

| WEEK TWELVE | 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 |
| foam corridor | 5 times | | 5 times |
| Leg lifts on foam | 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 |
| On and Off the pavement | 20 times | | rest |
| Walking over poles | 5 reps | | 5 reps |
| Serpentines on the flat, up and down hills | 10 loops. repeat 3 times | | 10 loops. repeat 3 times |
| Figure of eight | 5 times | | 5 times |
| Walks | 20-30 mins | | 20 -30 mins |

SECOND WEEK MAINTENANCE PROGRAM
BALANCE AND PROPRIOCEPTION EXERCISES
3 days exercise, one days rest, 3 days exercise