

A man is smiling while sitting in a white swim spa. He is holding a blue exercise board with the word "Sprint" and "LIFE SUPPORT DEVICE" printed on it. The background shows a lush green golf course under a blue sky with scattered clouds.

H2XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE

IMPROVE YOUR GOLF SWING EXERCISE PROGRAM

ABOUT THIS PROGRAM

This exercise program is tailored to golfers, helping to restore mobility and improve strength. The natural resistance of the water slows down movements, allowing you to discover where your motion needs improvement. By reducing the pull of gravity on your body, the swim spa water, in conjunction with this exercise program, will help with greater freedom of movement. It may also help to reduce hip tightness, lower back pain, as well as improve hip rotation. Ultimately, these exercises may help to retrain your body to have better patterning and positioning when you return to the golf course.

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



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



HIP ROTATION WALK

Bring Inner Foot Towards Opposite Hip
Keep Core and Buttocks Muscles Tight
Do Not Rotate Body
Keep Belly Button Forward
Lift Leg Only to Comfortable Height to Feel Stretch



CLASP HANDS ARM LIFT WITH SIDE BENDING

Clasp hands Together and Attempt to Lift Overhead
Bend from Side to Side Slowly
Keep Core and Buttocks Muscles Tight
Keep Upright Posture

DYNAMIC WARM UP (CONT.)



WRIST FLEXIBILITY

Slowly Move Your Wrists
Bend and Extend Carefully
Rotate Palms Up and Down Slowly
Keep Upright Posture
Keep Hands Underwater



NECK FLEXIBILITY

Slowly Move Your Neck Comfortably
Bend and Extend Slowly
Move Ear Towards Each Shoulder
Rotate Slowly to Each Side
Keep Upright Posture
Keep Neck Underwater



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
Keep Knee Straight
Do Not Rotate Body
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



TRAILING CORE ROTATIONS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Rotate Head as You Open First Arm
- Bring Other Arm to Meet It
- Rotate from Hips
- 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

STRENGTHENING/BALANCE EXERCISES (CONT.)



SINGLE LEG KICKBOARD CORE ROTATIONS

Keep Core and Buttock Muscles Tight
Keep Upright Posture
Keep Chin/Chest/Kickboard in Line with Each Other
Control Balance
Rotate from Hips



ARCHERS

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



BALL GOLF SWING ROTATIONS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Knees Slightly Bent
Simulate Golf Swing
Rotate from Hips



SLOW GOLF SWINGS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Knees Slightly Bent
Slowly Simulate Golf Swing
Rotate from Hips



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