



Weight of Household Items for Workouts

One Pound

- 16 oz can of soup or veggies

Two Pounds

- 32 oz can

Three Pounds

- 48 oz bag of rice
- standard bag of apples or onions

Four Pound

- Standard bag of oranges

Five Pounds

- large bag of rice or bag of potatoes
- standard bag of flour

Eight Pounds

- 1 gallon milk(160 oz)

Ten Pounds

- Large Laundry detergent
- Large Cast Iron Skillet

Twelve Pounds

- 1 Gallon paint can full

Approx 40 Pounds

- Large bag of dog food
- Fill a back pack or duffle bag full of canned goods, a case of water, etc if you are looking to do heavier weighted exercises.

Alternative: Get a workout partner. Have them hold onto a towel on one end while you hold the other and they will be your resistance for some of your exercises.