



Dancing is a fun exercise that you and your dog are sure to enjoy. You can incorporate it easily into your exercise workouts or as a stand alone exercise.



TOOLS:

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



DURATION:

For Strength: 3-5 times, Take 3-4 Steps Each Direction. Progress to 5-10 times with 5-8 Steps in Each Direction



INTENSITY:

As your dog get stronger, release the paws and lure with a treat side-to-side, front-to-back. Add an unstable surface for a greater challenge.



STRENGTHENS:

Hind Limbs (pelvic region) and Core



What is Dancing?

Dogs front limbs are off the ground, either supported or unsupported. They should be high enough to be reaching. Encourage your dog to step side to side, front to back and turn.

Where Can I Do Dancing Exercises?

Dancing can be performed inside or outside. Start with a level surface. Only extremely well conditioned dogs should advance to using an unstable surface like a balance disc for this exercise.

Dance Guidelines:

- 1) Ask Your Dog to Put Front Paws On Your Chest
- 2) Step **Side to Side** While Supporting Your Dogs Front Feet. Advance to Releasing the Paws
- 3) Keep His Body Upright, Not Leaning
- 4) Step **Forward and Back** While Supporting Your Dogs Front Feet
- 5) Lure with a Treat. Give Treat After Completion of 3-4 Steps.



sWAG™ TRAINING TIP:

Strength Exercises should be performed 3 times a week. Be sure to give your dogs muscles time to recuperate and rebuild.