



The PAWsonal Training Plan

Helping you and your dog live a happy,
healthy and fun-filled life together

Brought to you by Rover.com, the world's largest network of 5-star pet sitters and dog walkers, and Chessie King, PAWsonal Training Expert for Rover.com

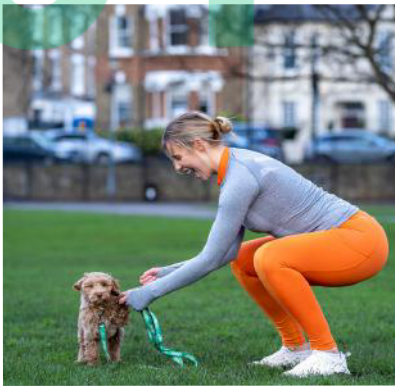


Man's best friend is also man's best workout buddy! According to our research, 73% of dog owners think their four-legged friends make great workout companions and help to keep them motivated.

This multi-mutt workout guide is packed with ideas and inspiration – whether you're looking for some fun new exercises to add to your next walk, or tips to keep your pet entertained on a rainy day. Read on to discover moves for building strength, balance and cardio, and don't fear, we've included plenty of time for toys and treats for your four-legged friend!

As well as keeping you both active, exercising with your dog means spending quality time together - which they are sure to love. Remember, all dogs are unique and their exercise needs vary. Make sure you always have plenty of fresh water available and consider the temperature before heading outside. Please consult your GP and vet before embarking on a new exercise regime for yourself and your pooch.

Squat & Paw



Stand with your feet shoulder-width apart, and your toes pointed slightly outward. Squat down by moving your hips back until they're lower than your knees.

Alternate which hand goes forward on each rep and ask your pooch for 'paw'. You can use a treat if your dog needs more than just a verbal cue. This exercise is not only great for your glutes, hamstrings and abs, you'll also be teaching your dog a fun new trick.



Wag & Weave



Your dog might not be destined for Crufts, but some light agility training can be a great challenge for their mind and body. Lay down some cones in a line. Depending on your dog's level of training, use a treat, toy or verbal instructions to encourage them to follow you walking around the cones. Make sure to reward them with lots of affection (or a healthy treat!) when you reach the end. Eventually, you can increase the pace to improve endurance and coordination for both you and your dog.



Twist & Treat

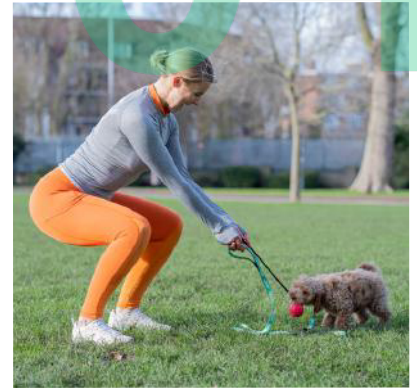


An important step in giving your dog a great all-round workout is to train their brain! Engage your dog by letting them see a toy, then enclose it in your hands. Stand with feet hip-width apart and step back into a reverse lunge. Twist your torso in the opposite direction on each rep with your hands holding the toy clasped in front of you, so your dog moves from side to side as you rotate. Reward your dog often with lots of love or a treat. Another option is to play fetch as you complete your reps.

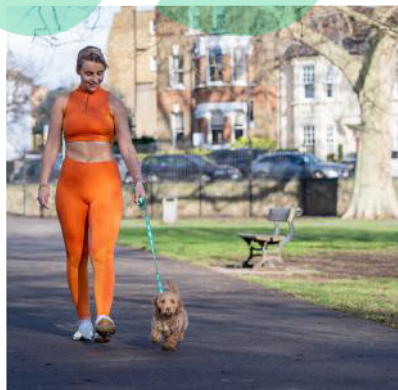


Tug of War

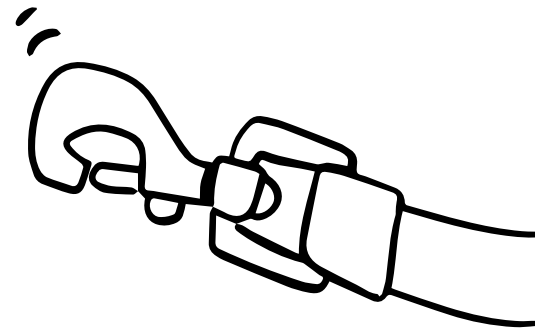
Using your dog's favourite tug of war toy, hold onto one end of the toy and drop down into a squat whilst your dog takes the other end in their mouth. This is a great one to reinforce the human-canine bond, as well as have some fun with your four-legged friend! Make sure you take breaks so not to over-excite your dog and try not to get too competitive – letting them win is rewarding and can build their confidence. Avoid this move if your dog has any dental concerns.



Power Walkies



Interval training has many benefits for dogs and humans alike! Next time you're out on a walk, pick up the speed for 30 seconds, then drop to a normal pace for a minute, and repeat. Ensure you are always working at a pace your dog is comfortable with. As you and your dog become more confident you can up the pace to a jog or a run, or adjust the length of your intervals. An effective exercise which is (literally) a walk in the park!

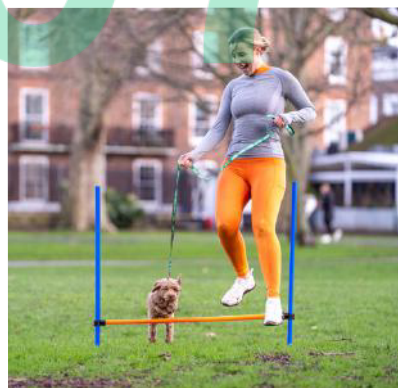


Making Fetch Happen

For dogs with great recall, try this move to get you active too! Throw a ball or toy for your dog to fetch, then instead of standing waiting, Burpee as many times as you can until your dog returns. Bend your knees and place your hands on the floor. Kick your legs out behind you and lower your entire body down to the ground, bending your elbows. Push your body back up from the floor and jump your legs in. Jump straight up in the air, and repeat!



Raising The Bar



Hopping over hurdles is a fun activity to try with your dog either indoors or outdoors, and provides you both with a great cardio workout. There are a range of dog hurdles available to buy, but as a first step you can use household items, such as cushions, to create a mini obstacle course. Once you've set this up give the jumps a try, making them higher once your dog starts to get the hang of things. Always take your dog's size into account, and build a height-appropriate course!

