Position:

Front legs on exercise ball, hind legs on bosu ball. For even distribution of weight ensure hind legs are in line with each other and same for front legs.

Muscles being worked:

The higher the front legs are the more the hind muscles are working. Core is working to stabilize the whole body from movement.

Benefit:

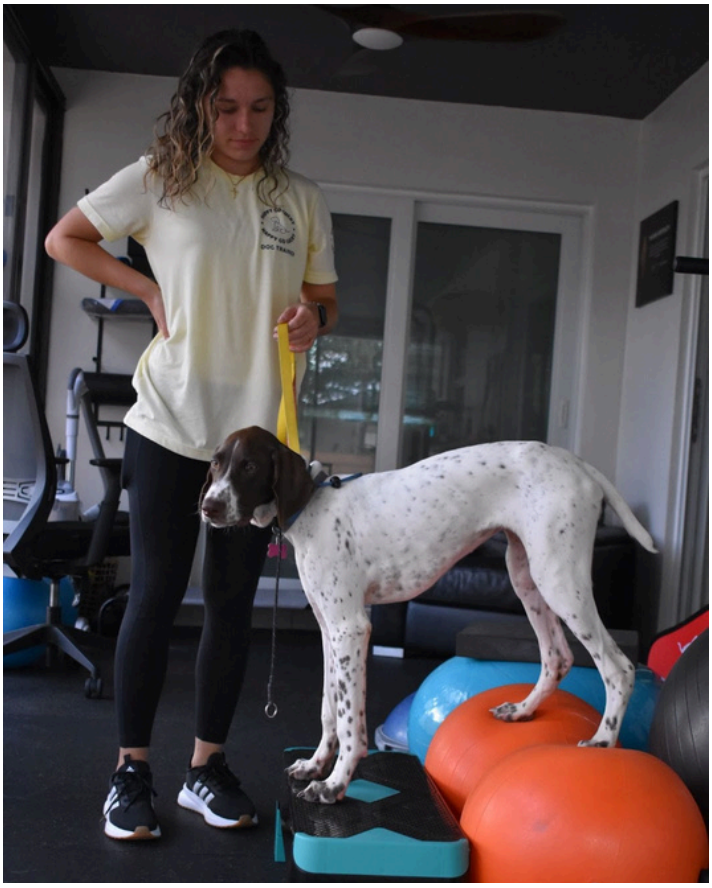
Building hind-leg, hip, and core muscles to decrease risk of injury in knee joints, hip joints, and spine.

Time:

Beginner 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Challenge:

Lift each leg for a few seconds or up to a minute to allow the other legs to work a little harder. This can ensure your dog is not favoring one leg over the other.



Position:

Front legs on sturdy platform. Hind legs on peanut shaped stability ball. For more muscle build on the front legs, have the platform slightly lower than the peanut ball.

Muscles being worked:

Core and hind-leg muscles are working to stabilize the back end. When front legs are lower than back muscles are building my hold more of the body's weight.

Benefit:

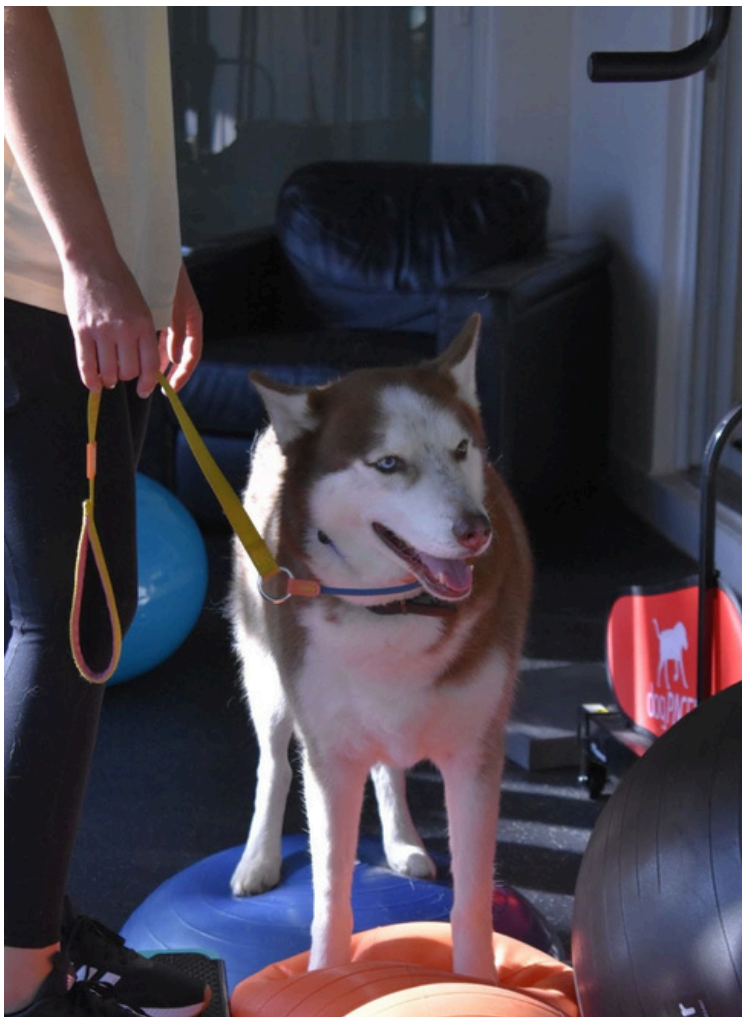
Building hind-leg, hip, and core muscles to decrease risk of injury in knee joints, hip joints, and spine. More weight load on front legs builds all around leg muscles reducing the risk of injury during high-impact activities like jumping and running.

Time:

Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Challenge:

Lift each leg for a few seconds or up to a minute to allow the other legs to work a little harder. This can ensure your dog is not favoring one leg over the other.



Position:

Front legs on the end of the peanut shaped ball and hind-legs on the bosu ball. Ensure front and hind legs are in line with each other for even weight distribution.

Muscles being worked:

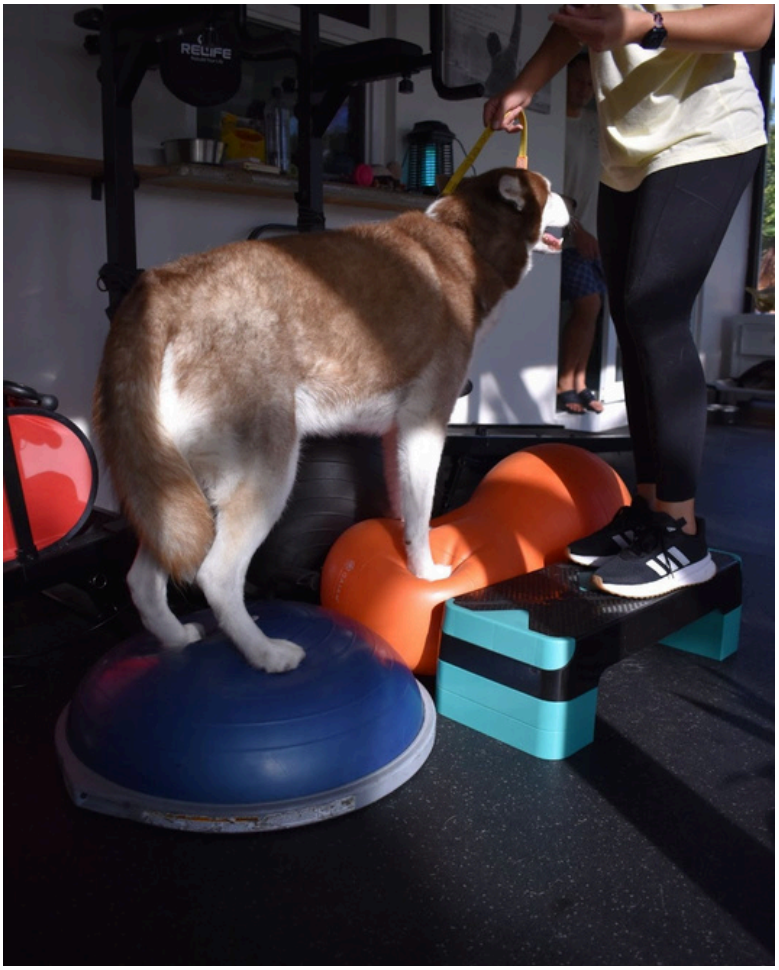
Front and hind legs are both working to keep the body stable. Hip and shoulder muscles are engaged to hold the position. Core is also engaged to assist the legs.

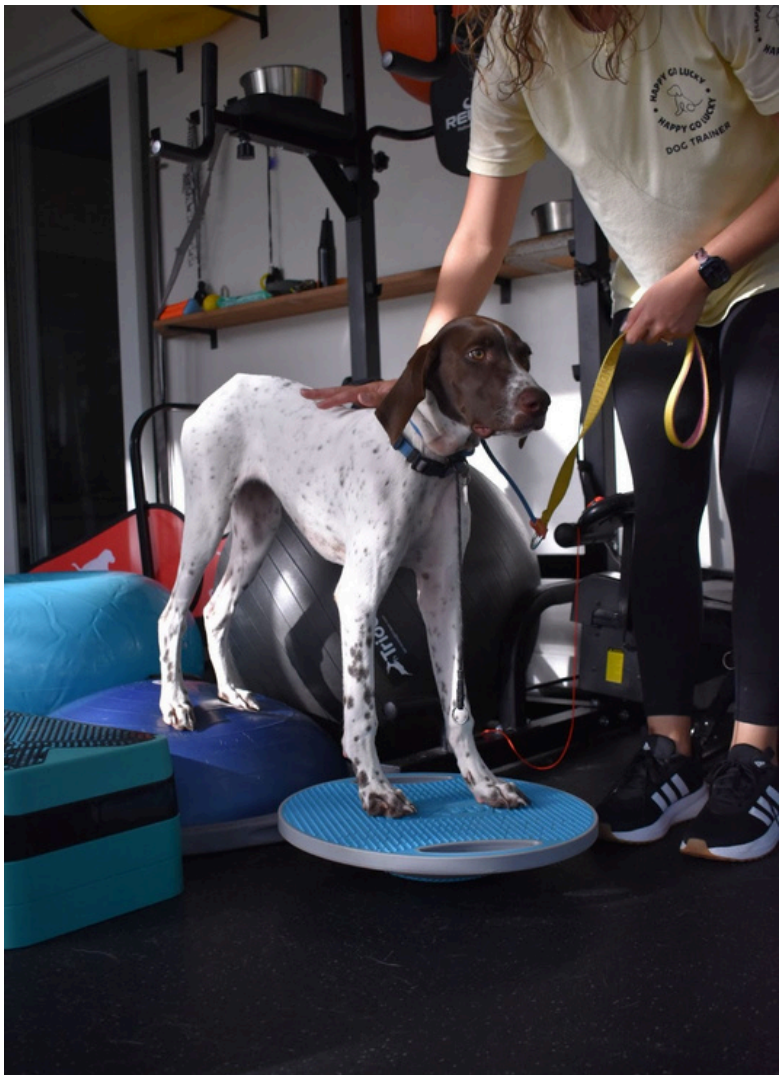
Benefits:

Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

Time:

Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold





Position:
Front legs on the wobble board, hind legs on peanut

Muscles being worked:
Front and hind legs are both working to keep the body stable. Hip and shoulder muscles are engaged to hold the position. Wobble board is engaging shoulder stability muscles on the front legs

Benefits:
Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

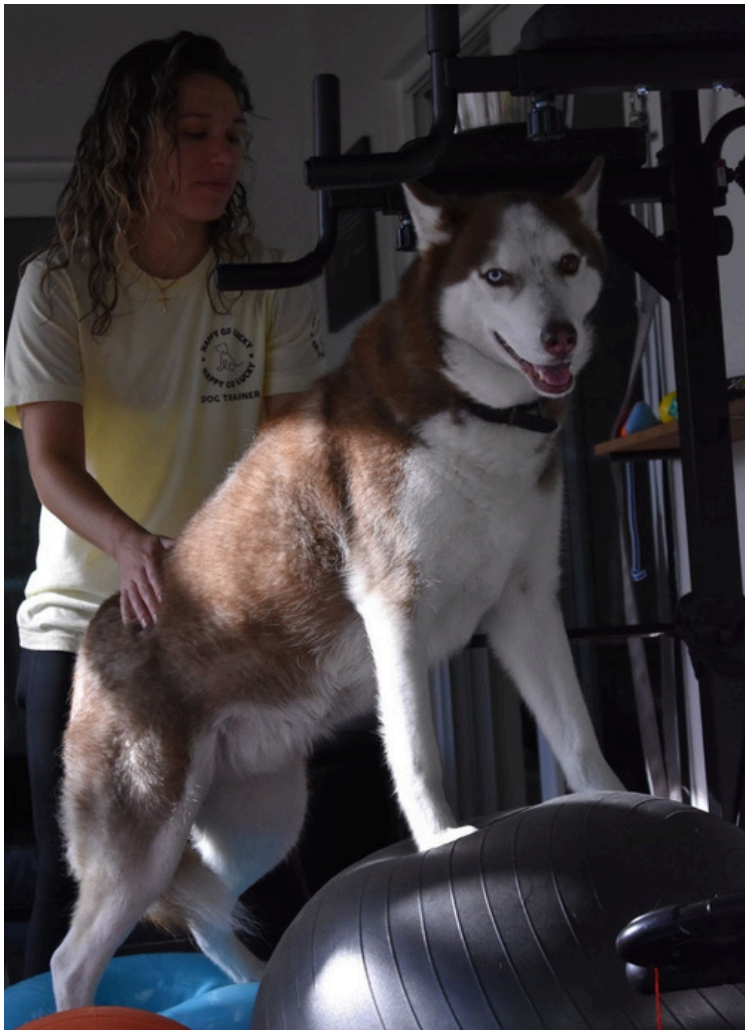
Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Position:
Front legs on the exercise ball, back legs on donut ball

Muscles being worked:
Front and hind legs are both working to keep the body stable. Hip and shoulder muscles are engaged to hold the position. Hind legs are stabilizing on donut

Benefits:
Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

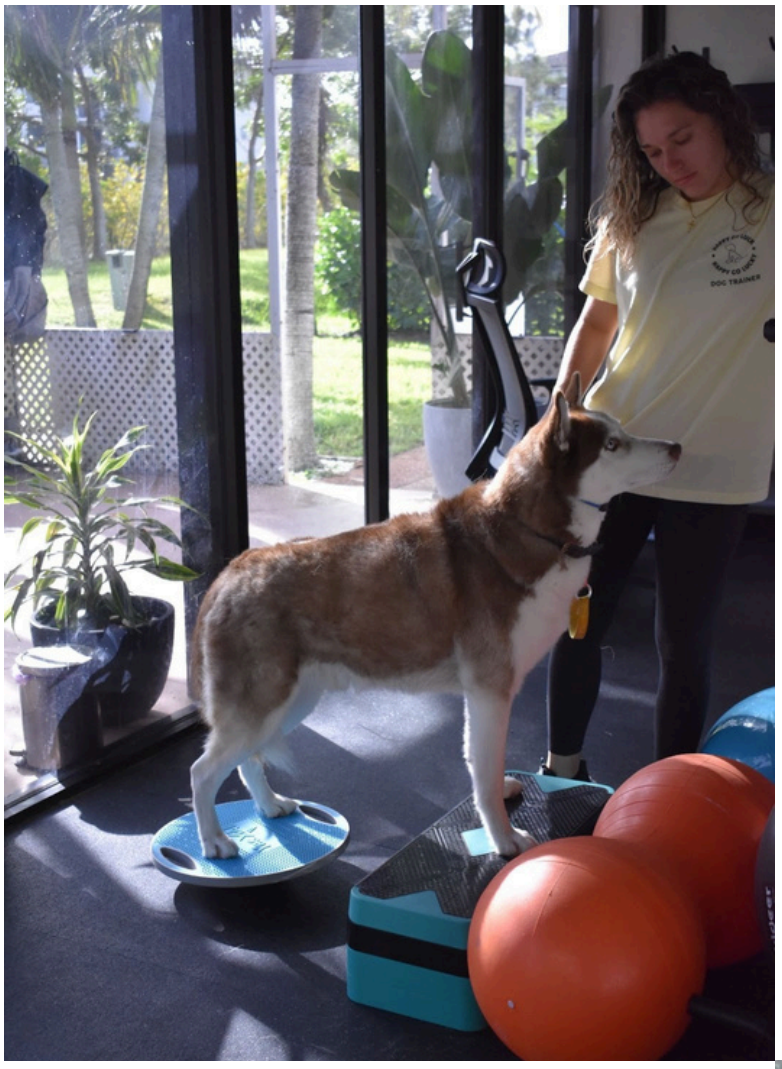


Position:
Front legs on Bosu ball hind-legs on donut ball.

Muscles being worked:
Front legs and shoulders are working to stabilize the front end and hold more of the weight mass. Core is working to stabilize the whole body and to keep the spine from sinking in. Hind-legs and hip muscles are engaged to stabilize the back end.

Benefit:
Building hind-leg, hip, and core muscles to decrease risk of injury in knee joints, hip joints, and spine. More weight load on front legs builds all around leg muscles reducing the risk of injury during high-impact activities like jumping and running.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold



Position:
Front legs on stable platform. Hind-legs on a wobble board. Front legs can be higher than hind-legs for more work in the hind-legs.

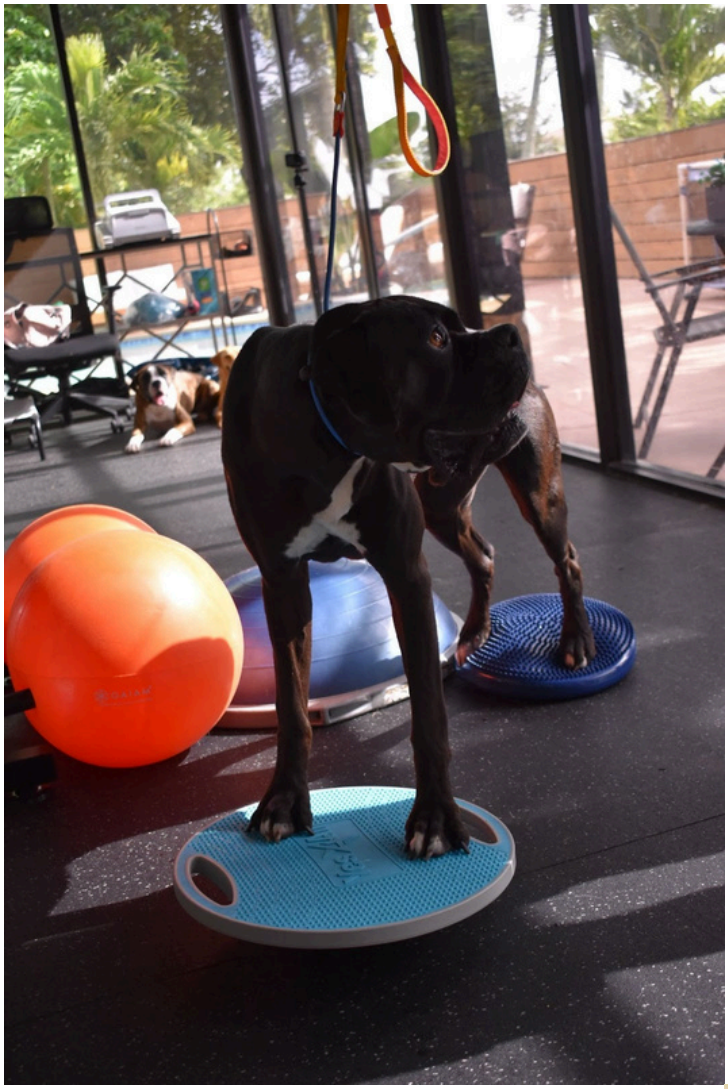
Muscles being worked:
Hind-leg and hip muscles are working together to stabilize along with the core.

Benefit:
Building hip and hind-leg muscles reducing risk of injury in back knees and hip joints as dogs age and for high-impact activities.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Challenge:

Lift each leg for a few seconds or up to a minute to allow the other legs to work a little harder. This can ensure your dog is not favoring one leg over the other.



Position:
Front legs on wobble board. Hind-legs on the soft wobble board.

Muscles being worked:
Working all muscles. Front and hind-legs including the shoulder and hips are engaged to stabilize the body along with the core.

Benefit:
Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Position:
Front legs on soft wobble board. Hind-legs on Bosu ball.

Muscles being worked:
Working all muscles. Front and hind-legs including the shoulder and hips are engaged to stabilize the body along with the core.

Benefit:
Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

Position:
All four paws on a peanut shaped ball.

Muscles being worked:
Working all muscles. Front and hind-legs including the shoulder and hips are engaged to stabilize the body along with the core.

Benefit:
Building hip and shoulder muscle to reduce injury during running, jumping, and tugging. For dogs with injuries this can improve mobility, reduce pain, and accelerate recovery.

Time:
Begginer 30-45 second hold | Standard 1-2 minute hold | Advanced 3-5 minute hold

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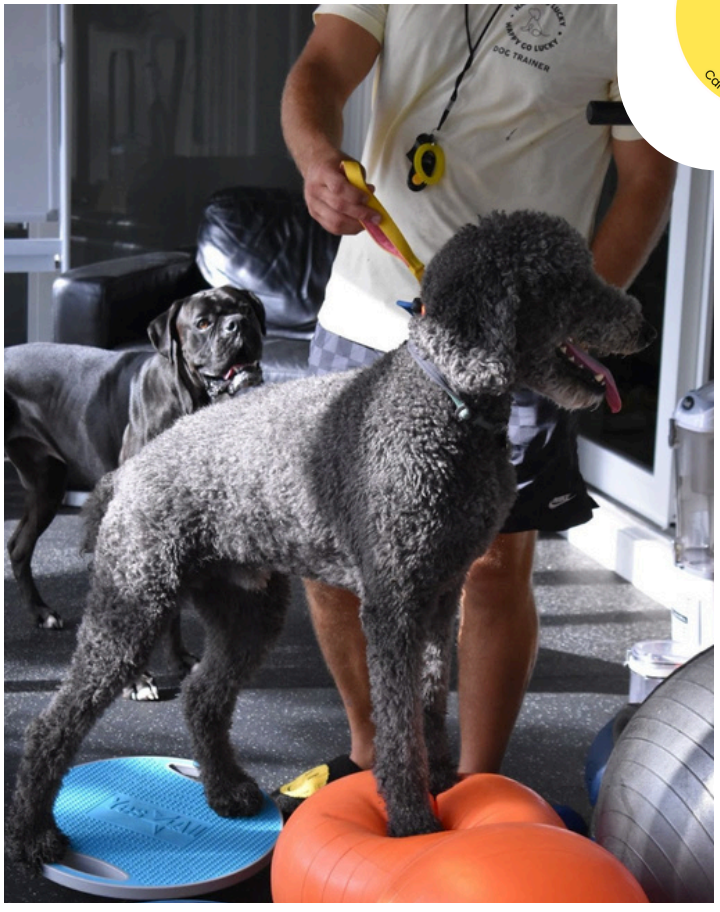

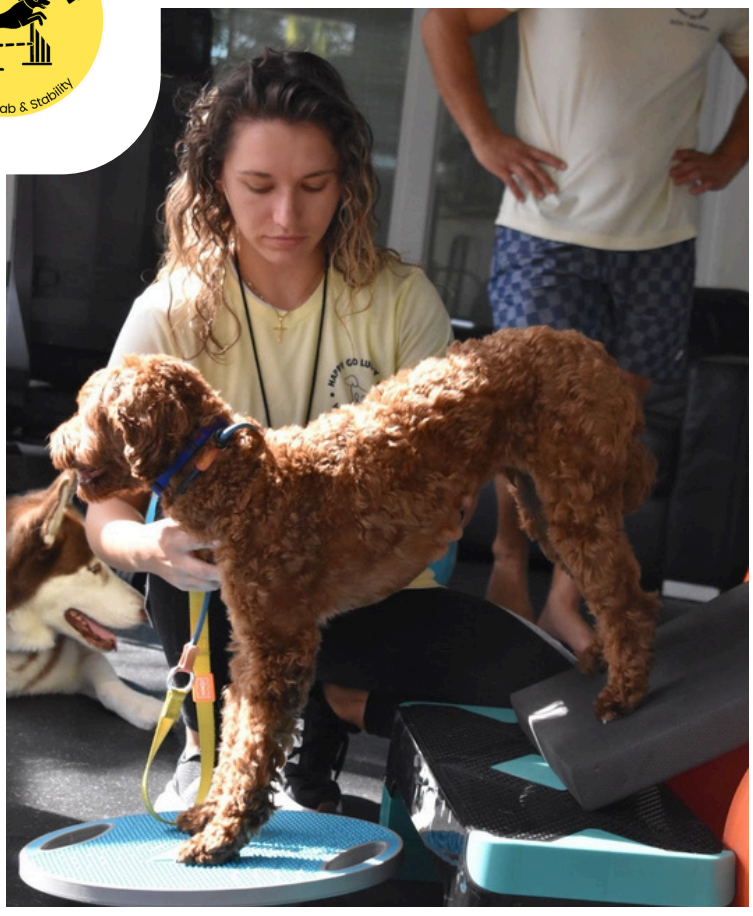

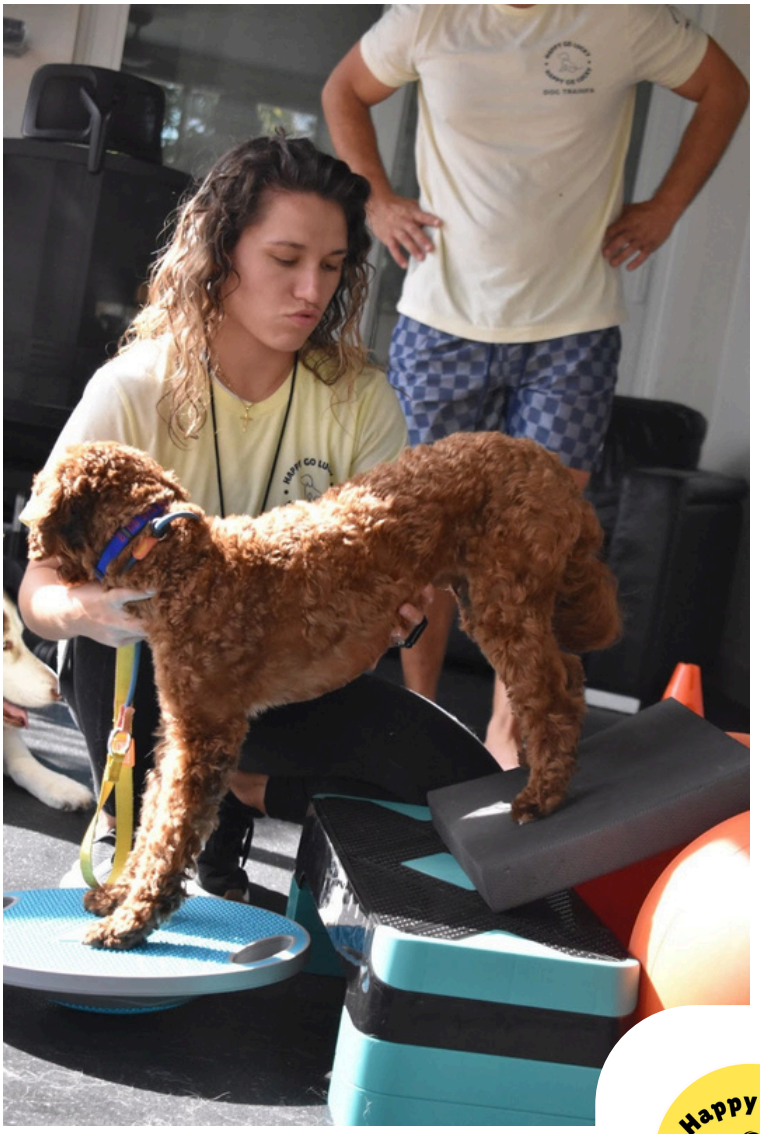

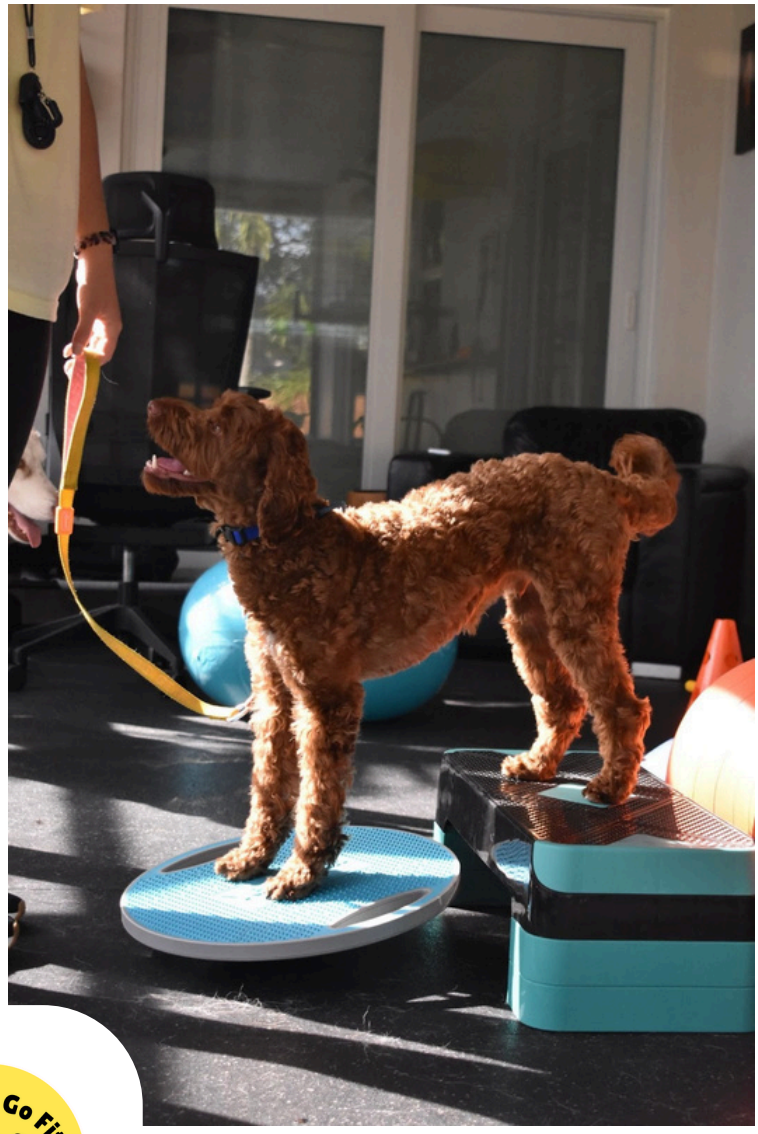

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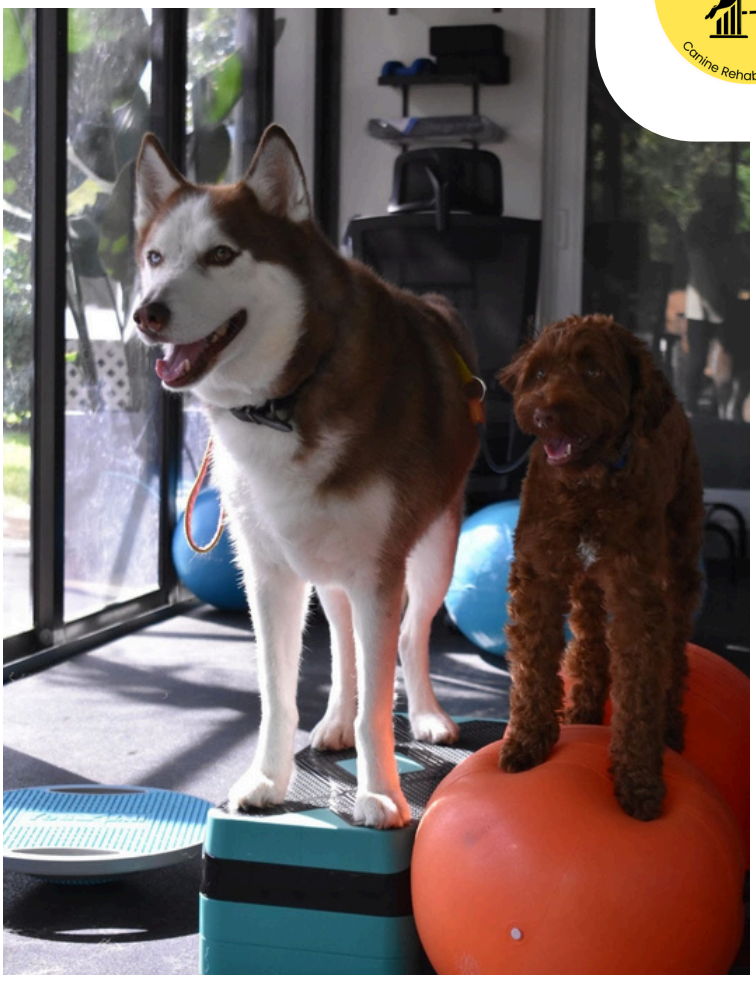

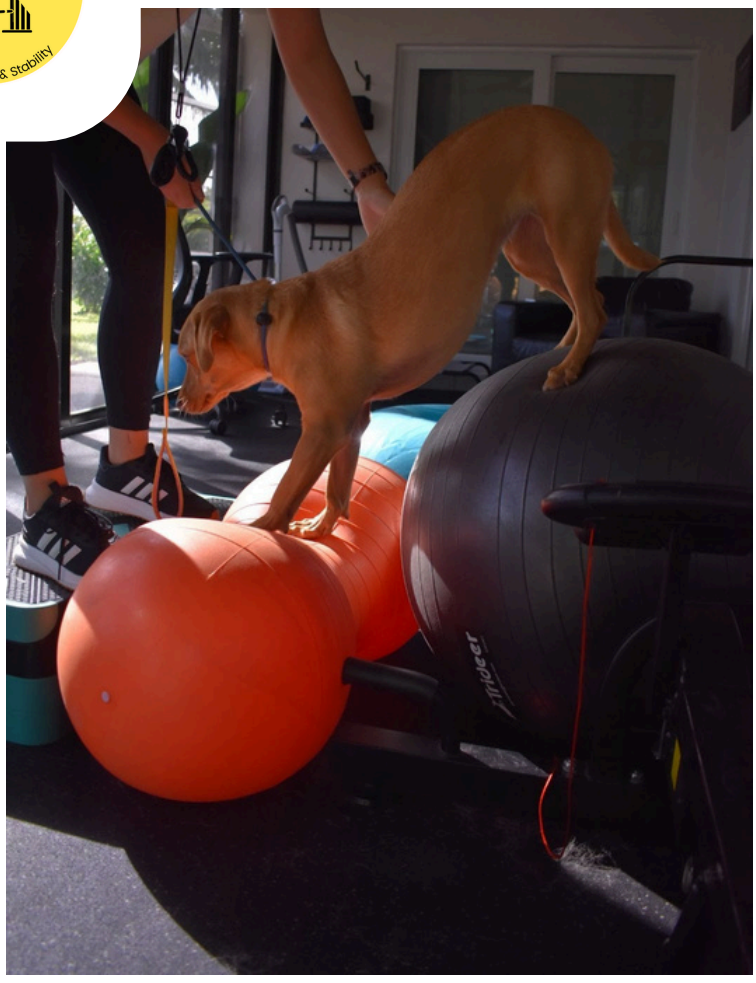

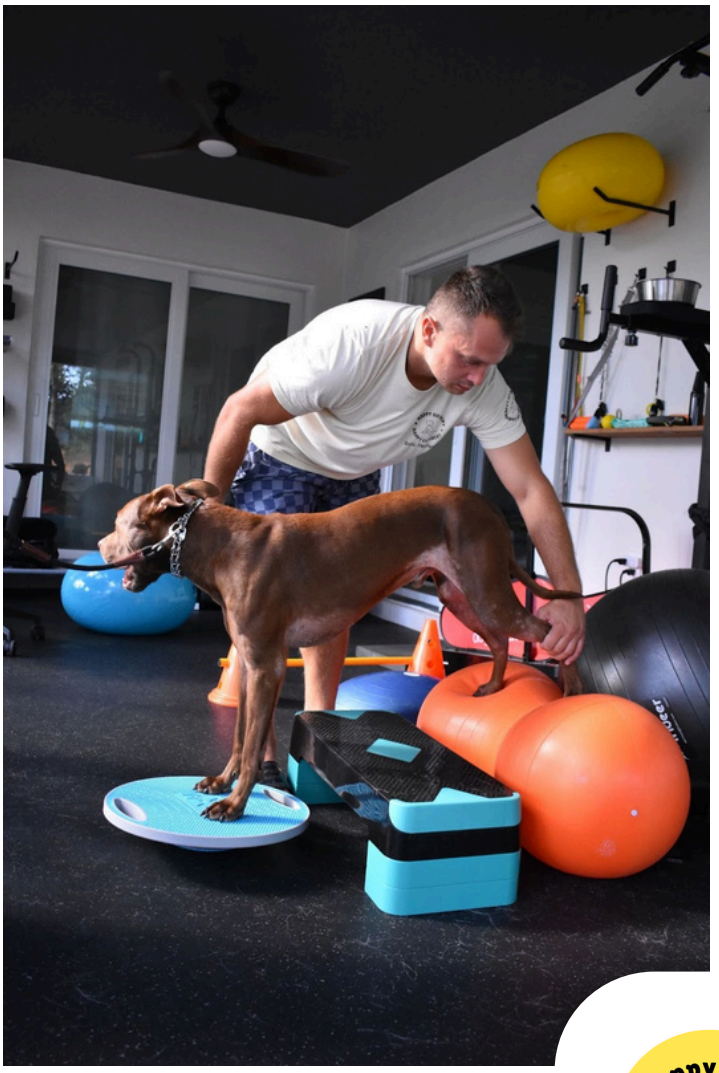

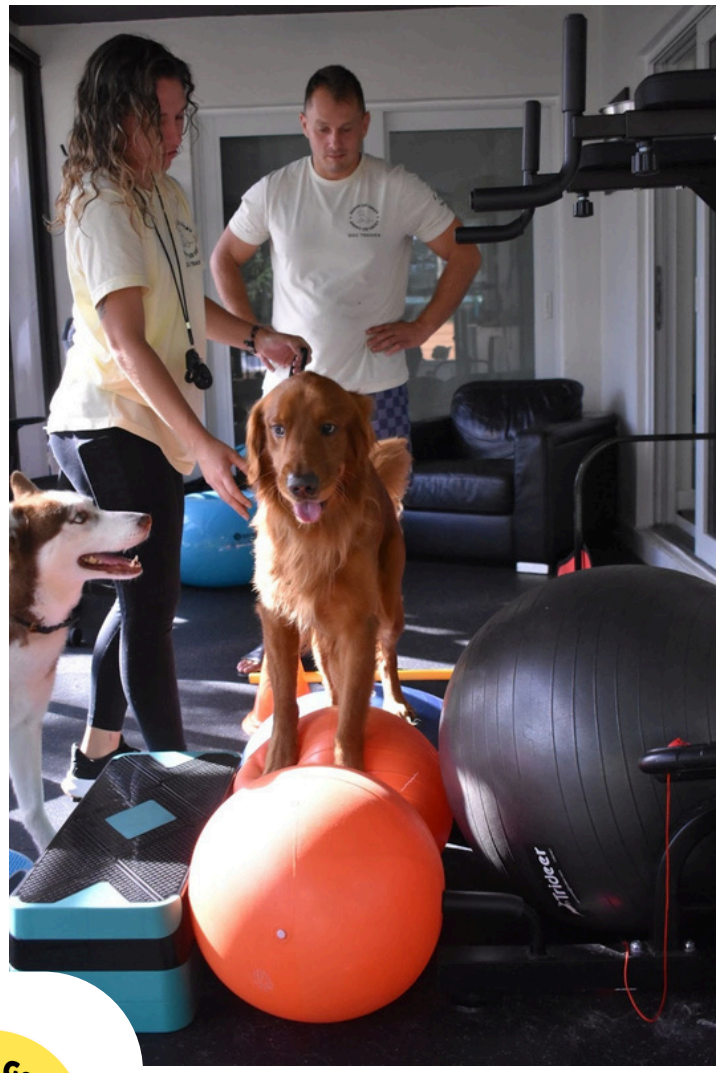

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