



SWAG™ TRAINING TIP:

Ensure your dog goes all the way to the top and all the way to the bottom - then reward completion.

Dogs that are recovering from an injury or back problems should not do this exercise until they have recovered properly.

Stair Repeats are an extremely effective strengthening exercise. The slower you move the more effective this exercise is at targeting all the major muscles of the legs, shoulders, hip and back. Speed stairs will help endurance.

TOOLS:



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

DURATION:



Depends on the length of the stairs. Strive for at least 10 minutes. Rest as needed.

INTENSITY:



Ensure that your dogs paws are all touching the stairs with equal force for the most benefit. Running stairs will help endurance, but is less effective for strengthening.

STRENGTHENS:



Front and hind legs as well as the back and shoulders if performed in both directions. Great for improving endurance.

What is a Stair Repeat?

Stair Repeats are done on a grouping of stairs, either short or long. Use a leash to control purposeful movements.

Where Can I Do Stair Exercises?

Stair exercises can be performed inside or outside. Find stairs that are free from debris and not slippery for your dog. They should have good traction.

Stair Guidelines:

- 1) Encourage your dog to walk up and down the stairs on lead in a controlled heel.
- 2) Increase speed and jog stairs to increase heart rate.
- 3) Work both directions for a complete body exercise.
- 4) Use two people for recall and to add more intensity.

Hill Guidelines:

- 1) Encourage your dog to walk up and down the hill on lead in a controlled heel
- 2) Increase speed, zig zag the hill and run with your dog
- 3) Work both directions for a complete body exercise.
- 4) Use two people for recall and to add more intensity.