

WEEK TWELVE	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>Side bends</b>	5 times on each side		5 times on each side
<b>Weight shifting on ground and on foam</b>	20 reps		20 reps
<b>Weight Shoves on ground and on foam</b>	20 reps		20 reps
<b>foam corridor</b>	5 times		5 times
<b>Leg lifts on foam</b>	each leg 5x for 5- 10 secs with breaks in between		each leg 5x for 5- 10 secs with breaks in between
<b>Diagonal leg lifts</b>	Hold for 1-3 secs (depending on dog). Repeat 3 x		Hold for 1-3 secs (depending on dog). Repeat 3 x
<b>On and Off the pavement</b>	20 times		rest
<b>Walking over poles</b>	5 reps		5 reps
<b>Serpentines on the flat, up and down hills</b>	10 loops. repeat 3 times		10 loops. repeat 3 times
<b>Figure of eight</b>	5 times		5 times
<b>Walks</b>	20-30 mins		20 -30 mins

**WEEK TWELVE**  
**BALANCE AND PROPRIOCEPTION EXERCISES**  
**3 days exercise, one days rest, 3 days exercise**



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