

SIT TO STAND



TRAINING
LEVEL
1

STRENGTHENS: 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	Start with dogs hind legs on the ground and front 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	Add air and rock or move the bone gently while dog holds a stand. Add a K9FITvest for additional resistance and balance challenge.

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K9FITbone™



WORK IT:

- Start with the dog's front legs on the K9FITbone. Use the "Sit" Command. The dog's hind end should sit on the floor with front limbs on the bone.
- Lure the dog up to a stand with voice command "Stand" and reward with a treat. Ensure the front limbs remain on the K9FITbone. Repeat.
- Progress by encouraging your dog to stand completely on the K9FITbone with all four feet. If your dog is above 55 lbs consider purchasing 2 bones. One for front paws, one for back paws.
- 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:

Adjust level of difficulty by increasing or decreasing the air level in the K9FITbone. To ensure your dog's form is correct watch for a flat back when the dog has all four limbs on the K9FITbone. Encourage a nice square it. Legs should not splay out to the side.

OBEDIENCE TRAINING:

Whether you're at the vet, the groomer, or just want to wipe your dog's feet, having a dog who can stand and remain still will make all of those tasks easy on everyone.

