



H₂XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE IMPROVING BALANCE AND FLEXIBILITY

ABOUT THIS PROGRAM

This program is designed to not only help with overall strength and coordination, but also to increase mobility by improving your balance, flexibility and core strength. Whether you're overcoming an injury after a fall or simply want to improve mobility, exercising in a swim spa provides a safe, more forgiving way to maximize your fitness. Utilizing the benefits of water, this program is full of functionally based exercises to help improve routine, daily movements and activities. If you want a more challenging workout — use the swim spa jets to increase resistance and add intensity to your fitness routine.

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

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



WALKING BACKWARDS

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Good Stride Length

Keep Reciprocal Arm Swing

Step Back, Do Not Lean Back



MARCHING

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Do Not Rock Pelvis

Squeeze Gluteals



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

DYNAMIC WARM UP (CONT.)



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



BRAID WALK FORWARD/BACKWARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Do Not Rotate Upper Body
- Cross One Leg Over Other
- HOLD SIDE OF SWIM SPA IF NEEDED



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 Lean Forward
- Do Not Rotate Body
- Keep Knee Straight
- HOLD SIDE OF SWIM SPA IF NEEDED



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

DYNAMIC WARM UP (CONT.)



TRAILING: WALKING FORWARD WITH KICKBOARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Down and Back
- Keep Elbows Straight

STRENGTHENING/BALANCE 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, Utilize Current/Jets, Equipment



PUSH/PULLS WITH KICKBOARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Down and Back
- Keep Board Halfway Underwater
- Push and Pull Board Equally
- Alternate Forward Leg



KICKBOARD PUSH/PULLS ON ONE LEG

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Down and Back
- Keep Board Halfway Underwater
- Push and Pull Equally
- Perform on Opposite Leg

CARDIOVASCULAR/AGILITY/ POWER

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



SIDE JUMPS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Shoulders Under Hips
Keep Knee Slightly Bent
Start with Small Jumps and Gradually Get Larger



SKATER

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Shoulders Under Hips
Keep Knee Slightly Bent
Do Not Lean Body to Side
Start with Small Jumps and Gradually Get Larger



RUNNING FORWARD

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



MASTER YOUR FITNESS WITH H2XERCISE

For more H2Xercise programs, visit [MasterSpas.com/swim-spa-exercise](https://www.MasterSpas.com/swim-spa-exercise)

MASTER SPAS 6927 Lincoln Parkway, Fort Wayne IN 46804 260 436 9100 [MasterSpas.com](https://www.MasterSpas.com)

