

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 or visit www.fitball.com*

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 he is 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 his weight 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 he is 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. Ball Dynamics International, LLC 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.*