

PUSH-UP



TRAINING
LEVEL
1

STRENGTHENS: Front 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	Alternate front legs and hind legs on the bone.
2	3x per week	5-8 per set	3-5	10-20 seconds	Advance to all four limbs on the bone. Big dogs will need 2 bones.
3	3x per week	8-12 per set	4-6	20-30 seconds	Increase air and add more instability. Add a K9FITvest® for additional resistance and balance challenge.

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WORK IT:

- Place the bone in a horizontal position with the dog in a square sit on the K9FITbone.
- Lure the dog's nose with a treat and lower it slowly towards the floor and then move it slightly forward along the bone to encourage the dog's front feet to move forward in small steps. Hold.
- Next use the treat to reverse the direction and encourage small steps back up into a square sit.
- Advance and do the entire sequence on top of the K9FITbone. Big dogs will need two bones.

TECHNIQUE:

Strive for controlled movements through the entire exercise. Seek to engage the forelimbs more than the hind limbs or core.

OBEDIENCE TRAINING:

Changing multiple commands teaches the dog to focus on you for longer periods of times *and* it can be so much fun. I string the time out between positions with "are you read-eeeeee? get seeeeeeeet.....SIT!" They love that game. Suddenly you're the best game on the block - and - Hello! - that's what you want. Your dog defaults to you (INTERESTING YOU!) and not the environment.