

SlimFast

#Wellbeing Walkies

Designed to promote shared happiness, vitality and an innovative full body workout for you and your dog.

The Wellbeing Walkies workouts consist of a mixture of aerobic exercise which includes brisk walking and HIIT (High Intensity Interval Training), with DOGA (that's yoga for cool canines!) and Pilates.

Each 45-minute workout been specifically designed for you to enjoy with your dog, so that both of you feel healthier and happier as you get fitter and leaner.

Give it a go! Woof! 🐾🐾



Workout 1: High Intensity Interval Training

Focus: To increase your heart rate and burn calories on your walk

Warm up - walk, skip or run in circle for 2 minutes with dog

Part 1:

- 1.) High knees (jogging)- 45 seconds
 - 2.) Run and kick bum - 45 seconds
 - 3.) Jumping jacks - 45 seconds
 - 4.) Side squat walk- 20 seconds each side
 - 5.) 15 seconds walking between each exercise
- REPEAT part 1

Part 2:

- 1.) Plank (harder- from hands to elbows)- 45 seconds
 - 2.) Walking lunge with twist (over front supporting leg use weight) - 45 seconds
 - 3.) Burpees - 45 seconds
 - 4.) Turned out side squat walk pulse 3 times in centre (use weight in centre) - 45 seconds
- 15 seconds walking between each exercise
REPEAT part 2

Part 3:

- 1.) Shuttle runs x2 (sprints) - 45 seconds
 - 2.) Side squat kick (3steps repeat) - 20 seconds on each side
 - 3.) Puppy (bear) crawls - 45 seconds
 - 4.) Jumping squats - 45 seconds
- 15 seconds walking between each exercise
REPEAT part 3

Cool down - walk in a circle with dog and stretch thoroughly including quads, hamstrings, calves, arms, lunge and leg cross over to stretch glutes.



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Works for me.

Workout 2: DOGA Time

Focus: To stretch or cool down your dog's muscles. Kick off or end your walk with relaxing DOGA exercises for your dog.

1. Encourage your dog to sit down and run your hands down their back firmly and rhythmically in the direction of their coat to relax them
2. Whilst your dog is seated, lift their front paws together off the ground so they are sat in a beg - repeat
3. As dog is standing lift up hind legs together from mid leg to stretch comfortably- repeat

REPEAT first exercise of long strokes to relax your dog.



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Works for me.