



H2XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE ARTHRITIS SYMPTOM RELIEF

ABOUT THIS PROGRAM

This program was designed to offer symptom relief for those experiencing arthritis pain. In this wellness program, you'll work on improving posture, coordination, balance and motion. As you exercise, the properties of water will help to alleviate the stiffness, aches and swelling that many people with arthritis suffer from, as well as improve joint flexibility. Plus, you have the freedom to exercise at your own speed, without having to worry about the impact it will have on your body. As you progress, consider increasing your speed of movement or the water propulsion speed to create greater resistance and help improve muscle strength.

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 Nonslip, 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

Listen to your body—pain is a warning. Go slow to begin. 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 **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

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

WIDE KNEE WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Reciprocal Arm Swing

Keep Belly Button Facing Forward

Do Not Rotate Body

TRAILING: WALKING FORWARD

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Shoulders Down and Back

Keep Elbows Straight

Keep Equal Step Length

DYNAMIC WARM UP (CONT.)



OPEN ARM CORE ROTATIONS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Head and Chest in Line
- Rotate from Hips
- Keep Arms in Line with Ears



LEG 1/2 CIRCLES

- Start with Leg Forward
- Move Leg Out and then Backward
- Return to Start Position
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Do Not Rotate Body
- Keep Knee Straight
- HOLD SIDE OF SWIM SPA IF NEEDED**

STRENGTHENING/STABILITY 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. Move slowly and gently. Only move limb enough to feel a gentle stretch. Listen to your body—pain is a warning.



TIME

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

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



LEG SWINGS FORWARD/BACKWARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Knee Straight on Standing Leg
- Move Leg through Full Range of Motion
- Do Not Lean to Side
- HOLD SIDE OF SWIM SPA IF NEEDED**

STRENGTHENING/STABILITY EXERCISES (CONT.)



KNEE CURLS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Upper Leg Straight
Bring Heel to Buttocks
Do Not Rock Forward
HOLD SIDE OF SWIM SPA IF NEEDED



FORWARD LUNGE

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Reciprocal Arm Swing
Keep Front Shin Vertical
Pressure on Front Heel
HOLD SIDE OF SWIM SPA IF NEEDED



SIDE LUNGE

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Front Shin Vertical
Pressure on Heels
HOLD SIDE OF SWIM SPA IF NEEDED



ALTERNATING STRAIGHT ARM SWINGS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Elbows Straight
Keep Shoulder Blades Squeezed
Move Arms Equally Forward/Backward

STRENGTHENING/STABILITY EXERCISES (CONT.)



ARM FLIES

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Back
- Open and Close With Equal Strength
- Alternate Forward Leg



CLASP HANDS CORE ROTATIONS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chin/Chest/Arms in Line with Each Other
- Rotate from Hips
- Rotate Slowly in Each Direction

CARDIOVASCULAR ENDURANCE

Start slowly and gradually increase pace. Keep a good upright posture with core and buttocks muscles engaged.



TIME

Perform each exercise **1-2 minutes** increasing to **5-10 minutes** if tolerated

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



WALKING BREAST STROKE

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Coordinate Arms and Legs
- Do Not Rock Body
- Move Arms Slowly and Through Full Range of Motion

CARDIOVASCULAR ENDURANCE (CONT.)



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



JOGGING FORWARD

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



MASTER YOUR FITNESS WITH H2XERCISE

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