

## Stretching and Conditioning Exercises for Healthy Dogs

### 1. Warmup

- a. Walk for 5 minutes for these exercises (more advanced exercises need interval walk/gait for 5 minutes)

### 2. Nose Touch Box

- a. Teach your puppy/dog to touch your hand with their nose if you haven't already
- b. Ask your puppy/dog to touch your hand with their nose up left/up right/up left/down right/down (focus exercise)

### 3. Cookie Stretches

- a. Lure your dog to touch their ribs/side left and right
- b. Lure your dog to touch their hip left and right
- c. Lure your dog to touch their back foot left and right

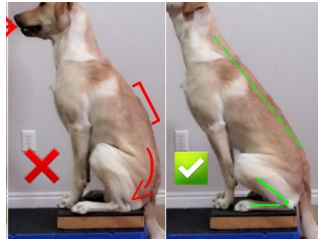
### 4. Rear Leg Lift

- a. Place your hand right above your dog's knee and gently lift their back leg and encourage them to stretch their rear leg out straight. Do not allow them to put weight on you, you want them to shift weight to three legs. Hold only for a second and work up to 3-5 seconds.

### 5. Circles/Spins

- a. Lure your puppy/dog in a circle in front of you each direction three times

### 6. Sit Posture



- a. Feed your puppy/dog treats for 5 seconds in a correct sit with knees over toes and spine aligned well. An aerobics bench helps with dogs who have a sloppy sit. Postural muscles are small and can easily become weak. Most dogs do not have a lot of endurance for this exercise to work up to longer hold times slowly. It is harder than it looks!

### 7. Sit to Stand

- a. Have your dog sit with good posture. Lure your dog forward and out to stand without moving their back feet. Have them sit again slowly without moving their back feet. Repeat three times and work up to more reps a couple times a day. This is a great foundational exercise. Be sure to do it slowly and keep the back feet stationary!

### 8. Paws Up On Disc or Feed Bucket

- a. Puppy/dog puts paws up on disc or feed back and you feed them treats while they hold position for 10 seconds. Start by repeating 3 times and work up to 5 times. You can progress to have them pivot their back legs around the disc.