercise WATE™ bars come in weights ranging from 1 lb. to 25 lbs. Cando® WATE™ bars are used in the supine, sitting and standing position to increase strength and ROM, and to improve endurance, balance and motor skills. The Cando® WATE™ bar is perfect for use in therapy, fitness, aerobics, yoga and pilates.

### Anti-roll end cap

prevents WATE™ bar from rolling around and becoming a safety hazard.



### Hangar end cap

for the most space effective storage, hang on a hook rack! (for up to 10 lbs).



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

10-1600	1 lb.	.45 kgs.	tan	10-1610	7 lb.	3.18 kgs.	black
10-1601	1½ lb.	.68 kgs.	tan stripe	10-1623	7½ lb.	3.41 kgs.	black stripe
10-1602	2 lb.	.91 kgs.	yellow	10-1611	8 lb.	3.64 kgs.	silver
10-1603	2½ lb.	1.14 kgs.	yellow stripe	10-1612	9 lb.	4.09 kgs.	silver stripe
10-1604	3 lb.	1.36 kgs.	red	10-1613	10 lb.	4.55 kgs.	gold
10-1605	3½ lb.	1.59 kgs.	red stripe	10-1614	12½ lb.	5.67 kgs.	
10-1606	4 lb.	1.82 kgs.	green	10-1615	15 lb.	6.80 kgs.	
10-1607	4½ lb.	2.05 kgs.	green stripe	10-1616	17½ lb.	7.94 kgs.	
10-1608	5 lb.	2.27 kgs.	blue	10-1617	20 lb.	9.07 kgs.	
10-1609	6 lb.	2.73 kgs.	blue stripe	10-1618	22½ lb.	10.21 kgs.	
				10-1619	25 lb.	11.34 kgs.	

### Cando® mini WATE™ bars - 14" long - sold in pairs

10-1650	1 lb.	.45 kgs.	tan	10-1653	2½ lb.	1.14 kgs.	green
10-1651	1½ lb.	.68 kgs.	yellow	10-1654	3 lb.	1.36 kgs.	blue
10-1652	2 lb.	.91 kgs.	red				

### WATE™ bar holders

10-1640	5 hook wall rack	10-1641	10 hook wall rack
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### Cando® jumbo WATE™ bars

10-1615	15 lbs.	6.80 kgs.	black
10-1617	20 lbs.	9.07 kgs.	silver
10-1619	25 lbs.	11.34 kgs.	gold

# UPPER BODY EXERCISES

## for Conditioning and Strengthening

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

Grip WATE™ bar with hands shoulder-width apart.

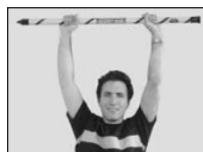
### SHOULDER FORWARD PRESS (sitting or standing)

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).**

For our complete line of Cando® exercise products, visit us at  
[www.CandoProducts.net](http://www.CandoProducts.net)

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