



FITPAWS



PRODUCT USAGE GUIDELINES

& Exercise Walk-through



www.FitPaws.com

TABLE OF CONTENTS

Warnings	1	Paw Pods	21-22
Congratulations	2	20" or 36" Wobble Board Guidelines	23-24
Benefits	3	Rocker Board Guidelines	25-26
FitPaws® Equipment Care	4-5	K9FITbone	27-28
FitPaws® Exercise Instructions	6	Warranty Information	29
Peanut Guidelines	7-12	Legal Disclaimer	30
Other Products	13		
Balance Donut Guidelines	14-16		
22" and 14" Balance Disc Guidelines	17-18		
Balance Pad Guidelines	19-20		



DO NOT use your FitPaws® equipment until you have read and understood this information in full. Keep this instruction sheet for future reference.

- User assumes the risk when using FitPaws® Balance Products.
- Manufacturer/Distributor shall not be held liable for any injury or damage that may occur while using its equipment.
- FitPaws® Balance Equipment is made for dogs. Not for human use. Use with adult supervision.
- Always check for wear on the equipment before use.
- Use equipment in open space, away from objects that can cause injury or puncture equipment.
- This product is not a toy. Place FitPaws® products in a safe place when not in use.
- Discontinue if your dog shows any sign of fatigue or injury.

LOADING:

Your FitPaws® inflatable equipment has been tested to specific weight standards.

FitPaws® Balance Peanut – 300 lbs./136 kg

FitPaws® Balance Donut – 300 lbs./136 kg

FitPaws® CanineGym® K9FITbone™ – 300 lbs./136 kg



CONGRATULATIONS!

Congratulations on the purchase of your new FitPaws® Canine Conditioning Equipment! Trusted by thousands of fitness and rehabilitation professionals, clinics, training facilities, and homes – FitPaws® was designed for dogs to help strengthen muscles, increase range of motion and flexibility, engage neuromuscular facilitation, provide sensory and perceptual stimulation, joint alignment and balance control. Whether your dog is involved in sporting activities or just a pet, core strength is necessary for your dog to control its body during movements like running, jumping, and turning. It is also a great way to help prevent injuries.

BENEFITS

Core conditioning is an essential part of any dog's training program, including the performance and pet dog. Your dog's body will automatically react to the shifting movement of the balance products, allowing your dog's body to use different muscles simultaneously. Adding this strengthening activity to your dog's cross-training activities 3-4 times a week, has many benefits, including:

- Improved reaction and control
- Increased trunk and core strength
- Stabilization of weak areas
- Improved balance and proprioception (awareness of the body's position in space)
- Increased range of motion in joints and elongation of the muscles
- Improved sensory and body awareness

EQUIPMENT CARE

Proper inflatable product care and maintenance is essential to ensure product integrity, performance and longevity.

1. Before each use, check the exercise area and your clothing for sharp objects that may puncture or damage FitPaws® Balance equipment.
2. DO NOT use on abrasive surfaces.
3. Avoid exposure to direct sunlight or heat, such as heaters, lamps, fireplaces, etc.
4. Avoid direct contact with ink printed material as the ink can transfer and mark the inflatable products.
5. DO NOT patch or repair punctured equipment.
6. NEVER OVER INFLATE product.
7. Product is intended for indoor use only.

Use and Maintenance Guidelines

Please ensure your dog's nails are trimmed properly. Avoid using if your dog's nails are too long or have any rough edges. If your dog's nails are long and they jump off the product, it could become punctured because of the force exerted in a small area with a sharp object. A safety harness will allow them to gently dismount without injury.

Sunlight and cleaning products can alter the durability of your FitPaws® Balance Products. Please store out of direct sunlight when not in use and use only warm water and a light soap to clean. Avoid using products like Simple Green, Lysol wipes, bleach and other harsh detergents on any of your inflatable balance products.

Do not store in direct sunlight, extreme heat or cold temperatures as they can affect the durability of the product.

Durability

Always inspect your FitPaws® Balance Products before each use. Replace any products at the first sign of wear, tears or punctures. Do not attempt to patch the product. All punctured product should be replaced immediately. Storing your product on a stand can affect the quality of the product with wear use marks.

The length of time this product will last when used properly depends on the amount of usage. Inflatables are not designed for lifetime use and should be replaced every 1-2 years to ensure the quality of the product is not degraded. Life of the product is dependent on frequency of use and care.

EXERCISE INSTRUCTIONS

- Ensure your dog is healthy to begin exercise. **Consult your canine health professional** before beginning this or any exercise program.
- Always check for proper body alignment while performing exercises. Watch to ensure back and neck are neutral. Front limbs and hind limbs should support weight safely. Avoid over extension of limbs, neck and back.
- Perform an equal number of exercise repetitions on both sides of the body.
- Start slow and build up. 3-5 repetitions is adequate for dogs beginning an exercise program.
- Never over-exercise or over-tire your dog.
- We recommend your dog use a safety harness, while exercising on the equipment.

FitPaws® PEANUT SIZE GUIDELINES

Choosing the correct size and shape of balance products for your dog depends on what type of exercises your dog will be doing on the equipment. The size printed on the Dog Balance Peanut is the maximum inflation height. Never exceed maximum inflation, we highly recommend 95% of the maximum height as a good guideline for inflation.

For Core Conditioning:

If you plan to use your balance products for core conditioning measure the length of your dog when it is in a neutral standing position from the front legs to the back legs. Your dog should stand on the balance products without a hunched (or roached) back. You can



always use a larger balance product for smaller dogs, but not a small product for large dogs. Large dogs may need two or more items to ensure proper form. If you have more than one dog, choose a size that fits your largest dog.

For Natural Stances

Up to 20" length
Up to 24" length
Up to 30" length
Up to 41" length
Up to 46" length

Use this Peanut

*40, 50, 60, 70, 80 cm
50, 60, 70, 80 cm
60, 70, 80 cm
70, 80 cm
80 cm

**Approximate Sizes*

For Weight Bearing Activities:

Weight bearing activities are activities where the dog is partially standing on the ground and partially on the ball. Choose a ball that is slightly under your dog's withers (or highest part of the shoulders where the neck meets the back). Weight-bearing activities are a great way to introduce dogs to balance activities.



Dog Shoulder Height

16"-19" (40-49 cm)
20"-23" (50-58 cm)
24"-27" (59-68 cm)
28"-31" (69-78 cm)
32"+ (79 cm +)

*Use This Size Peanut

40 cm
50 cm
60 cm
70 cm
80 cm

**Approximate Sizes*

INFLATION INSTRUCTIONS

PEANUT

FitPaws® Balance Products are designed for canine rehabilitation and conditioning exercises but they are not puncture-proof and like any other plastic inflatable under pressure, when pushed past their limits, can burst. If you choose your exercises wisely and follow a few simple guidelines, the FitPaws® Balance Products are designed to function properly.

PLEASE READ CAREFULLY

1. Always inspect your FitPaws® products for damage. Creases and folds are normal, as it will come folded, but any snags or tears will prohibit you from inflating properly.
2. Allow some time for the inflatable products to get to room temperature because if the material is too hot or too cold it will affect how well it inflates. We strongly recommend inflating and letting the product sit for 24 hours to stretch and adapt to the environments temperature. You may find that after 24 hours you can inflate slightly more.
3. **DO NOT OVER INFLATE.** FitPaws® Balance Products should be filled according to size, but there can be variances.

For best performance, you should be able to depress the surface easily, approximately 2" with your fingertips, soft to the touch. Any inflatable that is

stretched too tight has the potential to burst. Please pay attention to the surface tension of the products. If it is too tight to the touch, reduce the air and let the product sit for 24 hours before using.

Maximum sizes noted are ONLY a guideline. If the products, for any reason, appear to be too tight and does not inflate to maximum height, or is hard to the touch, then STOP - DO NOT inflate further. Release air and allow the product to sit overnight before use. Actual sizes slightly vary

If you have questions, please contact us at info@fitpawsusacom.

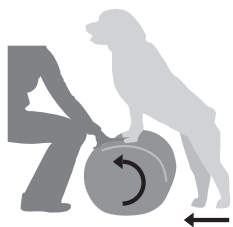
Use tape or a pencil, mark the maximum height printed on your peanut or egg on a wall so that you can measure the ball during inflation. Measure from the highest point of the ball, not the saddle. Use the enclosed pump or air compressor inflate ball up to 80-85% of the maximum height. Plug the ball and let rest for 24 hours before inflating to desired height.

Product	Inches*	CM*	85% Inflation (Inflate Wait 24 Hrs)	95% Inflation (Recommended Max Inflation)
80 cm Peanut	31.5" H, 62" L	80 cm H, 157 cm L	27" or 68 cm	30" or 76 cm
70 cm Peanut	27.5" H, 50.75" L	70 cm H, 128 cm L	24" or 60 cm	27" or 67 cm
60 cm Peanut	23.5" H, 44" L	60 cm H, 111 cm L	20" or 51 cm	23" or 57 cm
50 cm Peanut	19.5" H, 36.25" L	50 cm H, 92 cm L	17" or 43 cm	19" or 48 cm
40 cm Peanut	15.5" H, 32" L	40 cm H, 81 cm L	13" or 34 cm	15" or 38 cm

* Approx. Sizes. Do Not exceed maximum diameter printed on the peanut.
You can always use a ball, less inflated, depending on the type of balance challenge desired.

EXERCISE WALK-THROUGH

Peanut



Barrel Rolls – Front Limbs Up



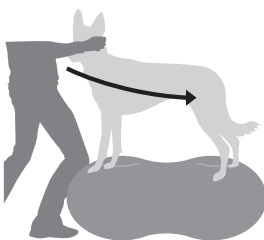
Down On Peanut



Sit (With Gentle Weight Shift)



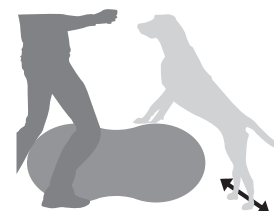
All 4 On



Nose To Hip



Front Limbs Up



Lateral Stepping - Front Limbs Up

ADDITIONAL PRODUCT GUIDELINES

FitPaws® TRAX™ DONUT GUIDELINES

- *Do not use your ball until you have read this instruction/information sheet in full.*
- *User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use of an inflatable product.*
- *CAUTION - Choking hazard; contains small parts. Keep away from children.*
- *NEVER exceed maximum diameter when inflating ball.*
- *ALWAYS check your dog's nails prior to using this product. Dog nails should be closely trimmed as a sharp nail could damage the ball.*
- *We recommend your dog wear a safety harness you can hold onto while your dog is exercising on the ball.*
- *Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.*
- *There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.*
- *Provide enough unobstructed space when using ball so there is no furniture or other objects in the area that could cause injury. Inspect the floor for small objects that could puncture the ball.*
- *Do not use the ball on a surface that may cause the ball to slip during use.*
- *Before each use, check area and clothing for sharp objects that may puncture the ball.*
- *Ball is intended for indoor use only. Do not use the ball outside as risk of puncture is very high.*
- *This product is not a toy and should only be used by dogs with appropriate adult supervision.*
- *Always inspect ball prior to each use for any punctures, cuts, gouges, worn or weak spots or other defects which may cause the ball to fail during use.*
- *Do not use ball if damage or defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged ball.*
- *Do not use harsh or abrasive chemical cleaners on ball as they may scratch the ball.*
- *Keep ball away from heat sources and out of direct sunlight.*
- *The length of time this product will last when used properly depends on the amount of usage. You should replace your ball every year if used in an institutional or commercial setting and every two years if used only for personal use.*
- *Keep this instruction sheet for future use.*

The FitPaws® TRAX™ Donut is an inflatable tool, designed to provide a moderately challenging unstable surface for canine balance and strength training. Its flattened base offers more stability than a round exercise ball.

Sizing Guidelines

The FitPaws® TRAX™ Donut will work for most small, medium and large dogs for weight bearing and balance exercises (2 paws on Donut, 2 paws on floor). If you plan to use your FitPaws® FitPaws® TRAX™ Donut mainly for core conditioning, measure the length of your dog when it is standing from the front legs to the back legs. Your dog should be able to stand in a natural stance on the top of the Donut without being hunched over. If your dog's natural stance measures 16" or less, you will be able to use the Donut for core training. Small breeds and puppies should fit fine.

Inflation Instructions

- Remove the TRAX™ Donut from bag.
- Locate the plug(s) taped to the ball and set aside.
- Using a hand pump or compressor, inflate the ball. Place the plug in hole when inflation is complete. Push plug in firmly.
- Adjust the air amount inside of the TRAX™ Donut for different balance challenges. At full inflation the Donut has less dynamic movement and so is less challenging for your dog. To increase the balance challenge, remove air slightly so that the Donut has more dynamic movement.
- For best performance, you should be able to depress the surface easily, approximately 2" with your fingertips, soft to the touch. Any inflatable that is stretched too tight has the potential to burst.



Circular Product Holder Helps Stabilize TRAX™ Donut. Sold Separately.

EXERCISE WALK-THROUGH

TRAX™ Donut



Front Limbs Up – Touch the Donut



Side Lateral Stepping



Donut Sit



Give A Paw – Sit



Give A Paw – Stand



Hind Limbs Up



All Four Paws Up

FitPaws® BALANCE DISC GUIDELINES

- Do not use your Balance Disc until you have read this instruction/information sheet in full.
- User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use of inflatables.
- CAUTION - Choking hazard; contains small parts. Keep away from children.
- NEVER exceed maximum diameter when inflating disc.
- ALWAYS check your dog's nails prior to using this product. Dog nails should be closely trimmed as a sharp nail could damage the disc.
- Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.
- There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.
- Provide enough unobstructed space when using the disc so there is no furniture or other objects in the area that could cause injury. Inspect the floor for small objects that could puncture the disc.
- Do not use the disc on a surface that may cause the disc to slip during use.
- Before each use, check area and clothing for sharp objects that may puncture the disc.
- This product is not a toy and should only be used by dogs with appropriate adult supervision.
- Always inspect disc prior to each use for any punctures, cuts, gouges, worn or weak spots or other defects which may cause the disc to fail during use.
- Do not use disc if damage or defects are found. Discard and replace immediately. Do not attempt to repair or patch a damaged disc.
- Do not use harsh or abrasive chemical cleaners on disc as they may scratch the disc.
- Keep the disc away from heat sources and out of direct sunlight.
- The length of time this product will last when used properly depends on the amount of usage. You should replace your disc every year if used in an institutional or commercial setting and every two years if used only for personal use.
- Keep this instruction sheet for future use.

The FitPaws® Balance Disc can be used for weight bearing activities and balance training for sporting and working dogs or for animal rehabilitation and therapy.

Sizing Guidelines

The FitPaws® Balance Disc has both a *14" or *22" training surface option. If you want your dog to stand with all four feet on top of a disc, you may have to use more than one disc as you want your dog to have a natural stance without a hunched back. If your main use is for weight bearing activities, choose the disc size that is most appropriate to your dog's size so they can stand comfortable with 2 feet on the disc and 2 feet on the ground. *Approx sizes

Inflation Instructions

- 22" Giant Balance Disc – Use an air pump with a cone-shaped attachment. On the side of the disc, you will see a white plug that will need to be removed before the air will go in. Place the tip of the cone shaped attachment in the hold, inflate and replace the plug firmly to hold the air inside. To remove air, simply remove the plug. Do not over inflate. The side walls should not crease (fold). If they do you have too much air.
- 14" Balance Disc – Use a pump with a needle attachment. The inflation hold is on the surface of the disc where you see the sensory bumps. To remove air, remove needle from the pump and insert into the disc. Then squeeze the disc to release air.

EXERCISE WALK-THROUGH

BALANCE DISC



Front Limbs Up



Back Limbs Up



Sit to Stand – Front Limbs Up



Lateral Stepping – Front Limbs

FitPaws® BALANCE PAD GUIDELINES

- **Do not use your Balance Pad until you have read this instruction/information sheet in full.**
- **User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use.**
- **ALWAYS check your dog's nails prior to using this product. Dog nails should be closely trimmed as a sharp nail could damage the Balance Pad. Consider using a towel on top of the Balance Pad surface for extra protection.**
- **Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.**
- **There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.**
- **Provide enough unobstructed space when using the Balance Pad so there is no furniture or other objects in the area that could cause injury. Inspect the floor for small objects that could damage the Balance Pad.**
- **Do not use the Balance Pad on a surface that may cause the Balance Pad to slip during use.**
- **The Balance Pad is intended for indoor use only.**
- **This product is not a toy and should only be used by dogs with appropriate adult supervision.**
- **Do not use harsh or abrasive chemical cleaners on Balance Pad as they may damage the foam.**
- **The length of time this product will last when used properly depends on the amount of usage. You should replace your Balance Pad every year if used in an institutional or commercial setting and every two years if used only for personal use.**
- **Keep this instruction sheet for future use.**

The FitPaws® Balance Pad makes a perfect beginning balance training tool and provides low balance challenges for dogs recovering from injury. The closed-cell foam construction makes the FitPaws® Balance Pad impervious to water - great for when you need to hose it off between uses or use during under-water therapy.

You can create varying degrees of balance challenge by stacking two or more Balance Pads on top of another.

Sizing Guidelines

The FitPaws® Balance Pad will work for most small, medium or large dogs for weight bearing and balance exercises (2 paws on the Balance Pad, 2 paws on the floor). It measures approx. 15"x18.25"x2".

If you want your dog to stand with all four feet on the Balance Pad, you may have to use two or more Balance Pads side by side, as you want your dog to have a natural stance without a hunched back.

EXERCISE WALK-THROUGH

BALANCE PAD



Front Limbs Up



Back Limbs Up



Sit to Stand – Rear Limbs Up



Sit to Stand – Front Limbs Up

FitPaws® PAW PODS GUIDELINES

Congratulations on the purchase of your new FitPaws® Paw Pods. The FitPaws® Paw Pods have many dog-friendly features.

- **Do not use your FitPaws® Paw Pods until you have read this instruction/information sheet in full.**
- **User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use of this product.**
- **ALWAYS check your dog's nails prior to using this product. Dog nails should be closely trimmed.**
- **Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.**
- **There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.**
- **Provide enough unobstructed space when using the FitPaws® Paw Pods so there is no furniture or other objects in the area that could cause injury.**
- **This product is not a toy and should only be used by dogs with appropriate adult supervision.**
- **Do not use harsh or abrasive chemical cleaners on the FitPaws® Paw Pods.**
- **Keep this instruction sheet for future use.**

GETTING STARTED

For advanced core strength & balance training, begin by introducing your dog to the Pods positively and then place them on the floor in the approximate foot position of your dog. Begin by asking your dog to place their individual front feet on the individual pod. You may need to physically place the feet with your hands. Positively reinforce this action with praise or treats. Once they are comfortable with front feet on the front pods, place individual back feet on each individual pod. Positively reinforce this action as well. Once they are comfortable on the pods, begin by offering treats to encourage small head movements to help with balance. Encouraging to lift their head up will encourage more weight bearing on the rear. Encouraging to place head down will encourage more weight bearing on the front. Turning side to side will encourage weight bearing on each individual side. Advanced exercises include gradual weight shifting while the dog is standing on the pods – gently give the dog a little pressure on each side and then from front to back to encourage weight shifting. Additional advanced exercises include lifting one limb at a time for a few seconds to encourage the dog to place weight on the three remaining legs.

For stacking training, begin by placing the dog on the pods as stated above. The pods should be positioned in the desired stacked position for each individual dog. Once the dog is stacked and all

four feet are placed on the pods, encourage the dog to maintain the position by utilizing treats or bait. Begin with thirty seconds and work up to ten sets. The stacking will encourage proper balance and core strength in the performance and conformation dog. This will help maintain a good solid back posture and top line. The stationary activity will promote balance and strength and assist in the training of dogs. This may be started on puppies when beginning their handling experience. The soft texture of the pods allows for a kinder surface and allows more flexibility in their stance while working on their posture.

- **Can be used for stacking training in preparation for conformation dog shows**
- **Can be used for advanced balance training and core strengthening**
- **5" diameter balance pods, perfect for all sizes of dog paws**
- **Can be used with the flat side down (less challenging) or the dome-side down (more challenging)**
- **Adjust the balance challenge further by changing the amount of air inside each pod with a needle pump (not included)**
- **Sensory bumps on dome side for neural stimulation and grip capability**
- **Can be used indoors or outdoors**
- **Easy to clean. Use soap and water.**
- **Anti-Skid bottom**



FitPaws® 20" or 36" WOBBLE BOARD GUIDELINES

Congratulations on the purchase of your new FitPaws® 20" or 36" Wobble Board. The FitPaws® Wobble Board has several dog-friendly features:

- **20" (50 cm) or 36" (91.5 cm) round training surface**— enough space for both you and your dog! Great when starting out balance training for your puppy.
- **360 dynamic movement.**
- **Includes three interchangeable fulcrums** – small, medium and large- for different balance challenges and degrees of difficulty.
- **Non-slip textured training surface.**

GETTING STARTED

For core strength & balance training, ask your dog to walk on top of the FitPaws® Wobble Board until all four feet are on top of board and your dog is centered. Gently rock the board from side to side. Your dog will have to work various muscles in order to balance their weight which naturally shifts with the movement of the board. Your dog may be in a sit, stand or lay position. Different muscles will work when your dog is in different positions, so vary for overall conditioning.

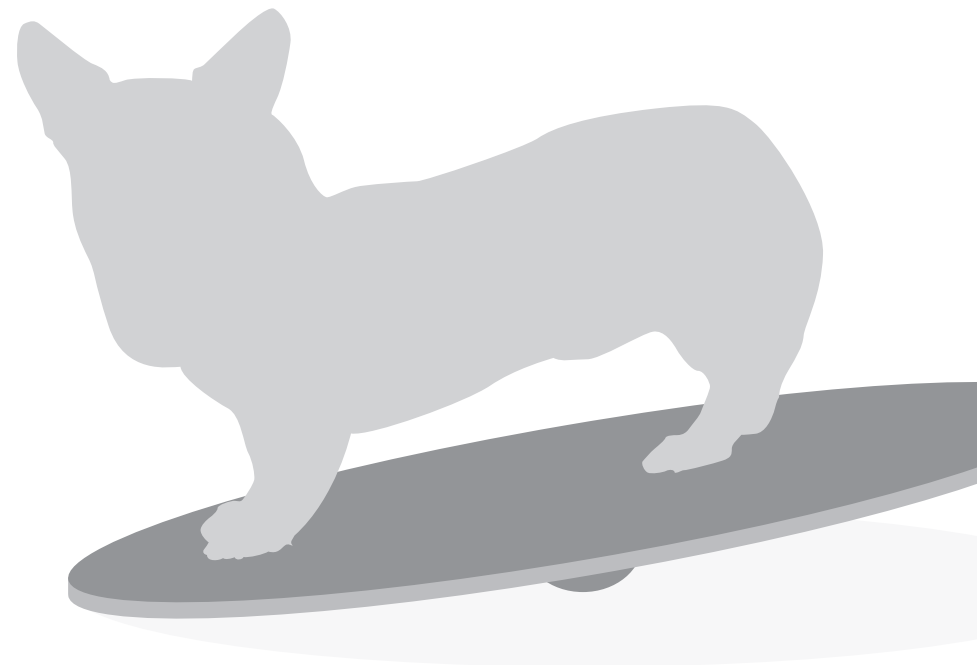
Advanced strength training, controlled sit-to-stand. This is the equivalent of humans doing squats. While your dog is positioned in the center of the board, use treats to encourage your dog to repetitively sit and stand for sets of eight to ten, done two to three times per training session.

For forelimb strength, position your dog facing the edge of the Wobble Board. Place your dog's forelimbs on the board and back feet on the floor. Gently rock the board from side to side to transfer weight from one hind limb to the other. You may have to apply gentle pressure on your dog's back to keep them in place. Transfer the weight on and off the hindquarters by gently pressing down on your dog's hind end and shifting the board from front to back.

For hind end & back strength, position your dog facing the edge of the wobble board. Place your dog's hind limbs on the board and front feet on the floor. Gently rock the board from side to side to transfer weight from one front limb to the other. You may have to apply gentle pressure on your dog's back to keep them in place. Transfer the weight on and off the forelimbs by gently pressing down on your dog's shoulders and shifting the board from front to back.

FitPaws WOBBLE BOARD SAFETY, CARE AND USE INSTRUCTIONS

- **Do not use your wobble board until you have read this instruction/information sheet in full.**
- **To change the fulcrum, turn the board over and grasp the attached fulcrum firmly and pull off. Replace the new fulcrum and press down firmly.**
- **User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use of this product.**
- **Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.**
- **There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.**
- **Provide enough unobstructed space when using the wobble board so there is no furniture or other objects in the area that could cause injury.**
- **This product is not a toy and should only be used by dogs with appropriate adult supervision.**
- **Do not use harsh or abrasive chemical cleaners on the board.**
- **Keep this instruction sheet for future use.**
- **Store indoors. Do not use in water.**



FitPaws® ROCKER BOARD GUIDELINES

Congratulations on the purchase of your new FitPaws® Rocker Board. The FitPaws® Rocker Board has many dog-friendly features.

- **Wide training surface 30" x 30" (75cm x 75cm)**
- **1.5" (4cm) high rocker fulcrum**
- **Padded, non-slip textured training surface**
- **Padding on edges of board to muffle sound when in use on indoor flooring**
- **Rounded contoured board edges**
- **Easy to clean. Surface mat is attached with Velcro and is easily removed for cleaning. Hang up mat and spray with water. Allow to dry completely before replacing.**
- **Easy to maintain. Replacement FitPaws® mats are available from your authorized FitPaws® Dealer .**

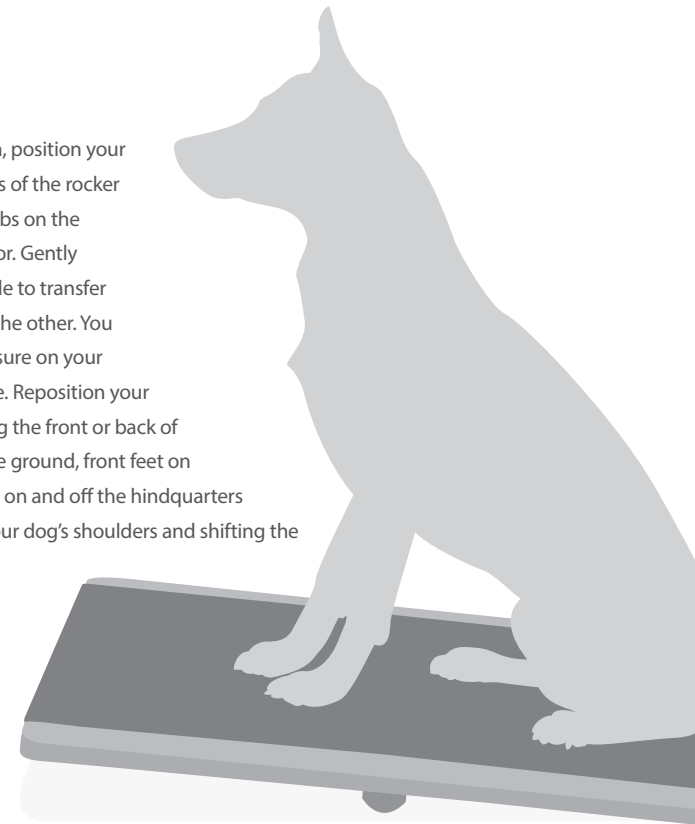
GETTING STARTED

For the purpose of the following exercises, the sides of the rocker board are the 2 edges of the board that do not have the mat fully extended to the edge. The front & back of the rocker board are the 2 edges of the board that have the mat fully extended to the edges.

For core strength & balance training, ask your dog to walk on top of the FitPaws® Rocker Board until in the center of board. Position your dog so that they are facing one of the two sides. Gently rock the board from side to side. Your dog will have to work various muscles in order to balance as their weight which naturally shifts with the movement of the board. Your dog may be in a sit, stand or lay position. Different muscles will work when your dog is in different positions, so vary for overall conditioning. Now reposition your dog so that he is facing the front or back of board. Gently rock the board from front to back. Your dog will be working hard to maintain balance and will be strengthening other muscles in this position.

For forelimb strength, position your dog facing one of the two sides of the rocker board. Place your dogs back feet on the rocker board and front feet on the floor. Transfer the weight from one forelimb to the other by gently rocking the board from side to side. You may have to apply pressure on your dog's back to keep weight on and off the forelimbs by gently pressing down on your dog's hind end and shifting the board from front to back.

For hind end & back strength, position your dog facing one of the two sides of the rocker board. Place your dog's forelimbs on the board and back feet on the floor. Gently rock and board from side to side to transfer weight from one hind limb to the other. You may have to apply gentle pressure on your dog's back to keep him in place. Reposition your dog so that they are now facing the front or back of the board. (Back feet still on the ground, front feet on the board.) Transfer the weight on and off the hindquarters by gently pressing down on your dog's shoulders and shifting the board from front to back.



FitPaws® ROCKER BOARD SAFETY, CARE AND USE INSTRUCTIONS

- **Do not use your rocker board until you have read this instruction/information sheet in full.**
- **User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from the use of this product.**
- **ALWAYS check your dog's nails prior to using this product. Dog nails should be closely trimmed as a sharp nail could damage the mat.**
- **Use common sense. Never over-exercise or over-tire your dog when working on canine conditioning equipment.**
- **There are inherent risks with any exercise program. Consult your canine health care professional before beginning this or any exercise program.**
- **This product is not a toy and should only be used by dogs with appropriate adult supervision.**
- **Do not use harsh or abrasive chemical cleaners on mat or board.**
- **Keep this instruction sheet for future use.**

FitPaws® K9FITbone GUIDELINES

Congratulations on the purchase of your new FitPaws® CanineGym K9FITbone Balance Platform. Balance Platforms come in 3 sizes. Original, Giant and a set of 2 Minis. The combination of physical and mental exercises is absolutely critical to a well-balanced dog. CanineGym® is a great way to exercise your dog mentally and physically at the same time.

FitPaws® combines dog-specific products, a conditioning plan and obedience training to provide fun, dog fitness... that you can do at home, at a day care facility or doggy gym... within the confines of your personal schedule.

The Patented K9FITbone™ DOG BALANCE PLATFORM:

Sizes: Original - 23"x 10" Low Profile Canine Balance Platform; Giant - 35.5"x 15.7"; Minis - 11.5" x 6.5" (pump included with all K9FITbones), Superior Gripping – Made For Dogs, Sensory Bumps Provide Neural Stimulation Core and Muscle Strengthening

- Balance Training
- Boosts Confidence
- Improves Coordination
- Better Joint Health
- Creates a Stronger Bond
- Reduces Behavior Challenges
- Senior Strengthening
- Puppy Confidence Building

GETTING STARTED

Instability training is a fun way to bond with your dog, teach them a new behavior and strengthen the core ~ which is the powerhouse of your dog's body. Fun fitness training with the K9FITbone™ is also a great way to reduce stress, burn excess calories, and it's a healthy "job" for your dog.

TECHNIQUE: Use a treat to encourage the dog to put its paws on or back up to the K9FITbone. Once paws are up, name the behavior "Paws Up" or "Back up." This will become a command, like "Sit" or "Down."

- Practice holding the position for recommended duration. To start - 3x per week, 2-3 sets at 3-5 reps per set - Hold leash for 5-10 seconds. Change level of air to make easier or harder.
- Encourage with voice and treats to make the exercise fun.

Release the dog from the position by saying "OK" or "All done" in a mild tone of voice. Save the praise and excitement for when the dog is doing the behavior.



Back Paws: You may walk the dog over the K9FITbone to place back feet. As your dog becomes more skilled, back the dog onto the K9FITbone for positioning. Hind limb awareness is a challenge for some dogs so you may need to lift the back legs to start to show positioning. Reward placement.

Front Paws - Lure with treat to front Paws on the K9FITbone. When performing any form of balance exercise watch to ensure your dog's feet are pointing forward. Watch to see that the weight is distributed evenly then increase intensity by encouraging weight shifts. If the dog shows signs of fatigue stop. Try reducing the number of repetitions, sets, or duration as necessary and tolerable for your dog.



FitPAWS® K9FITbone SAFETY, CARE AND USE INSTRUCTIONS

The K9FITbone™ has two training surfaces: a flat/smooth surface and a textured surface. The level of difficulty of the K9FITbone can be easily adjusted by removing or adding air with the air pump and needle (Included). The K9FITbone is designed to be used inside or outside. Please ensure the area is clear of sharp objects like rocks, sticks, etc. Inflate with the included pump and needle. To deflate, insert needle and press down on bone.

The K9FITbone can be used for weight bearing activities and balance training for companion pets, sporting and working dogs, or for animal rehabilitation and therapy.

- **Do Not Use K9FITbone** until you have read this instruction sheet entirely.
- User assumes the risk when using this product. Paw Prosper shall not be liable for any damages that result from use of the K9FITbone.
- **CAUTION** - choking hazard contains small parts. Not intended for children.
- **NEVER** exceed maximum inflation when inflating K9FITbone. The K9FITbone should not be excessively rounded. Slightly rounded is fine.
- **ALWAYS** check your dogs nails prior to using this product. Dog nails should be closely trimmed as a sharp nail could damage the K9FITbone.
- Use common sense. Never over-exercise or over-tire your dog when working on canine fitness equipment.
- Inspect the floor for small objects that could puncture the K9FITbone.
- Do not use K9FITbone on surfaces that may cause it to slip, or your dog to slip.
- The K9FITbone may be used inside or outside on an area free of debris and sharp objects.
- This product is not a toy and should only be used with adult supervision. Do not let your dog chew on it.
- Do NOT use K9FITbone if damage or defects are found.
- Do not use harsh or abrasive chemical cleaners on K9FITbone as it might scratch it.
- Keep K9FITbone away from heat sources and never leave outside in the weather or sunlight.
- The length of time this product will last will depend on amount of usage and care
- Do not use as a flotation device.
- Wash with warm soapy water.
- Keep instruction sheet for future use.

Limited Warranty

Paw Prosper warrants to the original purchaser that this product shall be free from manufacturing defects for a period of thirty (30) days from the invoice date. If your product shows signs of defective manufacturing during that time, please contact us at:

Paw Proper
FitPaws®
info@fitpawsusa.com

Your remedy under this warranty is limited to the replacement of your product by Paw Prosper all shipping and return costs shall be at your own expense. If it is determined that your product shows signs of defective manufacturing, Paw Prosper shall replace such product within 30 days after receipt by Paw Prosper of the returned product. In the event the product is no longer distributed by Paw Prosper, Paw Prosper shall provide you with a comparable product, in its sole discretion. This warranty does not extend to any defect or problem caused by the negligence of you or others, failure to use or maintain the product in accordance with the instructions furnished, unreasonable use or acts, accidents, alterations, or ordinary wear and tear.

PAW PROSPER SHALL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, WITH RESPECT TO PERSONS, BUSINESS OR PROPERTY, WHETHER AS A RESULT OF BREACH OF WARRANTY, NEGLIGENCE OR OTHERWISE. THE LIABILITY OF PAW PROSPER SHALL BE LIMITED TO THE REPLACEMENT OF THE PRODUCT NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED. NO OTHER WARRANTY, EXPRESS OF IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. ANY SUCH IMPLIED WARRANTIES ARE EXPRESSLY DISCLAIMED IN THE EVENT APPLICABLE LAW PREVENTS THE DISCLAIMER OF ANY IMPLIED WARRANTIES, SUCH IMPLIED WARRANTY SHALL BE LIMITED TO THE DURATION OF THE EXPRESS WARRANTY SET FORTH ABOVE.

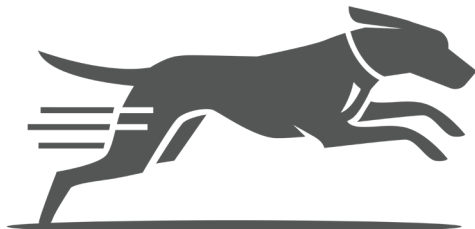
California Health and Safety Code Section 25249.5 ET SEQ Compliance

Proposition 65 is a California state regulation that requires the labels on any product that could potentially expose consumers to one of over 800 chemicals on their list, even if the degree of exposure is so unlikely that the products pose no real risk at all. California is the only state to require this notice.

Since some of the products may be sold in the state of California, Paw Prosper is required to issue notice that some of its products may contain chemicals known to the state of California to cause cancer and birth defects, or other reproductive harm.

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