



Here is a new twist to get more out of your evening stroll or morning jaunts. Make it a fun game and your dog is sure to enjoy it too!



### TOOLS:

Collar or Harness, Leash, K9FITVest (try with and without to note form)



### DURATION:

5-10 repetitions each set. Repeat 4-6 sets. Or 1-3 minute sessions 3-5 times per week.



### ADD INTENSITY:

Look for higher curbs or add the K9FITVest to increase intensity.



### STRENGTHENS:

Tones and strengthens entire body including back, fore limbs and hind limbs.

### What is Curb Appeal?

Curb Appeal is an obstacle exercise that challenges your dog mentally and physically. Changing the height, gait, and direction of your regular routine not only benefits your dogs body, but it also means your dogs brain is challenged as he tries to learn this new skill.

### Where Can I Do Curb Appeal Exercises?

Curb Appeal is best performed outside. But can also be performed inside using your DogTread with the sides folded down.

### Curb Appeal Guidelines:

- 1) On a leash, lure with a treat or toy held at head height
- 2) Encourage purposeful movement – go slow to start
- 3) Step on and off the curb, practice 2-5 steps up on the curb; and 2-5 steps off the curb.
- 4) If needed use your body to guide your dog, slightly bump her up on the curb using leash to guide. Cue with Treat and voice commands like "Up" and "Off"

### SWAG™ TRAINING TIP:



Make sure that you go both directions on the curb to work both sides of the body evenly.