

WEEK ELEVEN
MUSCLE STRENGTH EXERCISES
3 days exercise, one days rest, 3 days exercise

WEEK TEN	AM	LUNCH	PM
Muscle activation	30 secs on each spot before walks and exercise		30 secs on each spot before walks and exercise
Side bends	5 times on each side		5 times on each side
Weight shifting on ground and on foam	20 reps		20 reps
Weight Shoves on ground and on foam	20 reps		20 reps
Sit - to Stand (on ground and foam)	5 reps		5 reps
Hip bounces	20 reps		20 reps
Paw shakes	10 on each leg		10 on each leg
Doggy sit ups	5 times		5 times
Leg lifts	each leg 5x for 5- 10 secs with breaks in between		each leg 5x for 5-10 secs with breaks in between
Diagonal leg lifts	Hold for 1-3 secs (depending on dog). Repeat 3 x		Hold for 1-3 secs (depending on dog). Repeat 3 x
Standing on step	2 mins		2 mins
Walking backwards	5 reps		5 reps
On and Off the pavement	20 times		rest
Walks	20-30 mins		20 -30 mins