



H2XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE

MULTIPLE SCLEROSIS LIVE WELL PROGRAM

ABOUT THIS PROGRAM

This wellness program is developed to improve motion and flexibility for anyone living with multiple sclerosis. There are many unique advantages of exercising in a swim spa. The water offers low-impact exercise as opposed to some on-land workouts. It also gives the body greater freedom of movement and often lessens the pain associated with multiple sclerosis by improving flexibility, strength, balance and coordination. From adjusting the water temperature during your workout, to using the massage jets afterwards, your swim spa will also help support, massage and relax stiff muscles.

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. Hold side of swim spa if needed, move away you as 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

Practice pausing and starting every 15 seconds

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

Practice pausing and starting every 15 seconds

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

Practice pausing and starting every 15 seconds

SLOW MARCHING

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Do Not Rock Pelvis

Squeeze Gluteals

Practice pausing and starting every 15 seconds

DYNAMIC WARM UP (CONT.)



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



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

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. Hold onto side of swim spa with one hand initially. As you become more balanced, move away if possible. Take frequent breaks during exercise program monitoring level of fatigue.

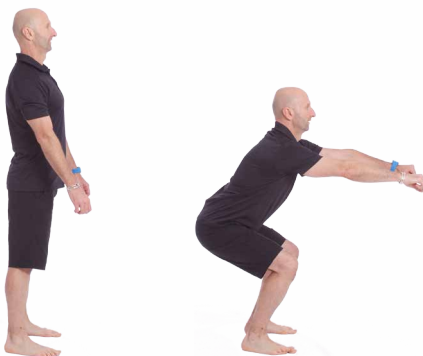


TIME

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

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



SQUATS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Weight Equal
Keep More Pressure on Heels
Bend from Hips

STRENGTHENING EXERCISES (CONT.)



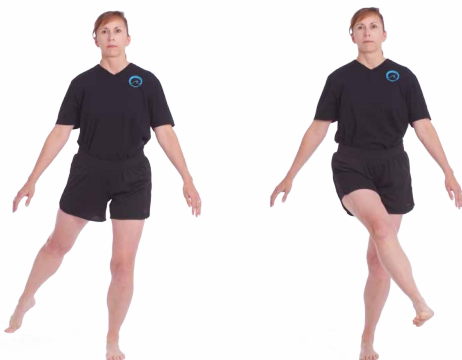
KNEE CURLS

- 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**



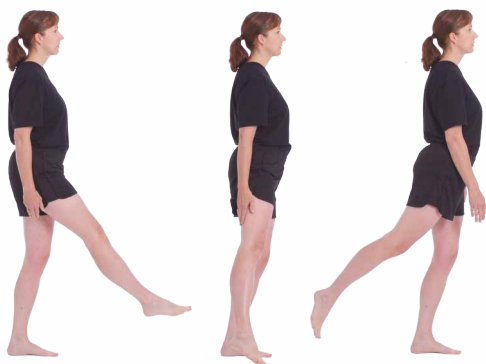
HIP SWINGS FORWARD/BACKWARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Knee Straight
- Perform Full Motion
- Do Not Lean Forward as You Extend Hip
- 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**



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**

STRENGTHENING EXERCISES (CONT.)



UPPER BODY DIAGONAL PATTERN 1

Grasp Device in Right Hand with Palm Facing Down
Bring Device Across Body and Upward Towards
Opposite Shoulder, then Return to Start Position
Keep Upright Posture
Keep Shoulder Blades Squeezed
Repeat with Opposite Arm



UPPER BODY DIAGONAL PATTERN 2

Grasp Device in Right Hand with Palm Facing
Down Against Outside of Left Thigh
Move Hand Upward Towards the Ceiling and
Away from Your Body as if You were Drawing a
Sword from it's Sheath, then Return to Start Position
Keep Upright Posture and Shoulder Blades Squeezed
Repeat with Opposite Arm



STRAIGHT ARM PULL DOWNS WITH KICKBOARD

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Elbows Straight
Keep Shoulder Blades Squeezed
Push Board Just Underwater to Begin
Alternate Forward Leg
Bring Board Deeper as More Comfortable



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

STRENGTHENING EXERCISES (CONT.)



ALTERNATING ARM FLIES

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Back and Chest Up
- Do Not Rotate Body
- Open and Close Arms One at a Time
- Open and Close With Equal Strength
- Alternate Forward Leg

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



JOGGING FORWARD WITH LONG STRIDES

- 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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