# Slim**fast** #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

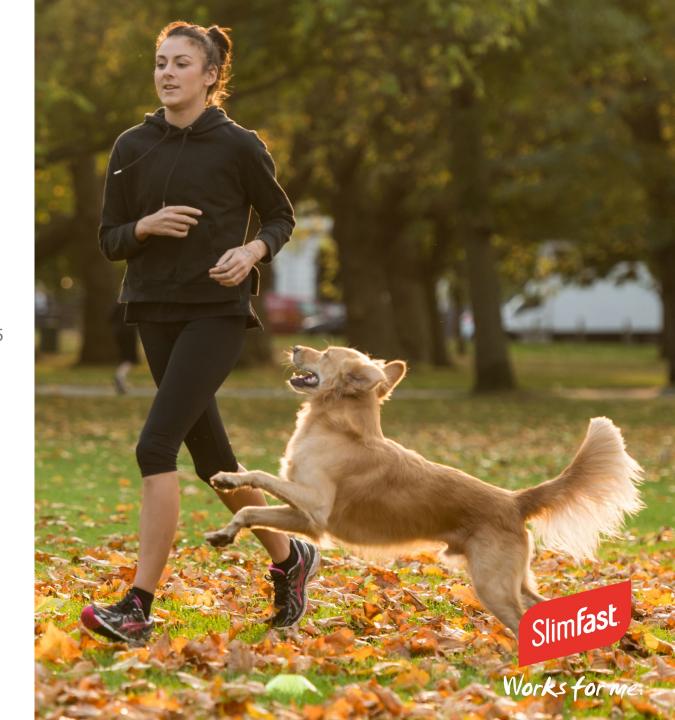
### Part 2:

- 1.) Plank (harder- from hands to elbows)- 45 seconds
- 2.) Walking lunge with twist (over front supporting led 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.



## 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.



