

Here is a list of the equipment you will need:

- ☐ 2 balance (foam) pads: You may substitute one of the foam pads with a FitPAWS Balance Disc or a FitPAWS Balance Ramp
- ☐ 1-2 platforms: Two is ideal, but you can modify exercises if you have only one. Your dog should be able to stand comfortably in a neutral position on the platform as well as lie down with his entire body on the platform (including the front feet but excluding his tail). You can use any suitable platform including the following:
 - ☐ Aerobic bench with risers (you may substitute other things around the house for risers)
 - ☐ KLIMB Dog Training Platform (for giant breeds, you need 2)
 - ☐ 2-on/2-off contact board or travel plank
 - ☐ For toy breeds and senior dogs, you may use a folded towel or Flexiness Fitness SensiMat for your platform
- ☐ FitPAWS Targets, spot markers, or cut up pieces of yoga mat to use as foot targets if needed or to prevent equipment from sliding
- ☐ 1-2 rolled up or folded large towels to add instability or elevation

Substitutions

Substitutions will be recommended if you don't have the equipment used in the videos; just ask if you need additional recommendations for substitutions after watching the videos. There are many possible equipment options and you may use something you have lying around your house.

If your dog is short, some of the skills may require you to adapt to lower equipment. For example, a Papillon will not be able to walk up sideways onto an aerobic bench. Instead, stacked SensiMats, balance pads, or neatly folded towels could be used. Often hock height or lower is the ideal height for laterally walking across an object; objects should definitely not be above knee height for lateral walking across.

Working Surface

Please make sure that you are not asking your dog to perform the behaviors taught in this class on a slippery floor. Use 1-3 yoga mats if needed.

Working Space Needed

For a large dog, a training space that is 4-6 feet by 6-8 feet will work, but 6 feet by 12 feet is better.