



## 7 MINUTE DOGGIE WORKOUT :

<b>1</b>	<b>WEIGHT SHIFTING</b>	<b>20 REPS (left &amp; right = 1 rep) REST &amp; REPEAT</b>
<b>2</b>	<b>WEIGHT SHOVES</b>	<b>5 REPS (forward &amp; backwards = 1 rep) 5 REPS (left hind to right fore and right fore to left hind = 1 rep) 5 REPS (right hip to left fore and left fore to right hind = 1 rep) REST &amp; REPEAT</b>
<b>3</b>	<b>HIP BOUNCES</b>	<b>20 REPS REST &amp; REPEAT</b>
<b>4</b>	<b>LEG LIFTS</b>	<b>5 SECONDS ON EACH LEG REST &amp; REPEAT</b>
<b>5</b>	<b>SIDE BENDS</b>	<b>10 TIMES ON EACH SIDE REST &amp; REPEAT</b>
<b>6</b>	<b>PAW SHAKES</b>	<b>5 TIMES ON EACH PAW REST &amp; REPEAT</b>
<b>7</b>	<b>SIT-TO-STAND</b>	<b>5 TIMES REST &amp; REPEAT</b>

