



MASTER YOUR FITNESS WITH H2XERCISE

OVERUSE INJURIES TRIATHLETE EXERCISE PROGRAM

ABOUT THIS PROGRAM

This program was designed to address the common injuries that triathletes experience from intense training. By focusing on balancing muscle groups that are overworked or underutilized, these exercises help to alleviate hip tightness and shoulder pain, as well as stabilize the core and improve posture. Triathletes can perform these movements for injury prevention and pain relief post-rehab. It is recommended to do these exercises regularly, and in addition to your training, to keep the body in better balance.

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

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

HIP ROTATION WALK

- Bring Inner Foot Towards Opposite Hip
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Reciprocal Arm Swing
- Do Not Rotate Body

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**

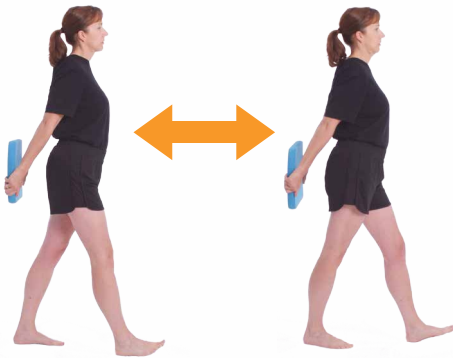
DYNAMIC WARM UP (CONT.)



CALF STRETCH

- Keep Upright Posture
- Keep Back Heel Down
- Keep Foot Straight
- Gently Lean Forward
- Feel Stretch in Back Calf

HOLD SIDE OF SWIM SPA IF NEEDED



TRAILING: WALKING FORWARD/ BACKWARD WITH KICKBOARD

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



PASS BEHIND BACK WITH BALL

- Keep Ball Underwater
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chest Up
- Keep Shoulder Blades Squeezed



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/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

ARM/LEG SWINGS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Do Not Rock Upper Body
- Keep Opposite Arm/Leg Motions

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**

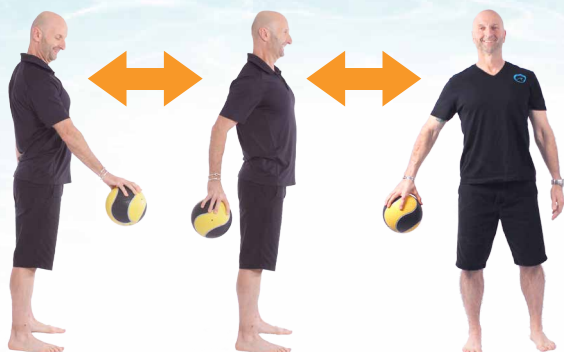
UP/OUT/IN/DOWN

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Do Not Rotate Body
- Keep Belly Button Forward
- Lift Leg Only to Comfortable Height to Feel Stretch
- HOLD SIDE OF SWIM SPA IF NEEDED**

UPPER BODY DIAGONAL PATTERN

- 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

STRENGTHENING/BALANCE EXERCISES (CONT.)



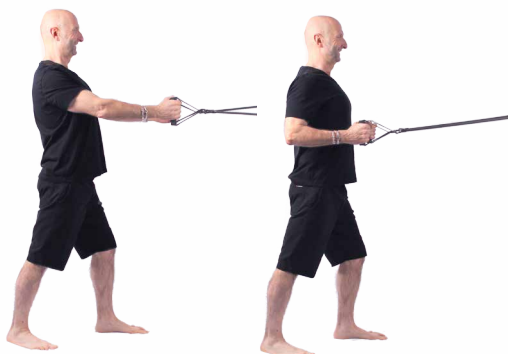
FRONT/BACK, SIDE/SIDE STABILIZATION WITH BALL

- Keep Ball Underwater
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture and Chest Up
- Squeeze Shoulder Blades
- Do Not Round Forward
- Try to Keep Elbow Straight
- Move Ball Forward and Back for Allotted Time and Then Perform Side to Side



45 DEGREE SHOULDER DIAGONAL FRONT RAISE WITH FOAM BELL

- Keep Core and Buttocks Muscles Tight
- Elevate Arm Slowly at 45 Degree Angle
- Do Not Round Forward
- Keep Chest Up and Shoulder Blades Squeezed
- Do Not Elevate Shoulders
- Keep Bell Underwater



BAND ROWING

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture and Chest Up
- Squeeze Shoulder Blades
- Pull and Release Slowly

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

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



MASTER YOUR FITNESS WITH H2XERCISE

For more H2Xercise programs, visit MasterSpas.com/swim-spa-exercise

MASTER SPAS 6927 Lincoln Parkway, Fort Wayne IN 46804 260 436 9100 MasterSpas.com

