



SWAG™ TRAINING TIP:

All strength building exercises should start at a low-level and then build up gradually to minimize muscle soreness. If your dog is not use to a lot of activity don't ask him to workout for an hour straight. Balance and consistency is necessary to build a strong dog from the inside out.

If you are short on time, this quick and easy exercise is great for developing strong shoulders and upper arms. Especially useful for dogs that like to jump or participate in agility-like sports.



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:

Add a Stand Instead of a Sit, Strive for full extension.



STRENGTHENS:

Shoulder and Upper Arm

What is High Five?

High Five is when the dog reaches for your hand in either a seated or a standing position. It strengthens both abduction and adduction muscles - those that pull muscles towards the body and those that push the muscles away.

Where Can I Do High Five Exercises?

High Five can be performed inside or outside. Start with a level surface. Conditioned dogs can advance to using an unstable surface like a balance disc for this exercise. Try using Disc for front paw placement.

High Five Guidelines:

- 1) From a sit position, lift one paw to your hand.
- 2) Say "High-Five" and reward placement with a treat. Your Dog will associate paw placement with treat and start to reach on his own.
- 3) Move placement of treat to change height of leg and extension to target different parts of the muscles.
- 4) Strive to keep the pastern (wrist area) straight. Work both sides evenly.