OBSTACLES - ROCK STAR STANDS

Rocks are great obstacles to perform a variety of strength exercises for your your dog. Choose one that is relatively smooth and large enough to perform the activity

TOOLS:
Collar or Harness, Leash, K9FITvest (try with and without to note form)

DURATION:
5-10 repetitions each set. Repeat 1-3 sets.

ADD INTENSITY:
Look for higher rocks or add the K9FITvest to increase intensity.

STRENGTHENS:
Tones and strengthens feet, abs, hind limbs and back limbs.

What is a Rock Star?
Rock Star is an obstacle exercise that engages and strengthens your dogs entire body. It consists of a variety of exercises that can be performed on a flat surface or an elevated rock?

Where Can I Do Rock Star Exercises?
This is an outdoor activity

Rock Star Stand Guidelines:

1) Start with your dog in front of you, facing you.
2) On a leash, lure with a treat or toy held above head height
2) Give the verbal cue "Stand"
3) Entice the dog to follow your treat upwards releasing the front feet from the rock.
4) Reward. Repeat.

sWAG™ TRAINING TIP:

Begin teaching obstacles by letting your dog get familar with moving over and around the object first.

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