

HOT TUB

EXERCISE GUIDE




Hot tub exercises are a healthy fun way to relax, improve muscle tone and ease muscle tightness. Muscle tightness is a common problem resulting from prolonged tension or overexertion.




Hot tub exercises can show you that simple physical exertion that produces tension release is one of the best methods of relaxation. This series of exercises that can be done in a hot tub takes advantage of water temperature and pressure to relieve muscle tightness. A soothing way to solve a problem.

HOW TO DO HOT TUB EXERCISES

Identify the part of your body that aches and concentrate on the exercises that apply. Or for a complete relaxation do the complete series once a day during your hot tub soak until the tightness subsides. Although the exercises described are relatively easy to do for most persons, we recommend that you consult a physician before beginning physical exercising or conditioning. And we recommend that you exercise only in mildly hot water: 100°-102°. Do not continue if you feel pain, dizziness or overheated.

Begin slowly. Relax completely between each exercise. Go at your own pace.

	 MUSCLES	 EXERCISES	 HOW TO DO IT
1	Calf Muscles	Toe Raises	Standing in the tub, raise up on your toes and hold for three seconds. Relax. Repeat three times. Build up to ten.
2	Calf Muscles	Toe Pushes	Sitting in the tub, push against the end of the tub with your toes, hold for three seconds. Relax. Repeat three times. Build up to ten.
3	Front Thigh Muscles	Thigh Tightening	Standing or sitting in the tub, tighten thigh muscles, hold three seconds. Relax. Repeat three times. Build up to ten.
4	Inside/Outside Thigh Muscles	Knees together/ Apart	Sitting in the tub with knees together, forcibly push knees against each other and pull apart against the resistance of hands or tub. Hold three seconds. Relax. Build up to ten.

	 MUSCLES	 EXERCISES	 HOW TO DO IT
5	Back Thigh, Buttocks Muscles	Heel Push	Standing or sitting in the tub put one leg forward with heel on floor, push down heel, hold three seconds. Repeat three times for each leg. Build up to ten repetitions.
6	Upper Neck, Shoulder Muscles	Head Circles	Standing or sitting in the tub look at the ceiling. Tilt head to left, then to right; rotate in a full circle, then tilt down and up. Repeat three times. Build up to ten.
7	Shoulder, Arms, Chest, Upper Back Muscles	Shoulder-Hand Pull/Push	Standing or sitting in the tub clasp hands with arms parallel to floor, pull elbows apart. Hold three seconds; push in; hold three seconds. Repeat three times. Build up to ten.
8	Front/Back Shoulder Muscles	Shoulders Back/Forward	Standing or sitting in the tub roll shoulders forward. Hold three seconds. Then roll back. Hold three seconds. Repeat three times. Build up to ten.
9	Upper Shoulder Muscles	Shoulder Shrug	Standing or sitting in the tub elevate shoulders. Hold three seconds. Repeat three times. Build up to ten.
10	Forearm muscles	Hand Squeeze	Standing or sitting in the tub forcibly squeeze hands into fists. Hold three seconds. Relax. Repeat three times. Build up to ten.
11	Abdominal Muscles	Abdominal Hold	Standing or sitting in the tub pull in stomach, hold three seconds. Relax. Repeat five times. Build up to ten.
12	Upper Arms	Elbow Raises	Standing or sitting in the tub place hands on shoulders with elbows facing front. Raise and lower elbows three times. Repeat with elbows drawing a circle three times to the front; three times to the back. Build up to ten.
13	Forearms	Arm Crossovers	Extend arms in front, palms down. Rapidly cross arms, alternating right then left arm on top. Repeat three sets of three crossovers.
14	Cheek Muscles	Blowfish	Close lips, blow cheeks up full of air. Hold for count of 5. Repeat three times.
15	Fingers, Forearms	Piano Player	Sitting in tub, spread fingers apart. Rapidly flutter as if playing piano. Do for count of 20.

Now, relax completely. Close your eyes. Breathe slowly and deeply.