



PROPEL AIR PLATFORM

Front Feet Elevated - Sit to Stand

5 reps - 3 sets

Rear Feet Elevated - Stand with Stillness

15 seconds - 3 reps

Front Paws Elevated - Shake a Paw

4 reps - 3 sets

Workout 1: Keep It Simple

One Propel Air Platform



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Workout 2: Connect 2 - T-Shape

Two Propel Air Platforms

PROPEL^{AIR} PLATFORM

Four Paws Up- Stand With Stillness

15 seconds - 3 reps

Stand- Down-Stand

5 reps - 3 sets

Spin and Twirl

3 reps - 3 sets



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Workout 3: Take it to New Heights - Two Stacked

Two Propel Air Platforms

PROPEL AIR PLATFORM

Front Paws Up- Stand With Stillness

15 seconds - 3 reps

Rear Paws Up- Stand With Stillness

15 seconds - 3 reps

Pop-Ups - Sit to Stand with Front Paws Landing on Propels

5 reps - 3 sets



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Workout 4: Make it a Combo - Add A KLIMB

Two Propel Air Platforms and One KLIMB

PROPEL AIR PLATFORM

Two Propel Under a KLIMB - Spin Twirl

3 reps - 3 sets

Propel on Angled KLIMB Front Paws Up Nose Touch Side-to-Side

6 Reps - 3 sets

Propel on Angled KLIMB Rear Paws Up - Stand With Stillness

15 seconds - 3 sets



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