

## Water Bottle Weights Instructions

You don't need to go out and buy weights for muscle-strengthening exercises. You can use common household items, such as bags of rice, vegetable or soup cans, or socks filled with dried beans. These water bottle weights are also a great low-cost option.

### Materials:

- Empty water bottles
- Kitty litter, sand, or water
- Funnel (if using kitty litter or sand)
- Colored duct tape
- Stickers



### Instructions:

1. Remove the lid from the water bottle and place the funnel over the opening.
2. Scoop kitty litter or sand into the funnel until the bottle is filled. You can also fill the bottle with water.
3. Remove the funnel and securely place the lid back on the bottle.
4. Decorate the water bottles using colored duct tape and stickers.
5. Use for doing your favorite weight lifting activities!

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