



SWAG™ TRAINING TIP:

Signs of discomfort or fatigue include stumbling, running through, jumping the poles, or knocking them down. Consider lowering the height or decreasing distance if you notice any of these signs.

Remember you can make your own Cavaletti course at home with boards or a ladder to test your dogs skill before investing in a professionally designed set.

Cavaletti exercises are great for mentally and physically challenging your dog. Varying the width or height of the poles or boards will make it harder or easier for your dog.



TOOLS:

Collar or Harness, Leash, Cavaletti Set, or make your own - strive for 6-10 poles or boards that are 4-5' long, K9FITvest (try with and without to note form)



DURATION:

2 sets of 5 repetitions each. Rest 5-10 minutes between sets. A rep is counted as both directions



ADD INTENSITY:

Create patterns on a slope - change height and distance of poles



STRENGTHENS:

Tones and strengthens entire body including back

What is Cavaletti?

Cavaletti is an obstacle course consisting of poles or boards that can be adjusted to accommodate exercise goals. It can be used to develop reach and drive and gait rhythm, or can be used as a game-like obstacle course. Spacing between poles should be consistent if working on gait rhythm. Standard spacing is 2x Elbow Height. To increase joint flexion move them closer together and raise the height.

Where Can I Do Cavaletti Exercises?

Cavaletti can be performed inside (with enough room) or outside. Surface should be level. The closer the boards are together the harder it is for the dog.

Cavaletti Guidelines:

- 1) Encourage your dog to walk through the poles.
- 2) Reward with high-value treat when dog steps with positive result.
- 3) Increase speed as your dog warms up and understands the pattern