

## WARM UP/STRENGTH- SIT TO DOWN



Sit to Down is another exercise that can double as a warm up and a strengthening exercise. This exercise will help warm up and prepare the muscles, joints and connective tissues for the challenges of many activities from running to agility. To incorporate as a strength activity add resistance and increase time to each position.



### TOOLS:

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



### DURATION:

For Warm Up: 5-10 times, Hold each position 5-10 seconds

For Strength: 10-20 times, Hold each position 15-20 seconds.



### INTENSITY:

To incorporate as a strength activity, add resistance like the K9FITvest and increase hold time and repetitions



### STRENGTHENS:

Front limbs and shoulder muscles.

### What is Sit to Down?

Sit to Down is an easy exercise that helps your dog work on commands as well as its body. Start your dog in sitting position and then ask your dog to lie down.

### Where Can I Do Sit to Down Exercises?

Sit to Down can be performed inside or outside. Start with a level surface and advance to using balance tools like a balance disc or balance board for front or hind limbs to change center of gravity and muscle focus.

### Sit to Stand Guidelines:

It is recommended that you start with a Controlled Walk before asking your dog to do Sit to Down.

- 1) Ask Your Dog to Sit Squarely on Hind Legs. Hold
- 2) Then Ask Your Pet to Lie Down for a Few Seconds
- 3) Ensure Your Dog Comes Down Completely to the Floor
- 4) Then Sit Again. Repeat.

*\* Watch for signs of weakness or soreness. If your dog is sitting to one side repeatedly there may be more at play with your dog and we recommend that you see a Vet or Canine Rehabilitation Practitioner or Therapist for a thorough exam.*

### sWAG™ TRAINING TIP:



Encourage your dog with low-calorie, high value treats. Move the treat down toward the dog, between the front legs while in a stand. This will help your dog move easily to a down position.

Once in a down position, raise the treat to get your dog to resume a standing position.

Remember to keep it fun and reward for a job well done!