



Dog Squat is a strengthening exercise. Do not expect your dog to hold this position the first time. This exercise takes practice. Larger dogs typically will have a harder time performing this exercise. Consider using a wall or a corner of the room to support your dog until they can build up strength to do it on their own.



### TOOLS:

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



### DURATION:

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



### INTENSITY:

Increase time or add K9FITvest



### STRENGTHENS:

Dog Squats target the entire core region including the back, abdominals. As well, it strengthens the pelvic muscles that support the hips.

### What is a Dog Squat?

To perform a Dog Squat the dog must sit, sit up and then lift both front limbs while moving into a hind limb stand. Make sure your dog is sitting squarely to begin with avoid undo stress on the knee (stifle).

### Where Can I Do Dog Squats Exercises?

Sit to Squat can be performed inside or outside. Start in a corner to provide support as your dog learns to rise. You can also use your hands to hold front paws as your dog rises up.

### Dog Squat Guidelines:

- 1) Ask Your Dog to Sit Squarely on Hind Legs. Hold
- 2) Use a High Quality Treat to Lure Dog Straight Up
- 3) Raise Treat Until Front Feet are off the Ground
- 4) Hold the Dogs Paw(s) If Your Dog Is Unstable or Use a Wall for Support
- 5) Cue Your Dog to Stand on Hind Limbs.
- 6) As Your Dog Gains Strength, Release the Paw.

\*The act of moving from Sit, Sit Pretty to Stand and back down will prove more challenging for bigger dogs. Ensure movements can be made unsupported before adding resistance.

### 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.