



A trip to the park can be made exciting with a Half Pipe course. Alternating walking up and down the hill challenges different muscles and turns the everyday walk into an exciting adventure.



### TOOLS:

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



### DURATION:

5-10 repetitions each set. Up and down is 1 set. Repeat 4-6 sets.



### ADD INTENSITY:

Add speed, a K9FITvest and a few zig zags to each climb.



### STRENGTHENS:

And tones the entire body including back, fore limbs and hind limbs.



### What is Half Pipe?

Half Pipe enables you to work different muscles by climbing straight up and down or at an angle/ Walking perpendicular as you climb up or down the slope will challenge the uphill legs. Don't forget to work both directions.

### Where Can I Do Half Pipe Exercises?

Half Pipe is best performed outside in a Canal or Ditch. Often they can be found in a park with a gradual slope (as shown).

### Half Pipe Guidelines:

- 1) Use a leash to guide your dog to heel and walk
- 2) Choose various angles to work different muscles
- 3) Increase speed as your dog warms up
- 4) Provide a high-value treat at the end of each set.

### SWAG™ TRAINING TIP:



Asking your dog to zig zag and increasing the angle of the climb will have different effects on your dogs proprioception. Proprioception can enhance joint stability which can decrease the risk of injury.