

## WEEK FIVE

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

WEEK FIVE	AM	LUNCH	PM
Muscle activation	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
Side bends	5 times on each side		5 times on each side
Weight shifting on foam	20 reps		20 reps
Assisted sit -to -stand	5 reps		5 reps
foam corridor	5 times		5 times
Hip bounces	20 reps		20 reps
Paw shakes	10 on each leg		10 on each leg
Doggy sit ups	5 times		5 times
Walks (increase by 2 mins)	10-15 mins		10-15 mins

not this week



onlinepethealth.com

Copyright 2015