WARM UP - HIND STRETCH

Hind Stretch is great for your dogs back, neck and hind limbs to increase muscle resilience and flexibility. Be creative this exercise can be done on a flat surface, a chair, a rock or a bench.

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

DURATION:
For Warm Up: 5-10 times, Hold Hind Stretch for 5 seconds; move up to 10-15 seconds

INTENSITY:
Hind Stretch targets your dogs back, neck and hind gluteal muscles.

MUSCLES TARGETED:
Hind Stretch targets your dogs back, neck and hind gluteal muscles.

What is Hind Stretch
Hind limbs provide power for propulsion and jumping.

Where Can I Do Hind Stretch?
Hind Stretch can be performed inside or outside. Start with a level surface and advance to using balance tools or tools that help elevate the front limbs that enable full extension in the back and hind limbs as seen in the pictures above.

Hind Limb Guidelines:
It is recommended that you start with your dog standing.

1) Use a High-Value Smelly Treat for a Lure
2) Bring the Treat Just Slightly Higer than the Nose
3) Encorage your Dog to Reach Forward Extending from the Neck
4) Place Your Leg in Front of Rear Legs to Keep Your Dog from Stepping Forward with Hind Legs
5) If Your Dog Steps Forward then Start Over

Goal:
Strive for full extension of the hind legs, neck, back.

sWAG™ TRAINING TIP:

At each stage that your dog shows progress make sure to treat and acknowledge with a "good" or a "yes" to provide affirmation. When your dog reaches the desired position give more treats than before to reinforce behavior.

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