

WEEK TWO

2 days exercise, one days rest, 3 days exercise, one days rest

WEEK TWO	AM	LUNCH	PM
Muscle activation	30 secs on each spot before walks and exercise	30 secs on each spot before walks and exercise	30 secs on each spot before walks and exercise
Weight Shifting	20 reps	20 reps	20 reps
Weight Shoves	20 reps	20 reps	20 reps
Side bends	5 times on each side	rest	5 times on each side
Walks	5-10 mins	Rest	5-10 mins



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