

WOBBLE BOARD

A dynamic balance training tool to add to your dog's cross-training as they rotate a full 360°.



INTRODUCTION AND CORE WORKOUT

- Stabilize Wobble Board with your foot
- Use a harness if needed
- Lure dog to walk onto Wobble Board
- Toss a treat to encourage dog to step off Wobble Board
- Now release your foot from Wobble Board



COOKIE STRETCH

- Place dog onto Wobble Board
- Stabilize Wobble Board with your foot
- Lure dog's head to move toward shoulder and hip
- Progress to elbow and stifle (knee)
- Progress to front foot and hind foot
- Repeat to opposite side



SIT TO STAND

- Secure Wobble Board with your foot
- Lure into a sit
- Lure into a stand
- Encourage spinal elongation while standing



STAND & SPIN

- Hold a stand for 5 seconds
- Step off / Repeat
- Front PAWS on Wobble Board
- Spin 360° around Wobble Board



GENERAL EXERCISE RECOMMENDATIONS

- Start with 4 reps - Build up to 10 reps if possible over several weeks
- Start with one set every other day
- Increase to 2 sets/day over several weeks
- Muscle strengthening may take 6-8 weeks of 4x/week workouts
- Maintenance - 3x/week
- Check with your dog's veterinarian before starting an exercise program.
- Contact FitPAWS® for questions info@fitpawsusa.com