



H2XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE PARKINSON'S LIVE WELL PROGRAM

ABOUT THIS PROGRAM

This program is designed to help improve the rigidity that some people with Parkinson's often experience, enabling muscles to relax and regain flexibility. The water's natural resistance supports the body—allowing you to move more freely, as well as improve coordination and muscle function. For extra relief, use the swim spa jets at the end of the workout to massage and loosen stiff areas. As an added benefit, studies show the relief can carry over, improving balance, motion and strength on land.

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

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

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

HOLD SIDE OF SWIM SPA IF NEEDED

SLOW MARCHING

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Do Not Rock Pelvis

Squeeze Gluteals

Try to Keep Balance for Count of 3 on Each Leg

HOLD SIDE OF SWIM SPA IF NEEDED

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



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



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

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. Use good breathing: inhale through the nose with the tongue on the roof of the mouth (normal rest position) and then exhale through the mouth.



TIME

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

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



STRAIGHT ARM CROSS COUNTRY ARM MOTION

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture and Elbows Straight
- Keep Shoulder Blades Squeezed
- Perform Slowly with Full Range of Motion
- 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



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



HIP SWINGS FORWARD/BACKWARD

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Knee Straight
Move Leg Through Full Range of Motion
Do Not Lean Forward as You Extend Hip
HOLD SIDE OF SWIM SPA IF NEEDED

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**

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



VARIOUS BOXING COMBINATIONS WITH FOAM BELLS

- Perform Boxing Jabs, Upper Cuts and Cross Body Punches at Different Speeds and Foot Positions
- Can Progress by Performing While Walking
- Keep Upright Posture
- Rotate from Hips



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

