

THE ULTIMATE RELATIONSHIP BUILDER THROUGH FITNESS

TRIPLE-F

FAST/FIT/FLEX



Absolute Dogs®

Tom Mitchell & Lauren Langman



TRIPLE-F Fast, Fit, Flex

We are SO passionate about fitness in dogs; not only for sports dogs, but for ALL dogs, as a part of daily life.

Fitness can help:

- **NBN dogs recover from incidents**
- **The quality of life for an elderly dog with arthritis in his joints**
- **A dog with a slipping patella to recover from surgery and many, many more!**

We really can't say it enough, fitness is important for a number of reasons.

1. Reduction in injury rate

If you have a dog that is super fit, they are able to engage different muscle groups. That in turn gives better, safer, performance - dogs that are fit, perform better. Remember we are talking about ALL dogs, not just sports dogs.

2. Awesome relationship

The best way to invest into the relationship bank account is through positive interactions. Fitness games are GREAT for this.

3. NBN dogs

Dogs need exercise but that doesn't have to mean walks. Fitness is a great alternative exercise. Sometimes it is not in anyone's best interests to take your NBN dogs out for a walk - if their bucket is overflowing then you need to think of an alternative, and what better than to practice fitness at home instead and allow that bucket to empty!

A well-rounded fitness programme is HUGE for your dog! When it is done right, the results are AMAZING. So where do you start?

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TRIPLE-F THE THREE COMPONENTS

How to find a solution to something that is so widespread

FAST

Strength, Style,
Cardio Fitness

FIT

Proprioceptive Ability
& Core

FLEX

Flexibility. No Stiffness
Through Joints & Body

FOUNDATION



FAST

To be fast our dogs need strength, cardiovascular fitness and to move with style.
We are going to give you the tools to develop this with your dog.



FIT

Fitness is fundamental to fast dogs.
We need to make sure that they have
core strength and proprioceptive fitness.

FLEX

This is flexibility. How does your dog move their body, how flexible are they throughout their body and through their joints?

Many fitness programmes inadvertently train stiffness but Triple F will arm you with everything you need to know to keep your dog super flexible.





FOUNDATION

Is the key to fitness training...

Fitness training is different to other forms of exercise in that there is a lot more focus on the way in which the dog undertakes each activity; the form in which the dog performs a behaviour; the way the behaviour looks.

How a movement is performed makes a difference between the muscle groups that you think are being engaged, and those that are actually being engaged (or not). It is really important that we pay attention to the actual process we take our dogs through as we teach them each component of the programme.

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SPEED VS SLOWNESS There are times when we need our dogs to be slow, to slow down and to be still. This is really important for correct form: good training is not always fast training.

SHAPING VS LURING In fitness training, we don't need to concern ourselves so much with getting things on a verbal cue. As long as the dog adopts the position, the behaviour, the move, then there is an impact on the dog's fitness. Having a cue really doesn't matter.

It is also true that shaping behaviours can be an exciting and stimulating process for your dog when sometimes we're aiming for calm and resilience. It isn't too important that you shape everything you teach, it's really about getting the job done. It can be more beneficial to lure some of the key behaviours we need when training fitness to ensure that we get the correct form, with the correct emotional energy.

The first foundation behaviour that is key to long-term progress in the Triple F programme is...

MIDDLE

You will have seen us train this before for many other reasons but it is the foundation to many of our fitness games

Middle helps to anchor your dog into position so that they know how to get into position and then stay there.

It also allows awesome observation, which is key to the quality of the fitness journey.

We need to make sure the dogs are doing the games correctly but sometimes when you are in front of the dog you don't see the accuracy or otherwise the position, you don't see the muscles, you don't see what you need to see.

In middle you can see everything that is going on, how cool is that.

Middle is a flexibility behaviour in itself! It can help us to get our dog to be comfortable being handled, massaged, receive veterinary treatment, get their nails trimmed, etc.

This is **MASSIVE!** Follow the steps on the next page to a mighty middle.

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THE MIGHTY MIDDLE GUIDE

Follow the steps below to a mighty middle

Step 1:

We like to shape this trick, which means rewarding successive approximations of the final behaviour - or rewarding things your dog does that are closer and closer to the final behaviour in mind!

Step 2:

To do this, we mark and reward turns and steps towards behind us to start with, rewarding by placing the treat or toy behind us and eventually between legs.

Step 3:

Do this until your dog is consistently heading around your leg and then between your legs. At this point, placement of the reward should always be in the final position - between your legs.

Step 4:

Build duration into maintaining position between your legs by providing a rapid rate of reinforcement in this position.

Then work on reducing the rate of reinforcement while your dog stays in one place.

Step 5:

Final behaviour, a sit! You can:

- 1) Shape the sit by marking and rewarding weight shifts backwards until your dog sits.
- 2) Cue a sit, repeat a few times and then wait your dog out for him/her to offer it.
- 3) Cue a hand target with your hand above your dog's head such that he/she sits when targeting.

HANDLING & MASSAGE

Now that your dog knows middle, you can take it and apply it to many different scenarios.

We want to teach our dog to love being handled, love being massaged, having nails trimmed, etc. This is only possible if we give our dogs the choice not to participate in those activities.

If you were strapped into a dentist's chair you would likely feel very uncomfortable. But, if your dentist told you that you could get up and leave at any point, then that would make you feel better, right? The same can be said about middle, we don't force our dog to be in middle so if they aren't comfortable with what's happening, then they can move away from that position.

Start to build handling and massage in middle - ask your dog into position and then gently touch and stroke them in different ways and reward them for it. If your dog leaves that middle position then you know they are not comfortable - that is the first sign before any growl or bite! We are creating a framework of choice and this is POWERFUL.

We start off this foundation behaviour slowly with calm strokes but once our dog is comfortable then we can start to pick up feet, etc. Then we can take things a little step further and have someone else stroke our dog while they are in that middle position. We don't make this too difficult by having them pick up feet, etc. we start with stroking and build things up nice and slowly. This practice is really valuable - think about how you could use this when you take your dog to the vet!

Here's another thing. Do you know what your dog feels like when they are feeling good? So that you have a great baseline for how a comfortable, healthy, happy dog who wants to be handled feels. If you know their baseline and how it feels when they feel great then you have something to compare to when you think that something isn't quite right. It allows you to feel subtle changes and enables you to take action early.





JUMP UP HANDLING

Something that we find really valuable with larger dogs is to train them to almost hug you

Something that we find really valuable with larger dogs is to train them to almost hug you - put their front feet up really high.

This is super useful in a variety of scenarios, great to stretch your dogs, great for focus in challenging environments and great for veterinary consultations to let the vet examine the dog.

We train the jump up by luring our dogs up onto us. We lure because this creates a lower arousal level than shaping: we don't want our dogs madly offering things when they are stretched up and luring helps to reduce this.

When the dog jumps up, we feed and we feed high. Remember this may be new to your dog, so your dog may need to build up muscle in order to stay in that jumped up position for any length of time - don't overdo it too soon. Notice - does your dog move their feet a lot?

If so, that shows they aren't able to hold their position as well so there is still some muscle to build up in order to sustain the behaviour. Ideally, in the long term, we want this behaviour to be on a cue - you don't want your dog jumping up onto you when you don't invite them to!

Once the behaviour is reliable, you can begin to introduce handling and massage after your dog has jumped up. Simply start touching and handling in that position, whilst remembering to keep feeding with the other hand. Or, if someone else is touching and handling, you keep feeding for every touch that other person does.

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FOOT TARGETING

Why would you train foot targeting?

We train targeting because if we can take control of either end of our dog, if we can anchor both ends in place, then we can better focus on particular muscle groups.

So, whether it's front feet or back feet, targeting is **POWERFUL!**

Targets are useful for two reasons: first because we can get more calmness and stillness by using targets; and second, because targeting helps us to observe more clearly.

If your dog can target its feet, then we can move the target(s) to a different position which can give us a different perspective

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on the muscle groups and the clarity of the behaviour: both useful and empowering.

Remember: targeting is a fitness session in itself, you are aiming for the correct form with the right arousal, so set the tone of your session before you add in particular equipment.



FRONT FOOT TARGETING:

You can use anything – a book, a stool, etc. The only stipulation is that your chosen target needs to be grippy and not wobbly. Think variety – we want you to use different things so be creative.

Place the object out in front of you and send your dog away from the object by throwing food; once they turn around and come back reward your dog for putting their front feet on the object. You are effectively interrupting the return by giving food as soon as the front paws are on the object. We want to make it clear to the dog that this is a great place to be.

“
Actively mark and reward that stillness

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Keep the rewards slow and calm – remember we need the right arousal level. When throwing food away to reset the behaviour, still keep things calm – us being slow and calm helps our dogs to be calm and thoughtful.

Be careful not to reward tap dancing feet – it is not the right arousal level, reward calmness and stillness. Actively mark and reward that stillness.



BACK FEET TARGETING:

Sit on the floor and have your legs as wide apart as they can go - create a bit of a triangle where the most distant part of that triangle is the object you want them to target. Your dog is in the triangle, facing you and close to you.

First of all we reward any weight shift backwards and eventually the dog will start to target the object.

Sitting in this way creates a channel for the dog, which helps to keep them straight. Be observant with this – notice, does your dog engage their legs separately or just bounce them both back onto the object? Does your dog always put the same leg backwards first?

Once your dog is starting to target back feet successfully and you have created value for holding that position, you can start to test the extent of the value by gently luring your dog away from the object. If you have successfully created a high value, the dog will start to extend forward rather than step off the target. If not, just keep on increasing the value, and then test again!.

ADDING CHOICE

Now begin to make things harder. If you start to drop food ahead of the object, can your dog maintain back feet contact with the target? If your dog goes to get the food, cover it up (think mouse game); if they stay with back feet on the target, then give them the food. Simple!

CHANGE THE OBJECT

Now mix things up a bit by changing the object, changing the height, the nature of the surface, the size of it.

By reducing the size of the object you can see if your dog can target with just one foot instead of both.

With all these targeting behaviours you want to watch to ensure that your dog has a level topline and no over-rotation of the pelvis.

If you don't have a training partner, you can use mirrors to give you a side-on view, do the targeting from middle, or video your session so that you can look back and check for position.

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FOUR FOOT TARGETING

This seems simple but there are some intricacies – you want stillness, calmness and thoughtfulness. For four foot targeting, we use a platform because it gives the dog an obvious space for targeting.

We shape initially to have a paw on, then two and very quickly your dog will put all four paws on the platform. Be sure to remain calm with rewarding - when we are calm, it helps our dogs to remain calmer and more thoughtful.

What does your dog look like in a natural stand? You want to see a nice level topline and a neutral head carriage. When you aren't getting this, reward for four feet on but then throw the reward away so the dog goes away and then reset them back into position.

You want to see that nice, square stand and it is possible to notice if there is any disparity in the weight borne on each foot or if the feet tend not to stand square.

Some dogs don't want to hold the stand, for example they may want to drop into a sit. If that happens, you can add an extra target for the back feet and encourage the stand that you are looking for.

SIT, DOWN STAND

The form of these moves needs to be correct.

Tucked sit – you want the front feet to stay in place and the back end to come down to meet the front end as your dog sits. The front feet don't move.

Drop down – all four feet stay in place and your dog just drops into the down.

Kick back stand – starting with your dog in a sit with the front feet planted, the back feet are kicked out to bring your dog into a stand.

WHAT ARE WE LOOKING FOR?

Topline – a natural topline

Straight spine – we don't want to see any rotation / twisting in the spine. Rotation can show in their sit, down and stand positions so watch out for it!

Fatiguing – are they favouring one leg over another? As they get tired, form starts to reduce. If you keep reinforcing a reduced form, in the long term, you'll get a deterioration in the behaviour, so stop early and don't keep pushing.

Trembling – single leg, or whole dog – this, too, can be a sign of fatigue - we don't want to see trembling in the behaviours.

TRAINING A KICK BACK STAND

First, we have an object set up for back feet targeting and reward our dogs for targeting that object with their back feet. When that has been established, we lure them off and get them into a sit position, then wait. If the hind foot target has a high enough value, our dog is likely to kick their back feet out and target onto the object.

Once we have the nice fluid movement, we start to add a verbal cue – we add it at this stage because it helps to isolate the rear end of our dogs, whilst the front end stays still.

REMEMBER: It's important to reward our dogs with their head in a neutral position. The next stage is to include some front foot targets so that our dog targets that object with their front feet. We ask our dog for a sit and reward. Then we ask for our stand. Front feet stay where they are and the back end is kicked out.

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Don't be afraid to lure your dog back into position if it is struggling with these behaviours and taking its feet off the targets!

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FORM GAMES

Now we pop down some front foot targets and get the dog into position and start asking for behaviours. We make sure to reward in each position and reward with multiple treats for adding duration.

We want to see that for each position, sit – down – stand, the feet remain on the front foot targets.

Don't be afraid to lure your dog back into position if it is struggling with these behaviours and taking its feet off the targets!

MIDDLE FORM GAME

This game gets awesome form in your behaviours and combines behaviours with our favourite position - MIDDLE!

Call your dog into middle and ensure your dog is in line with your body. You want nicely planted feet, no tap dancing. Then start to ask for behaviours whilst your dog is in middle. Remembering to reward each behaviour and multiple rewards for duration.

Don't be afraid to help by luring if required. Middle gives us really good opportunities for observing our dogs – we can see front feet and rear end and make sure we have a level topline and no rotation of the spine or pelvis.





REST & RECOVERY

This is vital to foundation. If R&R is missed, it can result in a dog that becomes easily and frequently injured.

After every exercise, dogs need to recover both physically and mentally: that is, their muscles need to recover and they need to switch from high arousal to low arousal.

As part of any fitness program we need to work on arousal up, arousal down. This is crucial and pivotal to success in R&R with your dog. Their ability to switch into low arousal determines how quickly they recover from exercise.

So how can you practice this? Have a play with your dog and then break off that play and bring into low arousal - you can do

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this with the help of boundary games, calm feeding or even massage. Whatever works for your dog! Learn what helps your dog to find calmness - these tools are solid GOLD!

Now that foundation is sorted, we can dive in...Remember the 3 components we identified right at the beginning:

FAST

= STRENGTH +
CARDIO FITNESS + STYLE

FIT

= CORE & PROPRIOCEPTIVE
ABILITY

FLEX

= FLEXIBILITY. NO STIFFNESS
THROUGH JOINTS & BODY



FAST

= STRENGTH + CARDIO FITNESS + STYLE

FAST

= STRENGTH + CARDIO FITNESS + STYLE

Lets start with strength training – taking those foundation behaviours and extending them

DURATION: The first step to building strength is thinking about extending the duration of the behaviours (remember our sit, down and stand from the foundation levels). Bear in mind that if you're building duration, you need to ensure that the positions are correctly performed so that you are working on the correct muscles. **In each position, look for the following:**

Sit

Top line, knees should be towards the handler / towards the dog's front feet. The feet should be under the dog –in line with the neck to create the correct shoulder angle.

Down

Incorporate a plank or platform, just to create stillness. Topline should be level, similar to the stand.

Stand

For some dogs this can be tough, so help them out by anchoring the front and back end by adding targets. The stand should be square, with the front and back feet roughly in line with each other. Reward in a neutral head position – not stretched up nor bending down. When you don't get the position that you want, break off the behaviour by throwing food away and reset. Don't keep rewarding a position that you don't like. Finally, knowing when to stop is key! Tap dancing feet, limb trembling and loss of focus are all signs that it's time to stop. It's better to stop too soon than too late. This is duration strength training.

POSITION TRANSITIONS

Transitioning between the behaviours you have already learnt: the sit, down and stand, is a great progression exercise. It is important to remember the proper form for the behaviours and the proper form for transitions. The foundations that we covered earlier are super important.

When transitioning:

- Slow transitions require more strength;
- Fast movements help your dog to use their body under high arousal, so contribute to emotional stability

Thus, there are benefits to both fast and slow transitions and we need to work on each of these.





weight on the front end because the back end is raised up. This creates more focus on the core and back as well as on the muscles of the fore limbs.

Remember that while doing behaviours on a slope, it's important to keep assessing the topline, knees and head position and to ensure there is no spinal rotation or limb trembling. As you did on the flat, make sure you build strength in each behaviour individually before you start to work on the transitions between behaviours.

Work slow and fast separately. Slow for strength and fast for using their bodies in high arousal. And again, reset behaviours if you don't like what you see – resetting can include adjusting your position or adjusting where you are delivering food, etc.

Videoring and re-watching your sessions is a great way to ensure that you are achieving optimum position and performance.

INCLINE & DECLINE

Now we have worked on duration and transitions, we can think about bringing those skills to an incline or decline.

We can start to work on having the front and back of the dog at different levels. This could be with the help of a plank against the wall or something natural you find when you are out and about on a walk.

The reason why we work with a slope, is to focus on different muscles – so for example where your dog is in stand position facing down a decline slope, there will be more



POSITION DURATION - NEXT STAGE:

Earlier we covered position duration with your dog on the ground, now we add in an object and set it up so that the front end and back end are on different surfaces. We look at position duration with front feet on an object and back feet on the ground; and then back feet on an object with front feet on the ground. We look at building duration on those behaviours whilst front end and back end are each on different objects.

Don't hold these exercises for too long – it is important not to work beyond your dog's physical and mental ability. Look for the signs of tap dancing feet, leg trembling and lack of focus.

“

Look for the signs of tap dancing feet

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THE SQUAT

So, hands up – who likes squats?? We LOVE these - for our dogs. Simply lure your dog into a stand position using front feet targets. Then lure your dog into the sit and then back into the stand position.

Here you are working on hind leg and core muscles as they propel into stand. Keep an eye on the back end muscles to keep that nice topline.

We definitely recommend luring here to get the correct form – you don't want as much movement or too much thinking from the dog. Quality and correct form are key!

Once you've mastered this, you can start to use a taller object for the front foot target. As always, don't overdo this. As your dog gets tired, you will lose form and then you won't be working the muscles that you intend. Know when to stop.





CARDIOVASCULAR FITNESS

Now we have covered the strength component, it's time to turn our attention to cardiovascular fitness. It is hugely important.

Aerobic fitness enhances oxygen delivery to all those tissues that we need our dogs to use in their day-to-day lives.

We can build cardiovascular fitness in many, many different ways.

“
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”

Swimming

It is so cool for cardiovascular fitness, it's also one that our dogs LOVE!

Lead walking

Different paces, different location, different duration. It takes a certain amount of discipline from you and your dog. Think about your transitions within your walk, there's so much more you can think about here!

Free running

We love to see our dogs have a whale of a time, using their bodies at high speed: different surfaces, different places. Let your dog run free wherever it's safe to do so.

Cardiovascular fitness can be improved with any activity that goes on for longer than 5 minutes.



INTERVAL TRAINING

We incorporate the arousal up, arousal down game here. Interval training is about a high intensity period followed by a lower intensity period and then back to high again.

We recommend a 1:3 interval-training ratio. For example: 10 seconds difficult flat out running followed by 30 seconds calmer walking.

You can incorporate interval training into your walks. For example 30 seconds lead walking, chase tennis ball for 10 seconds, followed by back on lead again.

We can even do this with our behaviour chains – so we do some fast behaviour chains: sit/down/stand and then move into slower behaviour chains: **sit...down...stand.**

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Use a lunging circle to encourage your dog to transition between trot and canter
 ”

STYLE

The way you move is as important as how much you move. We look for a nice low head carriage when flat out running and for the back end to fan out so the dog is aerodynamic cutting the air.

LUNGING CIRCLE TO ASSESS STYLE

You can use a lunging circle to encourage your dog to transition between trot and canter while you observe style and movement.

How can you do this? Create a circle using some cones. Initially just get the dogs happy working outside the cones by throwing food outside the circle. As you move around the circle with your dog, switch between a walk and a trot (don't add in canter until you have created some distance between you and the dog).

NOTE - vary the size of the circle to change the difficulty level and always remember to WORK BOTH SIDES of the circle.





FIT
= CORE & PROPRIOCEPTIVE ABILITY



Fitness here has 2 elements: Proprioception & Core & stabiliser strength

Fitness makes the difference between a super fast and super healthy dog and one who is easily injured.

Proprioception is defined as your dog's individual awareness of where their body parts are. We've covered some of this already – for instance with targeting with back feet, together or separately, kicking back into a stand and the like.

It's all about sensory feedback – about how any of us knows where any parts of us are. Proprioception can be improved by rehearsal: if I practice a tennis serve often enough, I'll get to know where my racquet hand is in relation to the ball and I'll improve.

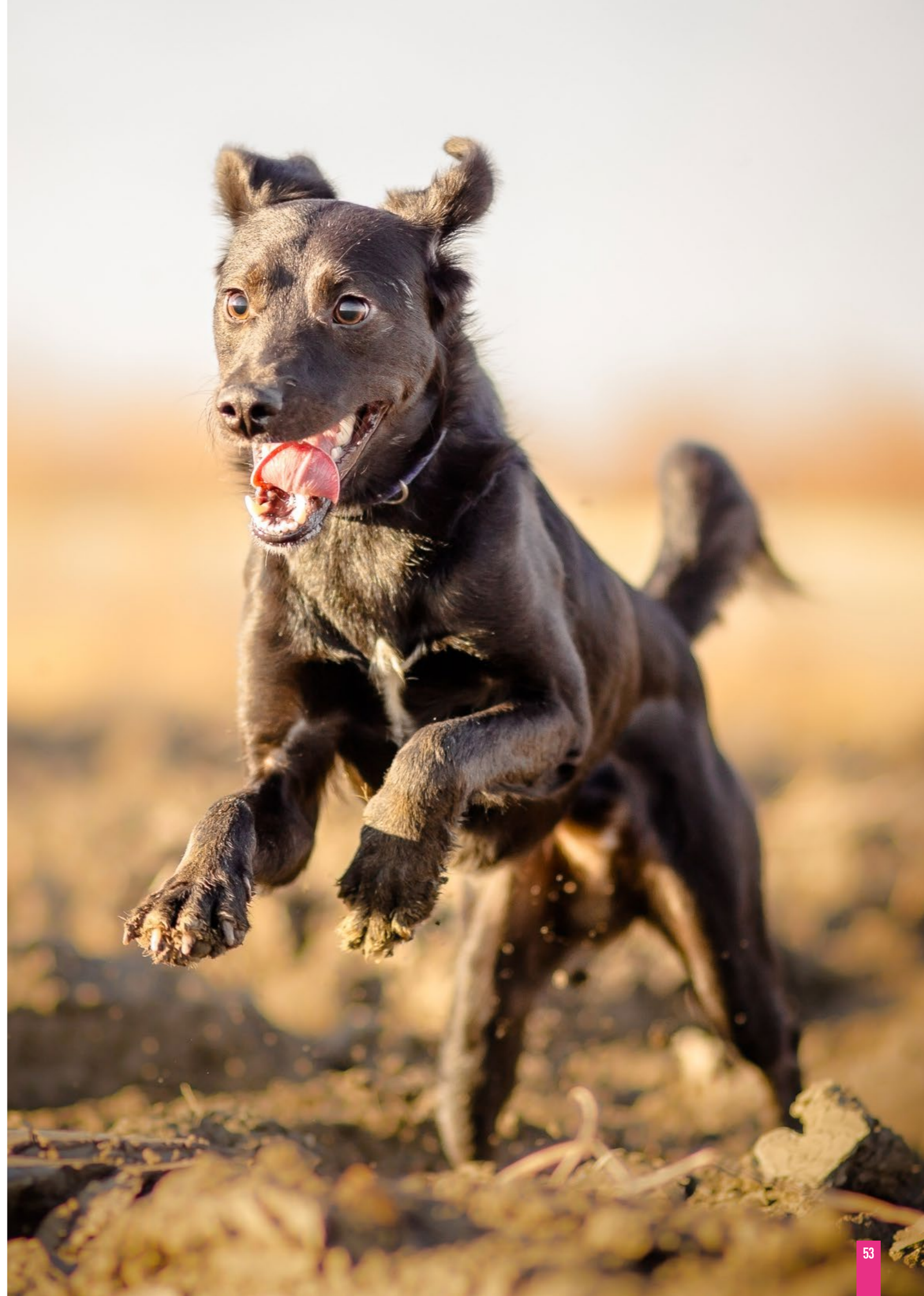
Proprioception influences your dog's ability to balance. When a balance challenge is applied, how is the information understood? Does it arrive to the brain as it should or is there over compensation in response to the challenge?

These proprioception exercises enable rehearsal – your dogs have to rehearse the routes by which the sensory information reaches their brain, and rehearsal leads to improvement.

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CAVALETTI

We love this for many reasons – not just when set up with poles but in natural environments too. Different surfaces can provide challenges to movement, for instance when out in the woods or on a pebbled beach.

There is a lot of information available on various set-ups for cavaletti but they are usually focused on the dog's gait. For fitness, we can get a bit creative and simply throw poles on the ground, then start walking our dogs through and amongst them.

BALANCE PATHS

Little mini obstacle course. For this, you can use anything in your household that your dog can stand on: pillow, tray, cushion, bench steps - anything!

Variety like this creates confidence and optimism for our dogs – the more we introduce novelty in a positive way, the more flexible and resilient they become, not

only mentally, but their proprioception also improves with novelty and variety.

When you have placed the objects on the ground, create a path for your dog to move through and encourage them to step on each object in the path. Don't try to go too fast – they need to do it slowly and focus on each object. We tend to lay food along the balance path to encourage slow, steady progress. More food = slower progress! As dogs grow in experience, they stop trying to rush and we don't need to bait so regularly along the path.

To make this learning super powerful, we randomly ask for a pause throughout the path. So we may have baited the entire path but we may offer our dogs extra reinforcement at random points to build that duration at a certain point in the path.

The whole exercise also gives us a great opportunity to really observe our dogs, how they're moving, where they're comfortable and what they might try to avoid.

FLEX

= FLEXIBILITY. NO STIFFNESS
THROUGH JOINTS & BODY

FLEX

= FLEXIBILITY. NO STIFFNESS THROUGH JOINTS & BODY

Building flexibility correctly

If you've played some of the games we have shown you already, then you have already been building flexibility in your dog. But here's a warning: You could accidentally, inadvertently be training your dogs stiffness if you aren't aware of our FLEX element. So how can we make sure that we incorporate flex into our dog's fitness?

Lure arounds

We want our dogs to use their feet individually – they have four limbs! Grab a plank or a board and lean this against a wall. Or you can even do this exercise using the side of your sofa (but ssshhh, you may not want to tell your partner!) Bring the dog on one side of the board and

turn them around your body onto the other side. Your dog is looping around your body as you turn, gently up and across the slope and down again.

Your body is basically providing a pivot for your dog to turn around. We want to do this really slowly so you are luring your dog through the positions of this game. Do this exercise both ways – RIGHT AND LEFT.

If your dog wants to rush, don't be afraid to reset them. Once you have a good looking steady movement, you can start to change the objects.

“ We want our dogs to use their feet individually – they have four limbs! ”





Stability Exercise foot raises

Have your dog in the stand position (you should have worked on stand first so that your dog can maintain a degree of duration). With your dog in stand, pick up a leg and flex the joints. Notice what the other legs do – do they move to compensate? Or did your dog engage core to keep all the body stable? Often the diagonal opposite leg needs to compensate. This is obviously incredibly tiring for the muscles themselves but it is also tiring for your dog's brain!

When many dogs start this exercise they will over compensate! But it is worth continuing to practice the exercise, these skills are key to when your dog misplaces a foot whilst out on a walk or running on a beach, etc. Ideally we want to see that nice level topline, as always, and that your dog can maintain the other feet planted on the ground.

Advanced options – foot raises

- Have your dog in middle and play this game
- Have your dog's front feet or back feet on an object to change the height / elevation

Figure of Eight

By walking in a figure of eight, all of the dog's joints go through the natural range of motion that you would expect to see in day-to-day life. As the body turns, we get a nice range of motion through all of the joints involved – you can begin to challenge the dog's flexibility by introducing inclines and declines on walks across different terrains. We are looking for a happy, confident dog that is walking nicely.

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What is their normal gait? You can use figure of eight to observe your dog's range of movement. What motion indicates that your dog is excitable, what indicates calmness? As with lunging circles, changing pace while you observe is super useful.

FLEX

= FLEXIBILITY. NO STIFFNESS
THROUGH JOINTS & BODY

Static luring for flexibility

Get your dog into middle and gently lure them so that they turn their body very slowly from side to side. First just lure them to turn in line with their shoulder. You will be getting a lot going on in the front end - movement in front limbs to accommodate the turning motion. Then work around the clock - so maybe turn as far as the left shoulder, then right shoulder; then head for the last rib, then the point of the hip. We are looking to check that our dogs are comfortable throughout the whole range of movement.

We are looking for nice flexibility throughout their body, nice curving everywhere. You don't want to see an area of stiffness; stiffness indicates underlying issues that may need professional help. Front limbs should be moving nicely - the leg on the side to which the body is turning is being abducted away from the body and so is building strength in adduction muscles that bring the limb back towards the body.

“
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”

Always be aware of feedback from your dog: they may give information that they don't want to do this exercise, and the cool thing with middle is that they can just leave the position.

As an extension of this exercise, start with the dog out in front of you. Stabilise their position by putting your arm under their belly, touching their abdomen and luring them to improve that flexibility. As always be watchful that they are comfortable with the movement and stretch them forward and then stretch them to the side.

Rehearsal is powerful for fitness

Once you have done all of the points around the clock, you can start to play around with doing it with the head in a lower position - can they be lured to their back foot, to between their front legs.

Flexibility is something that your dog develops - you practice it over time and develop it with gradual but regular sessions!

REMEMBER REHEARSAL IS POWERFUL FOR FITNESS



BUILD FITNESS SKILLS EVEN FURTHER

Now how cool was that?
What a great introduction to fitness.

If you want to have EVEN MORE FUN with fitness, then check out our exclusive Digital Download for more games to build on these skills even further.

<https://absolute-dogs.com/pages/solutions>

If you can tick all three boxes of the triple F programme then.... WOW! The results will be PHENOMENAL. Your dog will be faster, stronger and more flexible. We just know you are going to have so much fun with this!

TOP 10 TRIPLE-F FITNESS PLANS

You are in for an awesome ride!
Triple-F ROCKS!

EXCLUSIVE!



 **HERE'S TO THE GAMECHANGERS** 

TO THE OWNERS THAT SEE STRUGGLES & TURN THEM INTO STRENGTHS

THE SOLUTION SEEKERS, THE OPTIMISM BRINGERS

THE OWNERS THAT NEVER ACCEPT A RELATIONSHIP & DOG IS LOST

TO THE GAME PLAYERS, THE FUN MAKERS

THE OWNERS WHO INSPIRE RATHER THAN FORCE OR DEPRIVE

THE JOY FINDERS

TO THOSE WHO WHEN FACED WITH A STRUGGLE SCREAM

“THERE'S A GAME FOR THAT”

WHO REACH OUT & GRAB REAL-LIFE RESULTS & NEVER (NEVER) STOP TRANSFORMING THROUGH GAMES

 **Absolute Dogs**



DOG TRAINING STRUGGLE?

THERE'S A **GAME** FOR THAT



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