

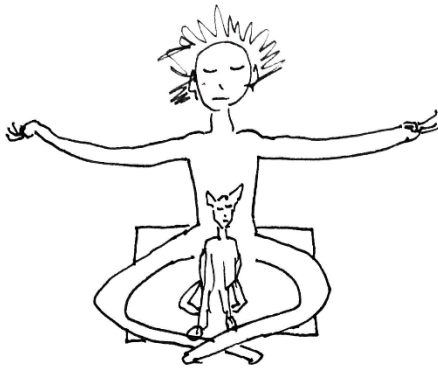


6 Hairy Legs, Inc

6 Hairy Leg's Rocker Board will help you understand where your body is in space, help your dog understand where his body is in space, develop core strength for both you and your dog, and the most beneficial result of the Rocker Board is it will help you and you dog communicate and work better together!

Start your Rocker Board experience off with these 4 simple balance exercises.

A: Person and Dog – Seated Together



1. Sit comfortably at the center of the Rocker Board (RB).
2. Find a secure position for your dog where she/he may feel content and relaxed.
3. Breathe evenly and fully while lengthening in the waist and the neck.
4. Use the image that the top of your head is touching the ceiling or the sky.
5. Challenge yourself by moving your arms and torso in a slow motion and sustained manner.
6. Reference your dog through eye contact and gentle touch at the same time you balance on the RB. Do this as long as possible.
7. Make a mental note about how your core is engaged while you work to control the balance.
8. Use a positive tone with your dog reassuring her/him that this action is a safe and fun activity to do together.



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B: Person and Dog - Pushing Down (Weight Sharing)



1. Balance by sharing both of your upper body weights on the RB.
2. The person is balanced in a modified push-up position on the knees with supported abdominals and the dog is seated on the floor (opposite) with the front legs on the RB.
3. Since a person generally has more upper body weight, it may work better for the person to place the arms unevenly with one arm placed more forward on the board in order to even out the weight distribution and help control the balance.
4. The person may also challenge the duet experience by gently rocking the RB forward and back.
5. An additional challenge: the person may try a full push-up position with the knees off the floor.
6. The subtle shift of the forward and back movement on the RB offers small and important abdominal/core adjustments for both the dog and the person.



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C. Person and Dog – Mid Level (Weight Sharing)

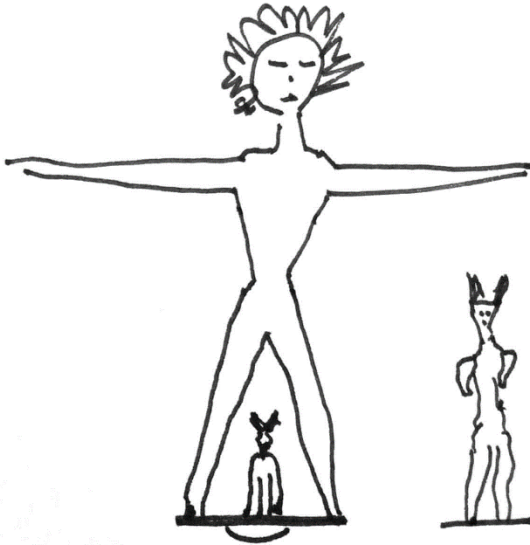


1. Come up to a mid-level balance with right knee bent and in line with the center of the board.
2. Place the left foot on the outside of the left side of the board at the near edge.
3. On the opposite side of the board, the dog places her/his front paws on the center edge of the board in a seated or full-standing position.
4. A variation: the person can shift her/his weight slightly forward and back to stretch the hips/legs while maintaining a supported core.
5. Additional variation: move the arms in a slow and sustained manner while maintaining balance.
6. In all of the above, maintain a steady focus on the dog and use an encouraging and positive tone.
7. REPEAT the same series on the other side.



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D. Person and Dog – Fully Standing and Aligned



1. Highest level: the person stands on the side edges of the RB while the dog can either lay fully low, sit up with front legs straight, all four legs straight or even rise on the hind legs.
2. Once a sense of balance is achieved, both person and dog can move very slowly and try to connect by changing positions.
3. Remember that the two different bodies affect each other as they shift their weights.
4. Have a wonderful time exploring balance together.
5. Be mindful that there are only moments in balance, but the pursuit is the fun !