

# **Power Up with Platforms & Pads**

## **Syllabus**

Each week we will address a different theme in the curriculum:

- ☐ Lesson 1: Pops and Hops
- ☐ Lesson 2: Medial/Sagittal Challenges
- ☐ Lesson 3: Advancing Pivots
- ☐ Lesson 4: Lateral Walking Progressions
- ☐ Lesson 5: Dorsal Work
- ☐ Lesson 6: Pushups and Weight Shifting

Many of these lessons provide exercises that work similar muscle groups and planes of motion. Please remember that a balanced workout session with your dog will involve all three planes of motion—dorsal, transverse, and median/sagittal—and will work different areas of the body. In most cases, you will not be able to do all of the exercises in one lesson with full sets and reps in one session or in one day.

## **Skills to Brush Up On**

You may want to brush up on these skills before class starts:

- ☐ Value for front, rear, and all feet on equipment
- ☐ Lateral (sideways) walking (beginner level only)
- ☐ Reverse walking (one exercise requires reverse walking)
- ☐ Give a paw
- ☐ Nose touch hold OR chin touch hold
- ☐ Basic positional changes (sit, down, stand, tuck sit, fold-back down, etc.)