

STRENGTH- SIT TO SIT PRETTY



TOOLS:

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



DURATION:

For Strength: 3-5 times, Hold each position 3-5 seconds. Progress to 5-10 times with 5-10 second hold.



INTENSITY:

Increase time for the hold or add the K9FITvest for an unstable platform for additional intensity.



STRENGTHENS:

Back, core and rear muscles.

What is Sit to Sit Pretty?

To perform Sit to Sit Pretty your dog will be required to sit up and raise both front feet off of the ground at the same time.

Where Can I Do Sit to Sit Pretty Exercises?

Sit to Sit Pretty 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.

Sit to Sit Pretty Guidelines:

- 1) Ask your dog to sit
- 2) Use a smelly treat
- 3) Lure the treat straight up until the dog lifts its front feet off the ground.
- 4) Go slowly and reward for small progress
- 5) Larger dogs may need the assistance of a corner or wall for additional support

SWAG™ TRAINING TIP:



Be sure to bring the treat straight up from the nose. Moving the treat to far back or forward will cause your dog to fall or tip off balance. Go slow and provide support until your dog is able to do it on her own.