

## CANINE CONDITIONING COACH

### Custom Program » Ginger

The main goals we have for Ginger with this program are to improve muscle mass through the thoracic limb (particularly the left), reintroduce active range of motion through the scapula, shoulder and elbow, and to slowly taper up the forces applied to the thoracic limb, to help return Ginger to functionality using a methodical, evidence based approach.

As a result, the hope is that Ginger will progressively strengthen the musculature around the shoulder, elbow and carpus, restoring muscle balance, and reducing or eliminating the pronation through the antebrachium as well.

I chose 2 Circuits of 3 Exercises each that can be implemented on alternating days, up to 4 days a week total. It was a challenge for me to distill the selection down to the most important ones, to ensure the program was manageable vs overwhelming. We can always add to, substitute, or rearrange exercises as needed

We will achieve our goals by applying known effective human fitness and physical therapy guidelines of Stable before Unstable, Static before Dynamic and Isolated before Integrated. We will also apply a progressive system of layering exercises to train Ginger's mind (dog training) along with her body (canine conditioning). We can do this!!



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This is a **dynamic** table of contents. When clicked, the listings below will take you directly to that Page, Circuit or Exercise. Pretty nifty! Also, this document is formatted to allow you to search for a word or phrase. Use the shortcut “command + F” on a Mac or “control + F” on a PC to open the search box.

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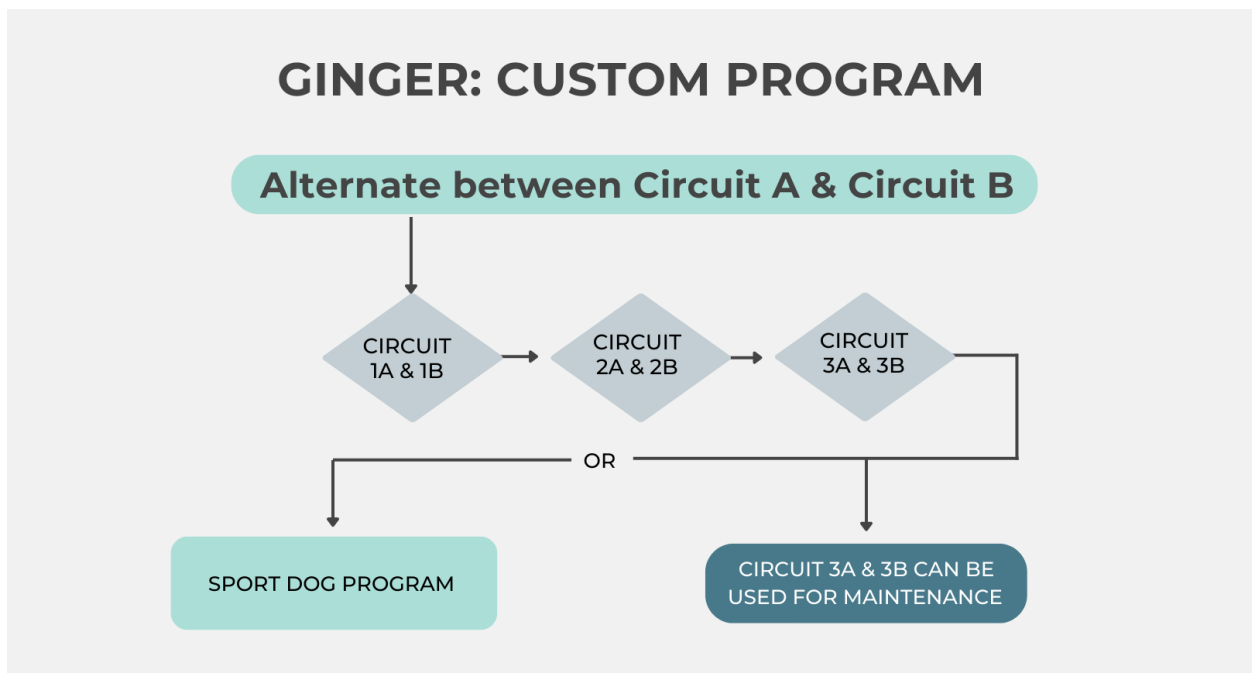
# MindMap » A visual representation

This MindMap is a visual representation of the path you'll be taking through your program.

You'll begin with Circuit 1a & 1b. You'll be alternating between the exercises contained in the two circuits. Depending on your individual schedule, and how well Ginger is handling the exercises physically and mentally, you could implement each circuit 1-2x a week for up to 4 days total. You will be implementing them in an alternating fashion. For example Circuit 1a on Monday & Thursday, and Circuit 1b on Tuesday and Saturday.

It is likely the beginning circuits (Circuit 1a & 1b) will take longer to work through than the following circuits, due to the inherent learning curve. These are the most important exercises in your program, and lay the foundation for all exercises to come. If these are taught to fluency, and mastered, the remaining circuits will progress much more quickly. Fast is slow and smooth is fast!

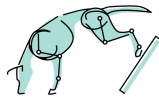
After you complete the exercises in Circuit 1a & b, you will move to Circuit 2 a & b for the progression. More details can be found in the [Progression Tips & Considerations](#) section.



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Notes:

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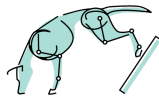
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## Equipment needed for this program

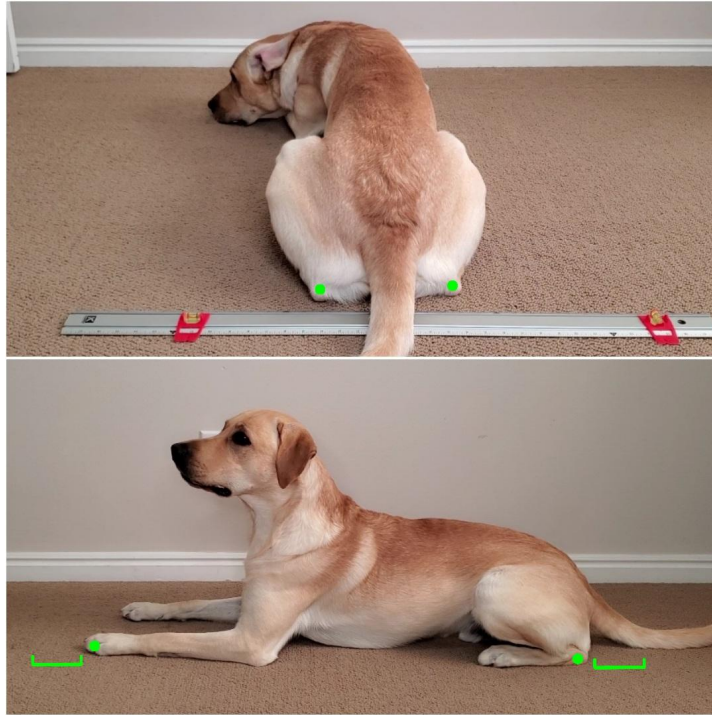
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- 2 Sitting Platforms
- Standing Platform
- 2 thin foot targets (½ inch thick or less)
- 2 rubber feed bowls or similar stable foot targets
- 6-10 pole cavaletti set
- 1-2 traffic cones
- 1 Propel Air Platform
- Manners Minder / Treat n Train

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# How to measure for Platforms



Here's a graphic to help you measure for your sitting and standing platforms if you don't already have those.

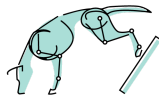
**Sitting Platform:** Width, is the measurement between the point of the hocks (shown in the top portion of the photo) + 1 or 2 inches. Length is 1.5-2x the width.

**Standing Platform:** Width is the measurement between the point of the hocks + 1 or 2 inches (the same as the Sitting Platform). Length is the measurement shown in the bottom portion of the attached photo, plus a little bit extra. For a medium-large size dog 3-4 inches extra in the front, and 3-4 inches extra in the rear is sufficient. Tiny dogs need less "extra space". Giant dogs need a bit more.

**Foot Targets:** Width is the measurement between the point of the hocks + 1 or 2 inches (the same as the Sitting Platform). Length is about half the width measurement.

For more specific instructions, I wrote a 3 part blog series that covers the difference between the various types of platforms, how to measure for each, and how to build them yourself. You can see these on my website.

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# Progression Tips & Considerations

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## 1. CONDITIONING VARIABLES

When implementing a formal conditioning program, we're implementing movements that impact the body in a few different ways.

- a. Increasing the **strength** of a muscle concentrically and eccentrically, defined by the ability to move to end range while loaded and maintain 85% accuracy.
- b. Improving the **endurance** of the muscle, defined by the amount of repetitions or duration an exercise can be performed while still maintaining 85% proper alignment.
- c. Increasing the **flexibility** of a muscle.
- d. Improving **body awareness** of the dog.

## 2. PROGRESSION

We progress an exercise in one of two ways...

- a. **Building strength & endurance:** Asking for more repetitions / longer duration before resting. (a through c above)
- b. **Challenging coordination:** Asking a dog for more precision movement, challenging posture, increasing balance demands and/or increasing the complexity of an exercise. (d above)

## 3. FLUENCY

We measure the readiness of the dog to progress by assessing **fluency**, which is a measurement of how consistently the dog is able to correctly execute when meeting the challenge of maximum repetitions x sets (defined for each exercise).

A dog is considered "fluent" and ready to progress within an exercise (adding repetitions or duration), or progress to the next exercise variation when...

- a. **Maximum repetitions** x sets has been reached
- b. **85% accuracy** is maintained throughout
- c. **Arousal level is maintained** (no significant increase or decrease in arousal)

## 4. TRAIN THE DOG IN FRONT OF YOU

Some dogs will need many sessions of a specific exercise to meet the required strength/flexibility or coordination benchmarks before progressing to the next level. In other exercises, only one or two sessions may be necessary before progressing. Recording, and assessing the video of your exercise protocol can reveal valuable information, and help you determine when it is appropriate to progress.



## 5. HOW TO BUILD REPETITIONS

A typical conservative strength / endurance progression schedule would be...

- 5 reps x 3 sets
- 7 reps, 7 reps, 5 reps
- 10 reps, 7 reps, 7 reps
- 10 reps, 10 reps, 7 reps
- 10 reps x 3 sets

So when building reps this can be a helpful guide. There's no downside to progressing conservatively, aside from the fact that it takes more time. Conversely, progressing too quickly can lead to frustration, a loss of precision, and incorrect muscle recruitment.

**NOTE:** Change in arousal level, increase or decrease, is the first indicator of mental and/or physical fatigue. Taking a short break (30 seconds to 1 min) with a cookie scatter, or down-stay can help manage arousal levels.

## 6. MANAGING CIRCUITS

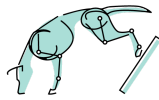
Not all exercises within a circuit will be progressed at the same time. But as a general guide, I try not to straddle more than 2 circuits at the same time.

- a. **Example:** If my dog has reached fluency in 3 out of 4 exercises in Circuit 1, I would progress to Circuit 2, and also continue to implement the slow to develop exercise from Circuit 1. But I **WOULD NOT** progress to the exercises in Circuit 3 until the exercise from Circuit 1 was fluent.
- b. If we progress only the skills the dog is naturally good at, and neglect the skills they struggle with, we will end up running into a **"bottleneck"** as the circuits progress. This could be a skills bottleneck, strength/endurance bottleneck or a flexibility bottleneck. So the exercises the dog struggles with the most are actually the most important to focus on!
- c. **NOTE:** Puppies with growing bodies may need to return to previous progressions of an exercise when experiencing growth spurts. Past understanding of where their body parts are in space may not be applicable when the legs are suddenly several inches longer!! Patience pays off during these growing times!

## 7. REMEMBER

Static **before** Dynamic  
Isolated **before** Integrated  
Stable **before** Unstable  
Form **drives** Function

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# Dog Specific Guidelines

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## 1. Managing Arousal

Increased arousal and overarousal can result as much from a mental challenge as from a physical challenge... So we want to be on the lookout for increasing or decreasing arousal levels when implementing conditioning exercises. Brains can't think or learn very well when overly taxed... either by complexity of an exercise (having to hold many thoughts in the mind at once) or physical challenge, fatigue and adrenaline. Both situations can result in an adrenalized state, where learning doesn't happen well. Some signs of overarousal are... Moving quickly, offering other behaviors, vocalization, taking the cookie hard, general feeling of frantic movement, etc. Conversely, underarousal can manifest as looking away, leaving, freezing/standing still, offering easier movements, etc. If we are seeing any of these things, taking a short break (30 sec to 1 min) can be helpful.

## 2. Eccentric Phase for stability and functional mobility

The Eccentric phase of a movement or muscle contraction is when the dog is slowly resisting gravity, and working muscle is elongating. This phase produces both strength and functional mobility, as the dog is “forced” to use their muscles to control their movement vs relying on the elasticity of the fascia. Also, it's during the eccentric phase that any disturbed muscle fibers or scar tissue fibers will realign with the line of pull of the muscle. So focusing on the eccentric phase happening slowly, in the exercises that include elbow flexion and / or extension, will be important for Ginger.

## 3. Moving Slowly

Moving slowly requires significantly more effort in the joint stabilizers than moving quickly, and helps the dog to break their “habitual movement patterns” and implement correct movement patterns instead. Slow movement, particularly in the eccentric phase (where the dog is resisting gravity) can help improve flexibility without compromising stability.



#### 4. Focus on Form

Because Adleaide has been dealing with this low grade intermittent lameness for some time now, it's likely we are dealing with learned compensatory movement patterns that are automatic. Along with moving slowly... using props to "force" proper alignment gives us a chance to reinforce/build value to proper mechanics, and increases the likelihood these new mechanics will be implemented in the real world. Muscles that fire together wire together... so this process of conditioning is just as much about training the brain as it is the body. Props can be very helpful to provide a clearly defined area the dog's limbs must stay within. By positioning props intentionally we can influence the position of Ginger's limbs and spine, and help her learn to recruit correctly again.

#### 5. Exit Props Carefully

When delivering a reward, we want to help Ginger exit the props gently. In some of the videos I might toss a cookie to reset. We don't want any slipping or sliding to an abrupt stop when following a thrown cookie. I will often toss the cookie closer to my dogs to reduce speed, and then toss another to help them move into position to set up for the next repetition.

#### 6. What's Rewarded will be Repeated

To change Adelaid's default movement strategy and / or alignment, we need to reward that posture. By rewarding it, it becomes valuable to Ginger, and she is then more likely to offer that "behavior" as a means of earning a reward. Over time, we should start to see this new posture offered automatically, because it has become a consistent way to receive a reward. BUT this needs to be rewarded heavily to help create the lightbulb moment.

#### 7. Reward the attempt

It can be challenging to implement new movement mechanics, and target underutilized muscles. This is especially true when we are dealing with a chronic issue or injury. Like learning to use your non-dominant hand to perform a fine motor skill, the first attempt at a skill is very likely to be clumsy, and inaccurate. REWARD ANYWAY! Rewarding the attempt will communicate to Ginger that she is on the right track. It's a trap to hold out for perfection. And even once a behavior or exercise is "known" we're only looking for 85% accuracy as our goal. That gives Ginger (and her handler) space to make mistakes.

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## Circuit 1a

1-2x a week, alternating with Circuit 1b, for 2-4 weeks or until Fluency

### 1. Teaching Stillness: Beginner

5 reps x 3 sets

Literally begin with asking for a single second only.

Reward BEFORE the dog moves. It is critical to build reward history without overasking. If your dog does happen to move, that means you overasked. No biggie! Just toss a reset cookie and begin again

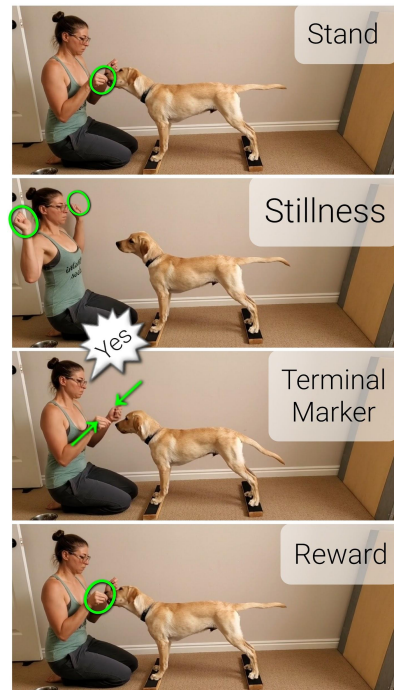
**Building to:** 5 seconds one second at a time. Stick with max 5 seconds for the first several sessions until fluency is achieved.

Increase the duration 1-2 seconds at a time

**Appropriate to progress:** When the dog is able to maintain stillness for 20 seconds x 3 sets. Release from props between sets

**Note:** When progressing this exercise... Either ask for duration OR a new piece of equipment OR a new body position. And when making something harder, something else has to be made easier.

**Goal:** Building value to stillness, and teaching the dog that standing still is a rewarding behavior that PAYS! Prioritize stillness over duration.

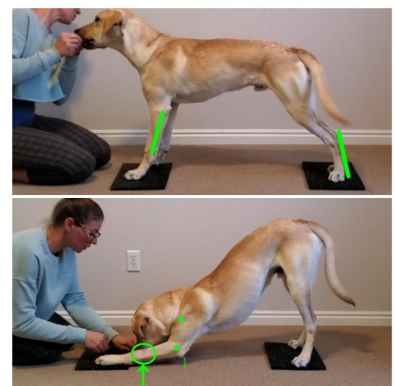


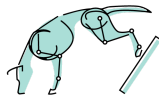
### 2. Bow Tutorial: Beginner

5 reps x 3 Sets

**Building to:** 10 reps x 3 Sets

**Appropriate to progress:** When the dog is not confusing the Bow motion with the Fold Back Down, and is keeping all 4 feet still with 85% accuracy.





Continued

**Note:** Dog MUST start in a slightly overstretched stand to allow space for the shoulder to extend and the scapula to rotate properly. So props should be placed such that they encourage this.

**Goal:** Improves scapular mobility, and shoulder extension. *Mobilizes and strengthens (eccentrically) the musculature on the caudal aspect of the elbow* and improves flexibility through the hamstring (AROM).

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### 3. [Tuck Sit-Kick Back Stand: Beginner](#)

5 reps x 3 sets

**Note:** Front feet stay still. Rear feet move forward and backward.

**Building to:** 10 reps x 3 sets

**Appropriate to progress:** When the front feet stay still 85% of the time, and the dog is able to meet max reps.

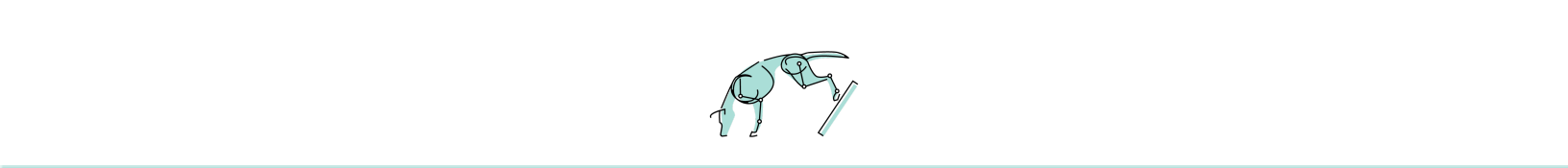
**Goal:** Teaches the front feet to remain still. Improves strength through the back muscles, core and shoulders. *Begins to load into the elbow gradually as the elbow flexes during the stepping back phase. But because the speed is slow, and the front end is elevated, we are able to do so without risking overload.*



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Notes:

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## Circuit 1b

1-2x a week, alternating with Circuit 1a, for 2-4 weeks or until Fluency

### 1. [Head Nods: Beginner](#)

Up: 3

Down: 3

Right: 3

Left: 3

Repeat for 1 set only

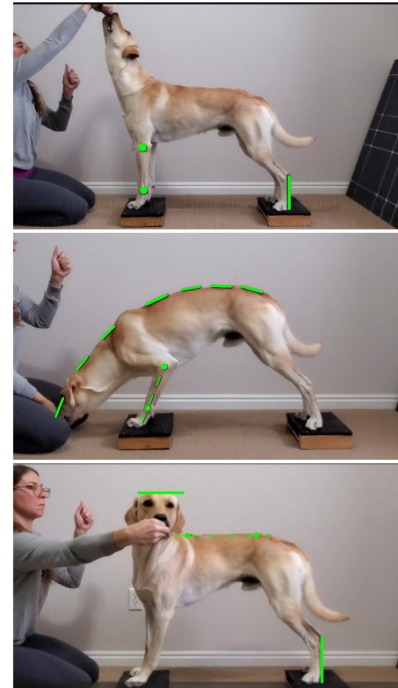
**Building to:** 3 sets total

**Appropriate to progress:** When the dog is able to keep all 4 feet still, and move to the end range, without repositioning or losing balance. And is able to achieve 85% precision for 3 sets total.

**Note:** Because we are asking for maximum range of motion, any change in behavior or arousal should be seen as fatigue not disobedience. Resting off the props for 30 seconds to 1 min is usually sufficient.

Lastly, not all dogs will have the available range demonstrated in the video, age, breed, confidence, etc will all play a part in how far the individual pup can move. *This is especially true for Ginger during the Head Nods Down portion of the exercise.* Working within your pup's available range, and deepening slowly (if appropriate) is important.

**Goal:** Tests the dog's ability to keep feet still while moving the head / neck. Highlights coordination deficit between the sides. Strengthens the hip, shoulder and elbow stabilizers against micro movements, and improves mobility through the neck and shoulder. *This will also reintroduce subtle supination through the antebrachium during the Horizontal Head Nods... Particularly through the thoracic limb Ginger is moving toward.*





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## 2. [Fold Back Down Tutorial: Beginner](#)

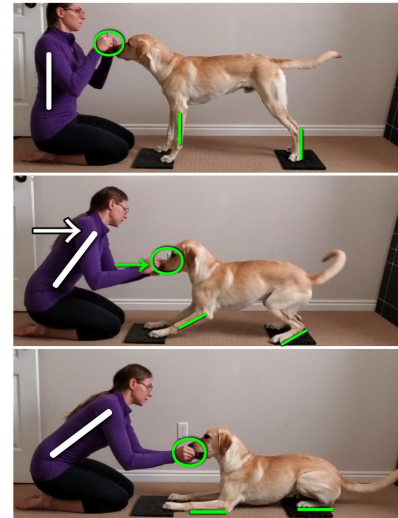
5 reps x 3 Sets

**Building to:** 10 reps x 3 sets

**Appropriate to progress:** When the dog is able to fold back while keeping the forelimb and tarsus synchronized, resulting in the elbow and point of the hock touching down simultaneously. A dog who is touching down with elbows first is not yet strong enough to progress.

**Note:** Handler motion should be toward the dog's nose vs downward to differentiate between a "Bow" type movement and a Fold Back Down. I think about putting the cookie into the dog's eyeball. Dogs who are going through their big growth spurt may not physically be able to execute this movement pattern due to bone length discrepancy inherent in this time.

**Goal:** Forelimbs and hocks lowering and lifting in tandem / while staying parallel throughout. Teaches / *restores coordinated mechanics between the thoracic limb and pelvic limb.*



## 3. [Intro to Cavaletti \(Part 3\): Intermediate](#)

Progression 1:  
3 passes x 3 sets

**Building to:**

Progression 2:  
5 passes x 3 sets

**Building to:**

Progression 3:  
10 passes x 3 sets

(down and back=1 pass)



**Note:** It will be important to notice any "ticking" of the poles, and make note of which limb is making contact. *If a pattern is noticed, that may give us information that Ginger is resenting*



Continued

*elbow flexion during the swing phase of the lifted TL, or resenting load bearing during the stance phase of the grounded TL.* We are always on the lookout for patterns.

**Appropriate to progress:** ONLY add more passes when 85% fluency is achieved. This includes focus away from the handler / independent execution, no ticking / knocking the poles and entering the poles with an appropriate amount of speed control. Adding too many repetitions too quickly will result in degradation of form from mental and/or physical fatigue.

**Goal:** Consistent independent execution. Introduces the beginning of plyometric exercise in a controlled manner to reduce the likelihood of overtaxing the system.

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## Circuit 2a

1-2x a week, alternating with Circuit 2b, for 2-4 weeks or until Fluency

### 1. [Weight Shifting: Beginner](#)

3 presses x 5 reps (all on one side)

Repeat on other side

Release from equipment.

Repeat x 2

**Building to:** 3 sets total



**Note:** During the Weight Shifting phase, keep your hand in contact with the dog's body until the set is finished. Not only does that allow you to "catch" your pup if they become unbalanced, but it also provides clarity regarding if more presses are coming or if the set is finished and the dog can relax

**Appropriate to progress:** When the dog is consistently and happily leaning back into the handler pressure, maintaining foot position, demonstrating a neutral or mostly neutral top line, and can meet max repetition x set requirements.

**Note:** Pay extra attention to the amount of pressure you're able to apply, and if there's a difference between the sides. Try and note on a scale of 1-10. 1 being almost no pressure. 10 being pressing as hard as you can. The working legs are the ones opposite the side of the pressure. *So I expect Ginger to resist your pressure more easily when pressure is applied to her left side (right shoulder and hip abductors working), and struggle a bit more when pressure is applied to her right side (left shoulder and hip abductors working). This should reconcile relatively quickly.*

**Goal:** Building value to the dog leaning back into the handler. Challenges hip and shoulder adductors/abductors and core muscles (including the psoas) on the side opposite handler pressure.



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## 2. [Bow-Stretch: Intermediate](#)

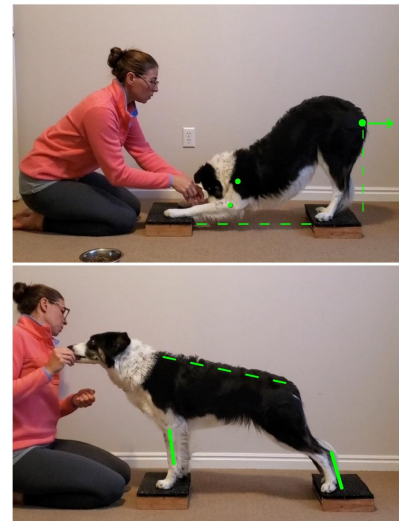
5 reps x 3 Sets

**Building to:** 10 reps x 3 Sets

**Appropriate to Progress:** When the dog is able to execute with proper form, while keeping all 4 feet still with 85% accuracy. This Includes shoulder behind the elbow and ischial tuberosity behind the rear foot during the bow phase and a neutral spine while extending the hip during the stretch phase.

**Note:** Dog MUST start in a slightly overstretched stand to allow space for the shoulder to extend and the scapula to rotate properly. This is detailed in the video

**Goal:** Improves scapular mobility, shoulder extension and hamstring mobility during the bow phase. Challenges the shoulder, elbow, core and hip flexors (including the iliopsoas) during the stretch phase.



## 3. [Hop Sit-Tutorial: Intermediate](#)

5 reps x 3 sets of the Hop Sit only

**Building to:**  
10 reps x 3 sets

**Note:** Once the dog is able to execute 7-10 reps of the Hop Sit, it's fair to incorporate the Hop Stand, assuming the hop Stand is fluent. This is shown at 3:23 in the video.

**Appropriate to progress:** When the dog is able to maintain balance with 85% consistency, and no longer "going over the handlebars".

**Goal:** Keeping front feet still throughout. This exercise also specifically targets the shoulder extensors eccentrically as they work hard to decelerate, and stop the dog from "going over the handlebars". *Biceps and triceps are working hard here (isometrically) to balance the forces of the hopping motion. Precision will be the key for Ginger.*





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#### 4. [Hop Back Stand Tutorial: Intermediate](#)

5 reps x 3 sets

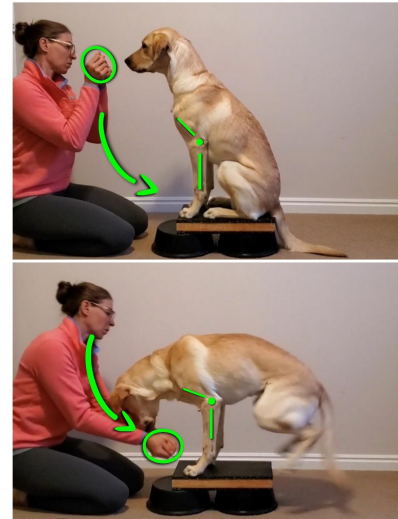
##### **Building to:**

10 reps x 3 sets

**Appropriate to progress:** When the front feet stay still with 85% accuracy, vertical alignment of the forelimb, and the rear feet are not getting “caught” on the sitting platform.

**Note:** Once the dog is able to execute 7-10 reps hopping back vs stepping back, it's fair to combine with the Hop Sit motion. But the reward criteria is for the Hop Stand ONLY.

**Goal:** Forward loading into the shoulder and elbow. Eccentric contraction of the supraspinatus, bicep and tricep.



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## Circuit 2b

1-2x a week, alternating with Circuit 2a, for 2-4 weeks or until Fluency

### 1. Standing Side Bend: Advanced

Nose to Hip: 5 reps

Nose to Rear Foot: 5 reps

Nose to Loin: 5 reps

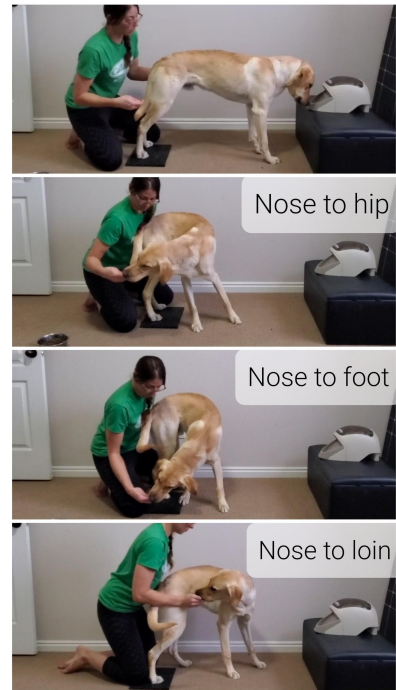
Repeat on the second side.

**Building to:** 2 sets total

**Appropriate to progress:** When symmetry is displayed on both sides, in all 3 variations, and the dog is able to maintain rear end position without much assistance from the handler.

**NOTE:** Initially, the handler should assist in providing pelvic stability. The dog should assume responsibility for pelvic stability over time. Also, a nose to hand target can be substituted for the cookie at the hip, rear foot and loin if this becomes too calorically expensive. Notice and note the difference between the sides.

**Goal:** Improves spinal mobility and stability through the whole length of the spine, and addresses right to left muscle imbalance (strength and / or flexibility). *This will also introduce lateral forces and side stepping in a very controlled way for Ginger. Be aware of the alignment of the thoracic limb on the convex side of the curve. Sometimes it will be "left behind" / fail to move into position fully during the lateral spine flexion.* This is covered in the video tutorial.



### 2. Fold Back Down Decline/Incline: Intermediate

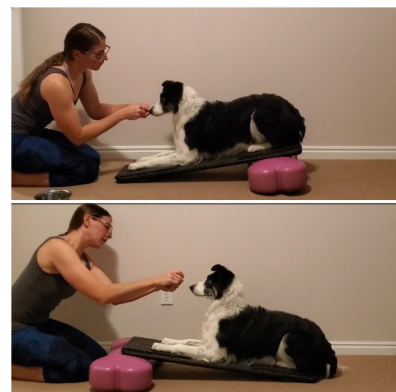
Incline/ Facing Uphill:

5 reps x 3 sets

Decline/ Facing Downhill:

5 reps x 3 sets

**Building to:** 10 reps x 3 sets





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**Appropriate to progress:** When the forelimb and tarsus are moving in tandem with 85% accuracy, and the dog is maintaining a neutral spine.

**Note:** When facing uphill the rear end is more loaded, while facing downhill the front is more loaded. We can use this shift of weight to help regulate the challenge level. It's important to note which direction produces the smoother movement in the individual dog, and begin the exercise with that variation (*this will likely be facing uphill for Ginger*).

**Goal:** Focus is on the synchronized movement of the limbs, and maintaining a neutral spine throughout. Functional core strength that specifically targets the serratus ventralis, triceps, epaxials, obliques and iliopsoas, along with the latissimus.

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### 3. [Cavaletti Circles: Advanced](#)

5 passes x 3 sets

**Building to:** 10 passes x 3 sets

**Appropriate to progress:** ONLY add more passes when 85% fluency is achieved. This includes focus away from the handler / independent execution, no knocking poles or double stepping, and entering the poles with an appropriate amount of speed control.



#### **Note:**

1. Spacing between the cones on the *inside* of the curve should be slightly less than the height of the withers (or 2x elbow height), and fan out evenly.
2. The dog can then adjust their proximity to the cones, in order to find their striding/ideal spacing.
3. Poles are 1-inch or less off the ground as is typical with extension cavaletti.

**Goal:** Applies lateral/centrifugal forces in motion to build strength and endurance through the medial and lateral limb stabilizers through the PL and TL. *Same instruction regarding noticing a pattern to any ticking applies here as well.*

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Notes:

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### Circuit 3a

1-2x a week, alternating with Circuit 3b, for 2-4 weeks or until Fluency

#### 1. [Weight Shifting: Intermediate](#)

##### **Variation 1:** Unstable surface under the **front** feet

- 5 presses x 3 reps  
(all on one side)
- Repeat pressing on the other shoulder.
- Release from equipment.
- Repeat x 2 total



##### **Variation 2:** Unstable surface under the **rear** feet

- 5 presses x 3 reps  
(all on one side)
- Repeat pressing on the other shoulder.
- Release from equipment.
- Repeat x 2 total

##### **Building to:**

15 presses on one side  
15 presses on the other side  
Stay on props  
Repeat x 3

**Appropriate to progress:** When the dog is maintaining a neutral spine (no side bending), and resisting with an 8/10 pressure on both sides for max reps.

**Note:** Pay extra attention to the amount of pressure you're able to apply, and if there's a difference between the sides. Try and note on a scale of 1-10. 1 being almost no pressure. 10 being pressing as hard as you can.

**Goal:** Challenges hip and shoulder adductors/abductors (including the psoas). Functional core strength. Particularly good for rebalancing the iliopsoas, and medial / lateral shoulder stabilizers.



Continued

## 2. [Deep Bow: Advanced](#)

5 reps x 3 Sets

**Building to:** 10 reps x 3 Sets

**Appropriate to progress:** When the dog is able to move to the end range without repositioning the front feet or removing one foot from the front foot target with 85% accuracy.

**Note:** Placement of reward is BELOW the height of the carpus, That's what makes this a Deep Bow. Nose facing downward, as shown in this photo. Dog MUST start in an overstretched stand to allow space for the shoulder to extend and the scapula to rotate properly.

**Goal:** Continues to improve mobility through the shoulder, elbow, hip flexor and hamstring.



---

## 3. [Hop Sit Sprints: Expert](#)

5 reps in each variation

Repeat for 1 cycle through

A. Even tempo/Pause in the Sit and Stand: Even tempo works the TL and PL and the associated stabilizers evenly.

B. Shoulder focus/Pause in the Stand phase: Omitting the pause in the Sit phase

~~C. Hip and stifle focus/Pause in the sit: Omitting the pause in the Stand~~

**Building to:** 10 reps in each variation

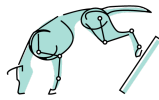
Repeat for 1 cycle through

**Building to:** Ultimately building to 2 cycles through.

**Appropriate to progress:** When the dog is executing at maximum repetitions with 85% accuracy.

**Note:** This is likely an anaerobic exercise. So change of behavior should be assumed to be fatigue, not disobedience. Be quick to rest when form degrades.





Continued

**Goal:** Plyometric challenge. Increases power and proprioceptive speed through the large muscles in the hip and shoulder. Improves core strength, and muscular endurance throughout.

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Notes:

[illegible]



### Circuit 3b

1-2x a week, alternating with Circuit 3a, for 2-4 weeks or until Fluency

#### 1. Controlled Cone Wrap: Intermediate

5 single reps to the right

5 single reps to the left

Rest

Repeat for 3 sets total

**Building to:** Multi wrap (2 and then 3 wraps per rep)

3 repetitions of the multi wrap

Repeat going the other direction

Rest

Repeat for 3 sets total



**Note:** This is to be executed SLOWLY. For dogs trained to wrap a cone quickly, a reward may have to be used/tossed on the ground every  $\frac{1}{4}$  wrap for a time until understanding is achieved. Then the reward can be offered every  $\frac{1}{2}$  wrap, and finally for a full wrap.

**Appropriate to progress:** When the dog's unique compensation pattern is replaced by correct movement / muscle recruitment for a triple wrap at maximum repetitions.

**Goal:** The intent of this exercise is to notice any asymmetry in the movement pattern, or the **individual pup's unique compensations**, and start to use neuromuscular reeducation to refine/correct the movement dysfunction. *This will likely manifest for Ginger in an uncoordinated step through the (left) thoracic limb as she is rounding the cone 180° away from you.* Notice if the dog is skipping steps or hopping, or executing a "teardrop shape" -vs- a round shape, and use the mark and reward to help build value to proper mechanics.



Continued

## 2. [Fold Back Down- Split Surface: Advanced](#)

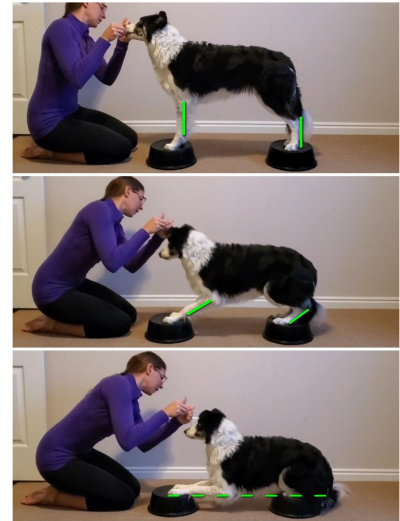
5 reps x 3 Sets

**Building to:** 10 reps x 3 sets

**Appropriate to progress:** When the dog is able to execute with 85% accuracy, limbs moving in tandem, neutral spine, elbows moving to horizontal but not below.

**Note:** Spacing between the targets should be such that...

1. front feet are at the very \*back\* edge of the front foot target (no carpus on the platform)
2. Rear feet are at the very \*front\* edge of the rear foot target
3. Any stable foot targets can be used. Feed buckets are not required or appropriate for all dogs.



**Goal:** Strengthens the shoulder, elbow, core and hip stabilizers in a lengthened lever position. Promotes a high level of hip and shoulder stability. Functional core strength.

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## 3. [Cavaletti Circles: Expert](#)

5 passes x 3 sets

**Building to:** 10 passes x 3 sets

**Note:** Tighten the turning radius, but always leave a place at least 2 body lengths to allow for delivery of reward.

**Appropriate to progress:** ONLY add more passes when 85% fluency is achieved. This includes focus away from the handler / independent execution, no knocking poles or double stepping, and entering the poles with an appropriate amount of speed control.

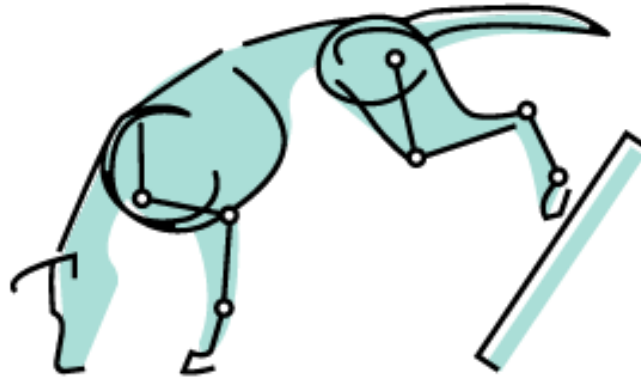
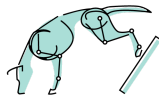
**Goal:** Applies lateral/centrifugal forces in motion to build strength and endurance through the medial and lateral limb stabilizers through the PL and TL.



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Notes:

[illegible]



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