



EXERCISE IDEAS WITH THE FITPAWS

RAMP

The micro-movements created in the body from the act of balancing will strengthen the core and limbs.

SIT TO STAND



1. Lure dog to walk up RAMP and sit. Angle will force balance.
2. Lure dog to Stand. Big dogs may require 2 RAMPS Repeat - Recommended time.

FRONT PAWS UP



1. Lure dog to put front Paws on the RAMP. Weight will be on back paws.
2. Hold position for Recommended time.

BACK PAWS UP



1. Lure dog to back up with back paws on the RAMP. Weight will be on front paws.
2. Hold position for Recommended time.

DOWN TO STAND



1. Start with the dog's front paws on the RAMP and have them lay down- Lure to Standing position
2. Follow Recommended time.

RECOMMENDED TIME:

START WITH 3X A WEEK; 3-5 REPS PER SET; 5-10 SECONDS - ADD DURATION AND REPS AS FITNESS LEVEL INCREASES.

QUESTIONS? CONTACT US!

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