

# POWER PAWS - FRONT LIMB



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 one hind limb and alternate for additional front limb strengthening.
3	3x per week	8-12 per set	4-6	20-30 seconds	Lift one front limb and alternate for additional front limb strengthening.

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# K9FITbone™

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## WORK IT:

- Use a treat to encourage the dog to put its front feet on the K9FITbone. Once the feet are up, name the behavior "Paws 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:

When performing any form of balance exercise watch to ensure your dog's feet are pointing forward. Watch to see that the weight is distributed evenly then increase intensity by encouraging weight shifts. If the dog shows signs of fatigue stop. Try reducing the number of repetitions, sets, or duration as necessary and tolerable for your dog.

## OBEDIENCE TRAINING:

Use the "Stay" Command once your dog puts both feet on the bone. Reinforce with rewards and aim for longer durations.