



AIRMID & BRIGHID

6 WEEK CONDITIONING PLAN

AMBER

Client: Amber / Yve van Brussel

Dates: Oct 28, 2023 - Dec 2, 2023

Session Goals:

- Posture and correct execution of the exercises
- Fun

Week 1 Exercises	Notes
<p>Warming up: 5 minute walk-> trot -> walk + doggie yoga (active stretches)</p> <ol style="list-style-type: none"> 1. Static stand 2. Weight shifting 3. Sit -> Stand 4. Circling 5. Front feet up <p>Cooling Down: 5 minutes walk + Doggie Yoga + massage</p>	<p>All exercises on a stable surface</p> <p>Set:</p> <ol style="list-style-type: none"> 1. 3x max 10 sec 2. A. Hips: 10x 2 sec rest each side 2. B. Shoulders: 10x 2 sec rest each side 3. 3x tucked sit or Rock back sit. (Posture is important) -> stand 4. 2x clockwise + 2x counterclockwise-> 2x 5. 3x up to 10 sec static stand -> 2x <p>Session: max 2 sets</p> <p>Per day: max 2 sessions + 1 long walk with the dog walking service</p> <p>10 rest sec between repetitions 30 rest sec between exercises</p>
Week 2 Exercises	Notes
<p>Warming up: 5 minute walk-> trot -> walk + doggie yoga (active stretches)</p>	<p>Introduction compliant object for stand, WS and feet up</p>

<ol style="list-style-type: none"> 1. Static stand: up to 10 sec 2. Weight shifting: hips and shoulders 3. Sit -> stand 4. Circling 5. Front feet up 6. Hind feet up/back up <p>Cooling Down: 5 minutes walk + Doggie yoga + massage</p>	<ol style="list-style-type: none"> 1. 3x max 10 sec 2. On old dog bed (compliant object) 3. On stable surface. Rock back or tucked sit. Teach client the difference 4. Round pole instead of the barrel 5. On compliant object (balance pad or smaller couch cushion/firm dog bed)) 6. Start teaching back up and targeting hind feet onto thin target
<h3>Week 3 Exercises</h3>	<h3>Notes</h3>
<p>Warming up: 5 minute walk-> trot -> walk + doggie yoga (active stretches)</p> <ol style="list-style-type: none"> 1. Static stand on platform up to 12 sec 2. Sit -> stand: Tucked sit -> stand 3-5x 3. Circling: tight circle 4. Front feet up: 10 sec 5. Hind feet up: 10 sec 	<p>Introduction platform and unstable object</p> <p style="text-align: center;">:</p> <ol style="list-style-type: none"> 1. On fitting platform 2. Front feet up on stable object 3. 2x CW+ 2x CCW 4. Front feet on unstable object: 5. Hind feet on compliant object, front feet stable surface <p>Hind feet on object: first FF -> both -> hind feet -> static stand</p>
<h3>Week 4 Exercises</h3>	<h3>Notes</h3>
<p>Warming up</p> <ol style="list-style-type: none"> 1. Start cavaletti -> poles in a straight line 2. Static stand + WS 3. Sit -> stand 4. Figure 8 5. Front feet/Hind feet up 	<ol style="list-style-type: none"> 1. 2 - 4 poles, <ol style="list-style-type: none"> a. the distance between each pole should be the dog's height at the withers: 64cm -> walking over the poles to find out if distance is okay or poles need adjusting b. Hight: not higher than half hock hight 2. On compliant object. WS: lifting paws. Preferably Amber lifts paws herself, otherwise this will be homework. 3. On a compliant object if sit is with good posture otherwise on a stable surface and practice good posture. Tucked sit is preferred 4. 2x each direction 5. On an unstable object

Week 5 Exercises	Notes
<ol style="list-style-type: none"> 1. Static stand and WS/Doggie Yoga as part of warming up 2. Cavaletti 4-6 poles straight line 3. Cavaletti 4 poles in curve 4. Sit -> stand 5. Figure 8 	<ol style="list-style-type: none"> 1. On compliant object (eg. old dog bed). Posture is important 2. Walk over poles 3. Only if exercise 1. goes fine. Curve not too curvy 4. On compliant or unstable object
Week 6 Exercises	Notes
<ol style="list-style-type: none"> 1. A small parcours incorporating previous exercises on different surfaces 2. At the end of the week: a fitness walk on our favourite off leash area 	<ol style="list-style-type: none"> 1. Everything save and with good posture 2. During the walk we'll do several exercises we've done these weeks

Every session:

- start with warming up and end with cooling down
- Evaluating the exercises from the previous session, see if there are things that are not clear or not going very well. Or things that go very well.
- Good posture, safety for Amber and client and signs of fatigue or pain are most important.

Every day:

- Long, off leash, walk with dog walking service -> over loose sand, grass, hard sand etc
- Start running short distances, with turns etc. or leash walks over different surfaces.