### **Exercise Programs**



#### **WHAT** Does Exercise Do?

 A good exercise program will keep your project physically <u>FIT</u> and <u>FIRM</u> 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.

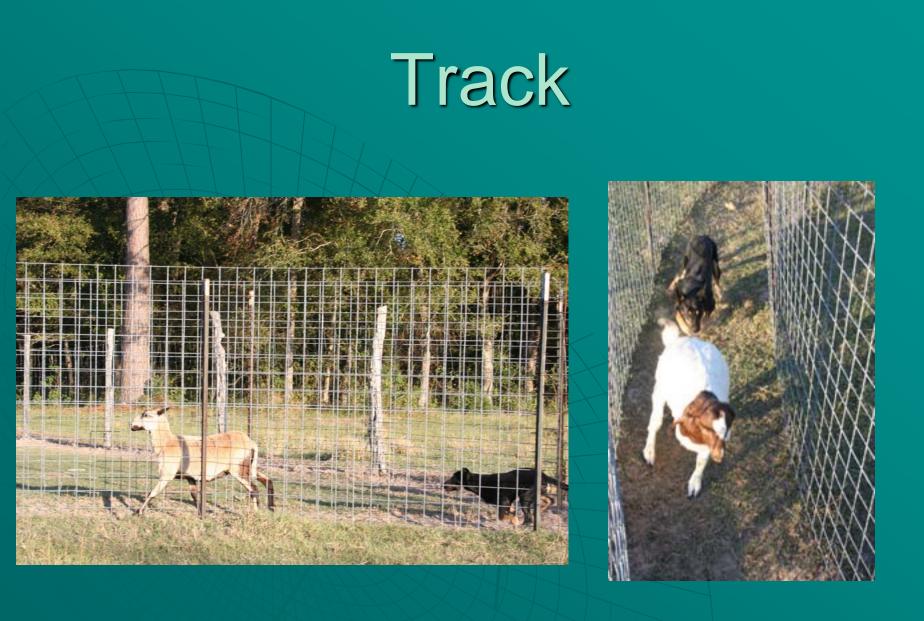
### WHEN Do I Start Exercising My Project?

- At <u>5 MONTHS</u> 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 <u>RIB FAT</u>, as well as the over all <u>CONDITION</u> of the animal.

# HOW Do I exercise my project?

Track
Treadmill
Walker
ANY exercise is better than NO exercise!



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

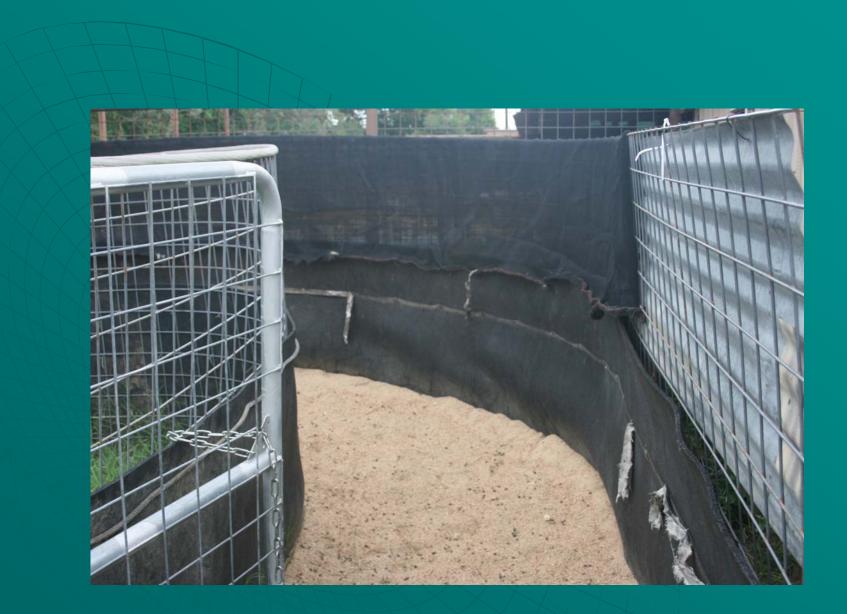
- Tarp
- Carpet

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.





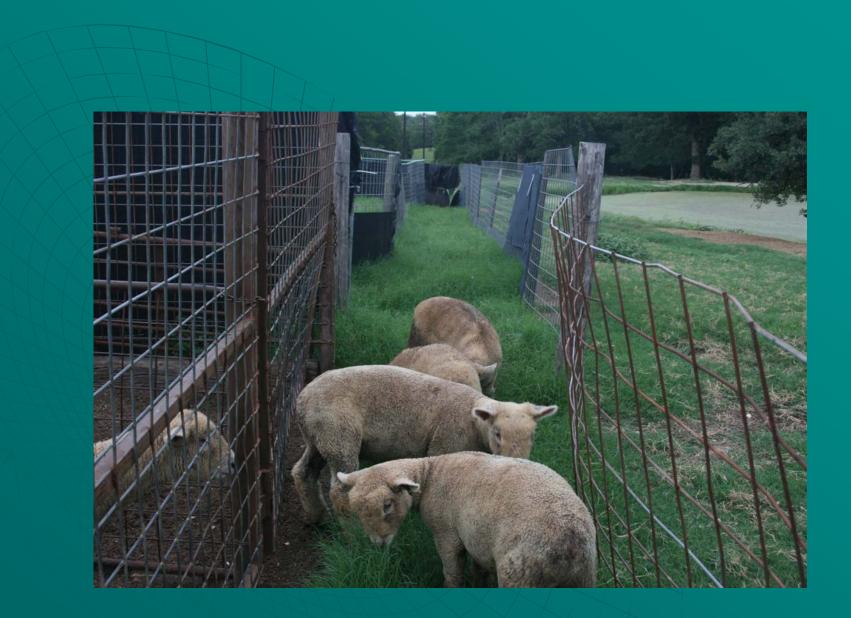


























## 3 basic commands DOWN **COME** $\bullet GET'EM$ (starts adrenaline)

### DOWN





### COME



### GET'EM



### Head 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)