



MASTER YOUR FITNESS WITH H2XERCISE

## AQUATIC WEIGHT LOSS EXERCISE PROGRAM

### ABOUT THIS PROGRAM

The Weight Loss Exercise Program turns up the volume on calorie burning, incorporating comprehensive upper and lower body workouts. The training starts with a dynamic flexibility warm up, followed by compound resistance exercises and fat-burning cardio. As an added challenge, increase the time and speed of your workout, or use the swim spa propulsion to add resistance. Start your fitness journey with these weight loss exercises, or integrate them with your on-land workout plan for a healthier lifestyle.

### DR. RICK MCAVOY

This program was designed by Rick McAvoy, PT, DPT, CSCS. Dr. McAvoy has specialized in Aquatic Physical Therapy and Sports Performance for over 25 years.

### BEFORE YOU BEGIN

#### MASTER SPAS PROPULSION/JETTED SYSTEMS

When starting to incorporate the propulsion/jetted systems, begin at the lowest speed/resistance possible in order to perform all instructed exercises with a proper upright posture and a full motion. As you gain increased strength, balance and comfort with your ability to perform the exercises then you can start increasing the propulsion/jetted resistance level to your tolerance.

### PLEASE NOTE

It is recommended that you wear water shoes if your swim spa does not have the SoftTread Non-slip, Comfort Floor System.

As you begin to increase your speed of each exercise do not sacrifice posture and correct form.

### DISCLAIMER

This exercise program is not medical advice or a treatment plan and is intended for general education and demonstration purposes only. This exercise program should not be used to self-diagnose or self-treat any health, medical or physical condition. Do not use this exercise program to avoid going to your own healthcare professional or to replace the advice they give you. Consult with your healthcare professional before doing anything contained in this exercise program. In no event shall Rick McAvoy PT, DPT, CSCS or Master Spas or their suppliers be liable for any and all losses, injuries, or damages resulting from any and all claims that arise from your use or misuse of this exercise program's content. Rick McAvoy PT, DPT, CSCS and Master Spas or their suppliers make no representations about the accuracy or suitability of this content. USE THIS EXERCISE PROGRAM AT YOUR SOLE RISK.

## DYNAMIC WARM UP

Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg is moving. Hold side of swim spa if needed, move away as you get more stable.



### TIME

Perform each exercise **2-3 minutes**

### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



## WALKING FORWARD

Keep Core and Buttocks Muscles Tight  
Keep Good Stride Length  
Keep Reciprocal Arm Swing



## SIDE STEPPING WITH SEMI-SQUATS

Open and Close Arms and Legs at Same Time  
Sit Back Like You Are Sitting in a Chair  
Return to Standing Position with Closed Arms and Legs  
Keep Pressure on Heels



## HEEL TO BUTTOCKS WALK

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Upper Leg Straight  
Reach Back with Arms in Attempt to Touch Heel  
Do Not Arch Lower Back



## STRAIGHT LEG RAISE WALK

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Reciprocal Arm Swing  
Keep Moving Knee Straight  
Do Not Rock Pelvis Back  
**HOLD SIDE OF SWIM SPA IF NEEDED**

## STRENGTHENING EXERCISES

Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg is moving.



### TIME

Perform each exercise **30-45 seconds** then increase to **60-90 seconds**

### PROGRESSION

Increase Speed, Intervals (Perform at Different Speeds/Effort), Utilize Current/Jets, Equipment



### STRAIGHT ARM PULL DOWN WITH SQUATS

Begin in Squat Position with Arms Forward  
Stand and Bring Arms Back  
Keep Core and Buttocks Muscles Tight  
Keep Upright Posture and Elbows Straight  
Keep Pressure on Heels



### PUSH/PULL WITH SQUATS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Push Arms Out as Squatting  
Push and Pull Equally  
Keep Pressure on Heels



### ARM/LEG SWINGS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Do Not Rock Upper Body  
Keep Opposite Arm/Leg Motions  
**HOLD SIDE OF SWIM SPA IF NEEDED**



### DIAGONAL KICKS

Bring Leg Diagonally Across  
Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Shoulders Forward  
Keep Knee Straight  
Do Not Rotate Body  
**HOLD SIDE OF SWIM SPA IF NEEDED**



## STRENGTHENING EXERCISES (CONT.)



### ARCHERS

Keep Core and Buttocks Muscles Tight  
Pull Arm Backward as Rotate Back with Leg  
Drive from Hips as Return  
Keep Shoulders Down and Back  
Alternate Sides



### LAWNMOWERS

Keep Core and Buttocks Muscles Tight  
Start in Slight Squat with Arm Extended  
Drive from Hips as Standing and Pulling Arm  
Keep Good Posture  
Alternate Sides



### KICKBOARD CORE ROTATIONS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Chin/Chest/Kickboard in Line with Each Other  
Bring Kickboard Slightly Underwater and Get Deeper  
as You Progress  
Rotate from Hips

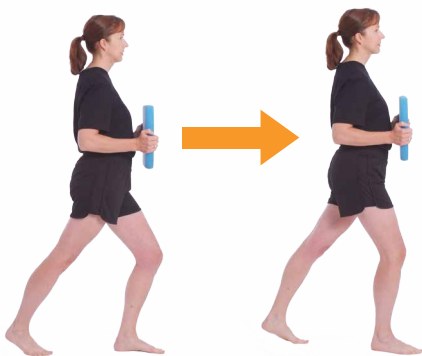


### KICKBOARD SCOOPS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Scoop Kickboard Across Body  
Rotate from Hips

## CARDIOVASCULAR

Keep a good upright posture with core and buttocks muscles engaged.



### TIME

Perform each exercise **2-3 minutes** then increase to **5-10 minutes**

### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment

## CROSS COUNTRY SKIERS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture and Use Opposite Arm and Leg  
Hop While Alternating Arms/Legs  
Move Arms/Legs Through Full Range of Motion  
Both Feet Leave and Land Together

## JUMPING JACKS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Open/Close Arms and Legs Together While Keeping Arms Below Water  
Move Arms/Legs Through Full Range of Motion  
Both Feet Leave and Land Together  
Land with Soft Knees

## PLOWING FORWARD WITH KICKBOARD

Do Not Lean Forward/Backward  
Keep Proper Upright Posture  
Keep Shoulders Down and Back  
Walk Forward While Plowing Kickboard Through the Water

## JOGGING FORWARD

Keep Core and Buttocks Muscles Tight  
Keep Good Posture  
Keep Elbows by Sides  
High Knees  
Slightly Lean Forward



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