



### SWAG™ TRAINING TIP:

Flexibility is the ability of joints to move through a full range of motion. As your dog ages the connective tissue becomes less pliable. It is important to incorporate a daily flexibility program for elderly dogs and competition dogs especially to avoid acute and chronic injuries. Dogs just like humans will vary in their degree of flexibility, be mindful of differences just like other exercise you may have to build up range and repetitions.

Spin is a great way to warm up the body, increase flexibility and at the same time it enables you to work on balance and weight shifting.



#### TOOLS:

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



#### DURATION:

For Warm Up: 3-5 times each side



#### INTENSITY:

Slow turns accentuating movement is best. To increase intensity add instability surface.



#### STRENGTHENS:

Front limbs, neck and back

### What is Spin?

Warm up exercise that encourages your dog to pivot in place.

### Where Can I Do Spin?

Spin can be performed inside or outside. Start on a level surface. Increase intensity by using a balance board or disc.

### Spin Guidelines:

- 1) Use a High-Value Smelly Treat for a Lure
- 2) Position your Dog to Stand in Front of you
- 3) Place Treat in Front of Dogs Nose and Say "Turn"
- 4) Move Your Hand in a Circle Luring Your Dog with Treat
- 5) Reward When Your Dog Completes a Circle. Repeat Other Direction

### Goal:

Strive for full circle and remember to repeat both sides.