

WEEK NINE	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
Weight Shoves on foam	20 reps		20 reps
Assisted sit -to -stand	5 reps		5 reps
Sit - to Stand	5 reps		5 reps
Sit - to Stand on foam	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
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
Walking over poles	5 reps		5 reps
serpentines on the flat	10 loops. repeat 3 times		10 loops. repeat 3 times
serpentines up and down a hill	5 loops up, 5 loops down. repeat 3 x		5 loops up, 5 loops down. repeat 3 x
Walks	15-20 mins		15- 20 mins

WEEK NINE

3 days exercise, one days rest, 3 days exercise

not this week



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