

Exercise Programs



WHAT Does Exercise Do?

- ◆ A good exercise program will keep your project physically **FIT** and **FIRM** to the touch.
- ◆ Allow you to regulate the amount of cover (fat) on your project.
- ◆ Animals are in better shape to withstand the rigors of travel and stress of showing.

WHEN Do I Start Exercising My Project?

- ◆ At 5 MONTHS of age we want to focus on **teaching** them to run.
- ◆ Waiting too late to start program will cause unnecessary stress.
- ◆ One or two times a week, maybe two laps to learn the layout of the track.
- ◆ Amount of time on track will vary with each animal.
- ◆ Watch his RIB FAT, as well as the over all CONDITION of the animal.

HOW Do I exercise my project?

- ◆ Track
- ◆ Treadmill
- ◆ Walker
- ◆ ANY exercise is better than NO exercise!

Track



What do I need for a track?

- ◆ Horse panels - 5 feet tall
- ◆ T-posts : 5 to 6 feet apart
- ◆ Cover the outside wall if you can
 - Tarp
 - Carpet
 - Rubber Conveyor Belt

Types of Tracks

- ◆ Shape:
 - Round or Oval
- ◆ Size
 - Round
 - ◆ 40 plus feet in diameter.
 - ◆ 3 to 4 feet inside width of the track.
 - ◆ Gates should be 3 to 4 feet wide.
 - Oval
 - ◆ 75 feet on straight-aways
 - ◆ 3 to 4 feet inside width of the track.
 - ◆ Gates should be 3 to 4 feet wide.































3 basic commands

- ◆ **DOWN**
- ◆ **COME**
- ◆ **GET'EM** (starts adrenaline)

DOWN



COME



GET'EM



Head Bite



Heel Bite



Treadmill



Why Use A Treadmill?

- ◆ No dog
- ◆ Adequate exercise
- ◆ Can walk backwards

Walker



Why Use A Walker?

- ◆ No Dog
- ◆ Less Maintenance
- ◆ Less Time Consuming (can work multiple animals)