



HOT TUB EXERCISES

Doing range of motion exercises while you hot tub is great for improving muscle tone and easing muscle tightness. Take advantage of temperature and water pressure to relieve muscle tightness resulting from prolonged tension or a strenuous workout.

How To Do Hot Tub Exercises

Identify your sore spots and concentrate on exercises that apply. Or, for an overall body relaxation, do the complete series once a day during your hot tub soak. These exercises are all easy to do, but we do recommend that you consult your physician before beginning any exercise. And, keep water temperature at mildly hot: 100-102°. If you feel pain, dizziness or get overheated, stop at once.

Begin slowly. Relax completely between each exercise. There's no hurry. Go at your own pace.

Muscles	Exercises	How to do it
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. Do both legs at once or for a deeper stretch, do one leg at a time.
Front Thigh Muscles -Quadriceps	Thigh Tightening	Sitting in the tub, isolate and squeeze only the thigh muscles (not the knees). Hold three seconds. Relax. Repeat three times build up to ten repetitions.
Thigh Abductor Muscles	Knees together/ Apart	Sitting in the tub with knees together, forcibly push knees apart using resistance bands or hands. Hold for three seconds. Relax. Build up to ten. When finished do the "happy baby" yoga pose to get a good hip flexor stretch. Sitting up in the tub, bend knees and open them wide like a book. Join the soles of your feet together while sitting upright. Place fingertips on the floor directly behind you and lengthen up through the entire spine. You can also hold onto ankles and hinge forward at hips.
Hamstrings, Gluts	Heel Push	Sitting in the tub put one leg forward with heel on floor, push down heel, and hold three seconds. Repeat three times for each leg. Build up to ten repetitions.
Upper Neck, Shoulder Muscles	Head Circles	Sitting in the tub tilt head back to look skyward. Tilt head to the left. Then to the right. Slowly rotate head in a full circle then tilt up and down. Reverse tilting head first to the right then to the left. Repeat three times on each side. Build up to ten.
Shoulder, Arms, Chest, Upper Back Muscles	Shoulder-Hand Pull/Push	Sitting in the tub clasp hands out in front of you with arms parallel to floor, pull elbows apart. Hold three seconds; push in; hold three seconds. Repeat three times. Build up to ten.

Muscles	Exercises	How to do it
Front/Back Shoulder Muscles	Shoulders Roll	Sitting in the tub roll shoulders forward. Hold three seconds. Then roll back. Hold three seconds. Repeat three times. Build up to ten.
Upper Shoulder Muscles	Shoulders Shrug	Sitting in the tub lift shoulders towards your ears. Hold three seconds. Release. Repeat three times. Build up to ten.
Forearm Muscles	Hand Squeeze	Sitting in the tub forcibly squeeze hands into fists. Hold three seconds. Relax. Repeat three times. Build up to ten.
Abdominal Muscles	Abdominal Hold	Sitting in the tub pull in abdominal muscles. Hold three seconds. Relax. Repeat five times. Build up to ten.
Upper Arms	Elbow Raises/Circles	Sitting in the tub place hands on shoulders with elbows facing front. Raise and lower elbows towards your ears three times. Repeat with elbows drawing a circle three times to the front; three times to the back. Build up to ten.
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.
Cheek Muscles	Blowfish	Close lips, blow cheeks up full of air. Hold for count of 5. Repeat three to five times.
Throat, lungs, voice	Modified Lion	<p>Place hands on seat of tub next to you. Keep your spine straight but as relaxed as possible. Closing your mouth, touch your palette with your tongue. Inhale a deep breath through your nose while your tongue is still touching your palette.</p> <p>Exhale in one violent move while sticking out your tongue and opening your jaws as much as possible. Also, your arms should be thrown out and stretched with your fingers splayed.</p> <p>Roar at the top of your voice while exhaling. The roar should be with a "Haa" sound and should not be a long drawn out one. Rather, it should be one violent explosion of breath that empties your lungs in the shortest time possible.</p> <p>Hold this pose for between 20 and 30 seconds. Do not inhale immediately after this pose; inhale after the specified 20 to 30 seconds. Repeat 5 or 6 times.</p>
Fingers, Forearms	Piano Player	Sitting in tub, spread fingers apart. Rapidly flutter as if playing piano. Do for count of 20.

Now - sink back in the water and relax completely. Close your eyes. Breathe slowly and deeply.

