

WEEK THREE

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

WEEK THREE	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
Weight shifting on foam	20 reps		20 reps
Assisted sit -to -stand	5 times		5 times
Walks	5-10 mins	Rest	5-10 mins



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