

POWER PAWS – BACK LIMBS



TRAINING
LEVEL

1

STRENGTHENS: Front Limbs, Hind Limbs,
Core, Focus, Limb Awareness

K9 FIT ZONE

Level	Frequency	Reps	Sets	Duration	Progression
1	3x per week	3-5 per set	2-3	5-10 seconds	Change level of air to make easier or harder.
2	3x per week	5-8 per set	3-5	10-20 seconds	Lift front limbs and alternate for additional hind limb strengthening.
3	3x per week	8-12 per set	4-6	20-30 seconds	Lift hind limb and alternate for additional hind limb strengthening.

fun.balanced.fitness



K9FITbone™

TRAINING
LEVEL
1

WORK IT:

- Use a treat to encourage the dog to put its back feet on the K9FITbone. Once the feet are up, name the behavior "Back up" This will become a command, like "Sit" or "Down."
- Practice holding the position for recommended duration.
- Encourage with voice and treats to make the exercise fun.
- Release the dog from the position by saying "OK" or "All done" in a mild tone of voice. Save the praise and excitement for when the dog is doing the behavior.

TECHNIQUE:

You may walk the dog over the K9FITbone to place back feet. As your dog becomes more skilled, back the dog onto the K9FITbone for positioning. Hind limb awareness is a challenge for some dogs so you may need to lift the back legs to start to show positioning. Reward placement.

OBEDIENCE TRAINING:

This is a great exercise for dogs who are "wiggly" and have a difficult time learning a Sit Stay command. Having to think about keeping their feet up on a FITbone helps them to concentrate more. Because the K9FITbone is raised up from the floor, the dog also understands more clearly when they break the stay because they experience a level change.

www.CanineGym.com

