

CANINE FITNESS ZONE[®]

Level 5 Exercises

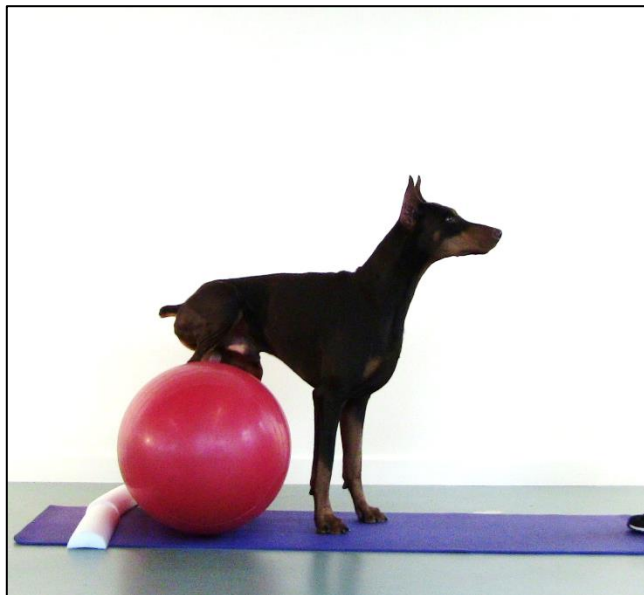
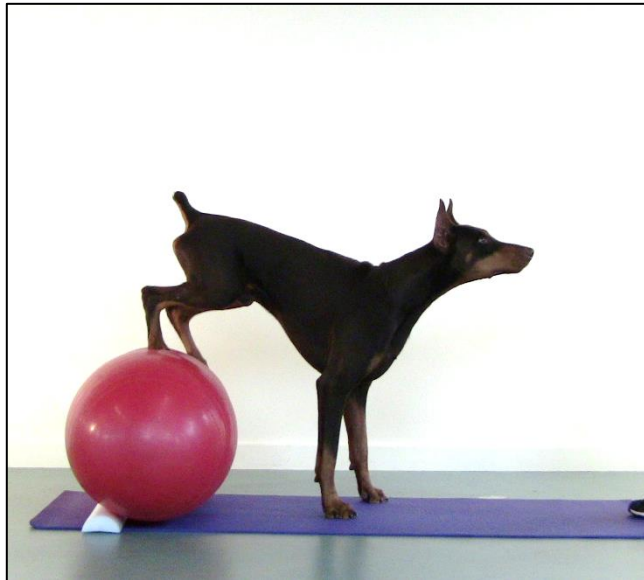
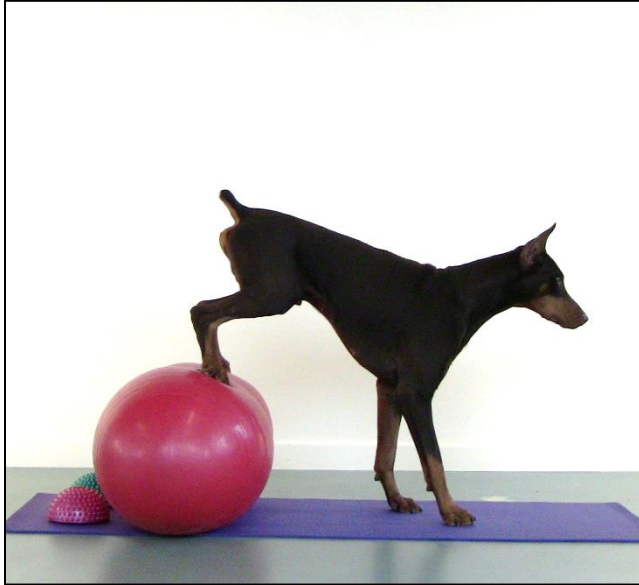
Sasha Foster, MSPT, CCRT

Canine Cross Training

Building Balance, Strength
and Endurance in Your Dog



Dogwise Publishing



Standing Abdominal Curls

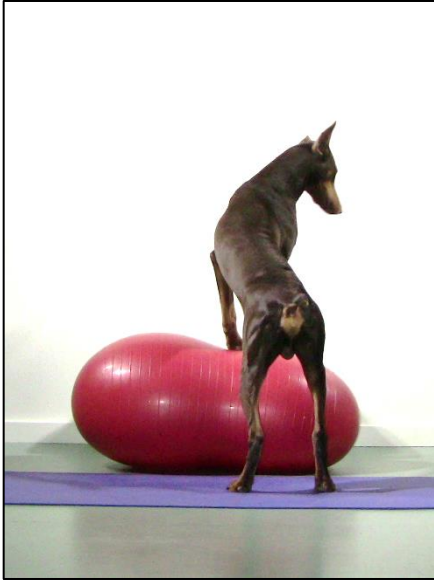
Have the dog place the hind paws on stabilized peanut. Lure or nose target the head slightly upward. As the head moves upward the hind limbs will begin to draw the back legs beneath the body for stabilization. Reward when the peanut begins to roll forward. Reward for incremental forward rolling of the ball until the dog is sitting the hind limbs on the peanut.

To reverse, lure or nose target the head slightly downward. As the head moves downward the hind limbs will behind to push the peanut backwards. Reward when the peanut begins to roll backward. Reward for incremental backward rolling of the ball until the peanut is pushed against the stabilizing surface again.

Repetitions per session: repeat to fatigue.

Frequency: 2-3 times per week

*Note: as the dog gets stronger, move the peanut away from a stabilized surface. *Do not do this until the dog demonstrates competence as this can potentially predispose the dog to an iliopsoas injury.*

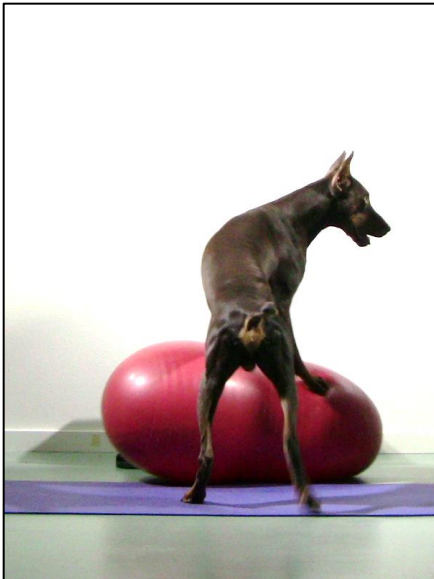


Lateral Abdominal Curls

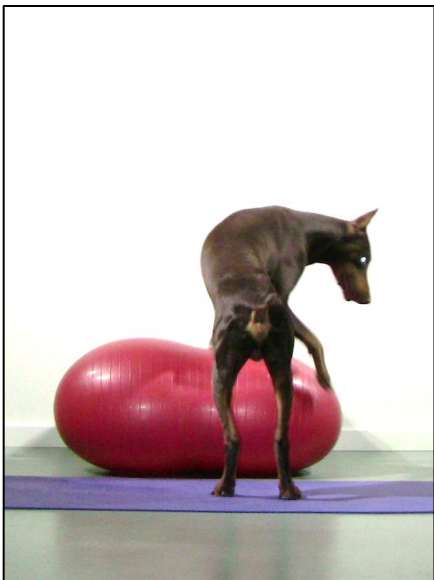
Have the dog place the front paws on stabilized peanut. Lure or nose target the head laterally in a wide arc (muzzle away from the body wall, not tucked in toward the body wall). Continue to lure or nose target in a wide arc as far laterally as possible. At the end of the arc the dog will initiate stepping off the peanut. Do not have the dog step off. Repeat to the opposite side.

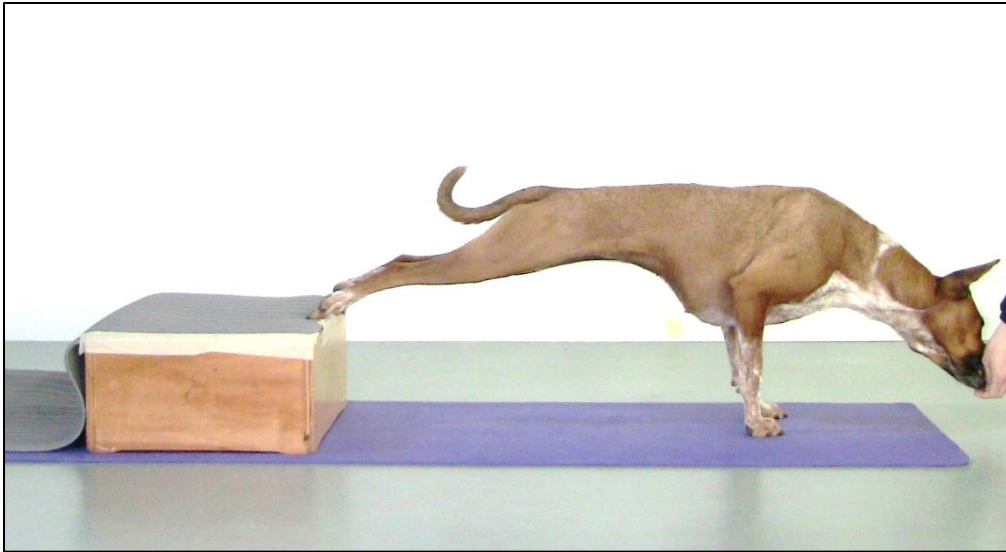
Repetitions per session: repeat to fatigue.

Frequency: 2-3 times per week



Note: as the dog gets stronger, move the peanut away from a stabilized surface.





Sustained Bridge Pose

Have the dog place the back paws on a stabilized stifle (knee) height box. Lure or nose target the dog forward into bridge position; hips fully extended, spine straight, muzzle reaching towards floor, front limbs flexed (elbows bent).

Repetitions per session: hold to fatigue

Frequency: 2-3 times per week

Note: this exercises is not recommended on a peanut or unstable surface because the iliopsoas muscle is fully lengthened in this position and any unanticipated destabilization of the surface could potentially predispose the dog to iliopsoas injury.