

Bring on the Big Dogs

With Jasey Day

Lesson 1: Analyzing and Implementing Equipment Choices

- Lesson Introduction
- Size Matters
- Size Matters Continued
- Adduction and Abduction Stands
- Neutral and Adducted Pivoting – Front Feet
- Circles on Platforms
- Inflation Matters
- Pop Forward to Stand to Rock-back Sit
- Pivoting with Rear Feet
- Bonus Tips

Lesson 2: Alternatives for the Cavaletti Crasher

- Lesson Introduction
- Circular Product Holder Warm-ups
- Circles over Circular Product Holders
- Lateral Walking over Circular Product Holders
- Backup Over Circular Product Holders
- Tips for Teaching the Cone Wrap

Lesson 3: Grab 2 KLIMBs and 2 Pads, Part 1

- Tuck Sit to Kickback Stands
- Tilted Ipsi Stands
- Tilted Lateral Hops
- Leg Weave to Pivot to Stand
- Weight Shift Stand Configurations

Lesson 4: Grab 2 KLIMBs and 2 Pads, Part 2

- Squat Variations
- Stand Down Stand
- Tilted Turn Touches
- Lateral Rear Pivots Up with S/D/S

Lesson 5: Traveling Fitness - Pack Small for Big (Dog) Benefits, Part 1

- Lesson Introduction
- Ipsi Stands to Candy Cane
- Circles with Targeting & Tucks
- Triceps Pushup
- Individual Paw Targeting & Stepdowns

Lesson 6: Traveling Fitness - Pack Small for Big (Dog) Benefits, Part 2

- Pivots and Targeting
- Give a Paw with Hind Limbs Elevated
- Crouch
- Previous Exercises in Travel Sizes