



FUN DOG EXERCISES WITH THE

K9FITbone™

fun.balanced.fitness

ALL FOUR LEGS ON K9FITBONE

- Start with your dog's front or hind limbs on the K9FITbone.
- Use treats and lure the dog's nose while simultaneously stepping towards your dog to encourage lateral movement.
- Advance to encouraging your dog to step all the way around the bone with either hind limb or front limb.



FRONT LEGS ON K9FITBONE

- Use a treat to encourage the dog to put front feet on the K9FITbone.
- Practice holding the position for recommended duration.
- Encourage with voice and treats to make the exercise fun.

WORK IT

1. USE A TREAT TO ENCOURAGE THE DOG TO PUT DOGS FRONT FEET ON THE K9FITBONE
2. PRACTICE HOLDING THE POSITION FOR RECOMMENDED DURATION.
3. ENCOURAGE WITH VOICE AND TREATS TO MAKE THE EXERCISE FUN.
4. START WITH 3X A WEEK; 3-5 REPS PER SET; 5-10 SECONDS - CHANGE LEVEL OF AIR TO MAKE EASIER OR HARDER. ADD DURATION AND REPS AS FITNESS LEVEL INCREASES.

SIT TO STAND

- Start with the dog's front legs on the K9FITbone. Use the "Sit" Command. The dog's hind end should sit on the floor with front limbs on the bone.
- Lure the dog up to a stand with voice command "Up" and reward with a treat. Ensure the front limbs remain on the K9FITbone. Repeat.
- Progress by encouraging your dog to stand completely on the K9FITbone with all four feet. If your dog is above 55 lbs consider 2 bones or Giant K9FITbone for proper form.



POWER PAWS - BACK LIMBS

- Use a treat to encourage the dog to put back feet on the K9FITbone.
- Practice holding the position for the recommended duration.
- 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.

If any questions contact us at info@fitpawsusa.com

Source: K9FITbone CanineGym Gear Exercise Cards - 2018