



SWAG™ TRAINING TIP:

Caution should be taken with breeds that have short muzzles as they may have more difficulty breathing which will shorten oxygen supply and they may not be as well suited for this activity.

As well, overheating can be a concern with dogs. Consider working out in the cooler part of the day and carry plenty of water.

Biking or riding a Scooter with your dog is great exercise for your dog and you. But just like people they need to get fit to enjoy the activity.



TOOLS:

Collar or Harness, Leash, K9FITvest (try with and without to note form), Bike or Scooter



DURATION:

Repeat 3-5 times per week. Start with 5-10 minutes for an unconditioned dog. Strive for 20 continuous minutes at a Trot Gait.



INTENSITY:

Use K9FITvest. Watch for easy clean form. Combine intervals - Trot to Run segments.



STRENGTHENS:

Increases overall muscle strength and stamina.



Where Can I Scooter or Mountain Bike?

On designated trails. Be responsible and pick up after your dog.

Mountain Bike/Scooter Guidelines:

Start with short loops instead of a long trip.

- 1) Avoid concrete when you are able to minimize joint stress
- 2) Carry plenty of water
- 3) Be watchful of hazards
- 4) Ride within your dogs limitations
- 5) Stop and rest as needed
- 6) Increase speed as fitness levels increase

*When riding your bike with your dog consider a safe leash attachment.

An effort should be made to work your dog on softer surfaces such as dirt, wood chips, or a DogTread Treadmill that provides a softer surface for joints and ligaments than concrete and asphalt.