

## WEEK EIGHT

3 days exercise, one days rest, 3 days exercise

WEEK EIGHT	AM	LUNCH	PM
<b>Muscle activation</b>	30 secs on each spot before walks and exercise		30 secs on each spot before walks and exercise
<b>Weight Shifting</b>	20 reps	20 reps	20 reps
<b>Weight Shoves</b>	20 reps		20 reps
<b>Side bends</b>	5 times on each side		5 times on each side
<b>Weight shifting on foam</b>	20 reps		20 reps
<b>Weight Shoves on foam</b>	20 reps		20 reps
<b>Assisted sit -to - stand</b>	5 reps		5 reps
<b>Sit - to Stand</b>	5 reps		5 reps
<b>foam corridor</b>	5 times		5 times
<b>Hip bounces</b>	20 reps		20 reps
<b>Paw shakes</b>	10 on each leg		10 on each leg
<b>Doggy sit ups</b>	5 times		5 times
<b>Leg lifts</b>	each leg 5x for 5-10 secs with breaks in between		each leg 5x for 5-10 secs with breaks in between
<b>Standing on step</b>	2 mins		2 mins
<b>Walking backwards</b>	5 reps		5 reps
<b>On and Off the pavement</b>	20 times		rest
<b>Walking over poles</b>	5 reps		5 reps
<b>serpentines on the flat</b>	10 loops. repeat 3 times		10 loops. repeat 3 times
<b>Walks</b>	15-20 mins		15- 20 mins

not this week



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