

# WISDOM PANEL™

Welcome to the 'Doggy Walkout' guide to getting fit



## Introduction

We know that sticking to your fitness regime might be hard, but we also know that your dog can make the perfect training partner. We've teamed up with leading personal trainer Luke Worthington, to devise simple workout routines which are specific to your dog's breed and can be done when you're walking your dog. What makes this different? Lots. These workouts are designed to:

- Fit into your normal dog walks
- Elevate activity for you and your dog at the same time
- Be specific for your dog's breed category
- Burn approximately 150 calories in 15 minutes
- Make getting fit fun and sustainable for you and your pet

Exercise needs for different dog breeds vary greatly, so the 'Doggy Walkout' has been devised by vet experts at Wisdom Panel and Personal Trainer Luke Worthington, to maximise time spent together outdoors, giving human and hound a series of moves to get fit together.

[Disclaimer: Always make sure to discuss your fitness and lifestyle habits with a vet before embarking on a new training program or implementing a new exercise routine with your dog. And always make sure that your dog is well hydrated and has access to ample shade in hot weather.]

Select the best category for your dog based on their breed genetic makeup. Once chosen, scroll to the next page to find out the most effective exercises which best match their DNA.

### Little Legs

Chihuahua  
Toy Poodle  
Yorkshire Terrier  
Maltese  
Shih Tzu  
Bichon Frise  
Cavalier King Charles Spaniel  
Havapoo  
Pomeranian  
Pekingese  
Dachshund  
Lhasa Apso  
Miniature Dachshund  
Cavachon  
Pembrokeshire Welsh Corgi

### Short Snout & Sensitive

Chihuahua  
French Bull Dog  
Toy Poodle  
English Bull Dog  
Yorkshire Terrier  
Boston Terrier  
Maltese  
Pug  
Shih Tzu  
Boxer  
Bichon Frise  
Chow Chow

### Powerful & Muscular

German Shepherd  
Rottweiler  
Siberian Husky  
Staffordshire Bull Terrier  
Bernese Mountain Dog  
Caucasian Shepherd Dog  
American Bulldog  
Doberman  
Akita  
Mastiff  
Great Dane  
Alaskan Malamute  
Dogue de Bordeaux  
Newfoundland  
Bullmastif

### Agile & Athletic

Border Collie  
Grey Hound  
Anatolian Shepherd  
Saluki  
Segugio Italiano  
Kritikos Lagonikos  
Labrador Retriever  
Golden Retriever  
Poodle  
Whippet  
Belgian Malinois  
Dalmation  
Hungarian Vizla  
Samoyed  
Bavarian Mountain Hound  
Australian Cattle Dog  
Welsh Sheepdog  
Weimaraner  
Shetland Sheepdog  
Lurcher  
Labradoodle  
Aussiedoodle  
Shepadoodle

### Small & Mighty

Cocker Spaniel  
English Springer Spaniel  
Miniature Poodle  
Jack Russel Terrier  
Golden Doodle  
Cockapoo  
Miniature Schnauzer  
Beagle  
Parson Russell Terrier  
Brittany Spaniel  
English Setter  
Border Terrier  
West Highland Terrier  
Puli  
English Foxhound  
Sprocker Spaniel  
Springador  
Puggle  
Sprollie  
Jackapoo  
Welsh Springer Spaniel  
Patterdale Terrier

**Don't see your dog's breed? Don't worry  
selcet the category that best suits your dog.**

1.  
Little Legs



Little Hurdles

2.  
Short Snout & Sensitive



Body Drops

3.  
Powerful & Muscular



Rope Play

4.  
Agile & Athletic



Fetch

5.  
Small & Mighty



Hill Sprints



Sprint & Seek



Collect The Treat



PlayTumbling



Tag Chase



Interval Sprints



Fastest Wins



Stomping



Football



Jog On



Hopping Mad

# 1. Little Legs



## Little Hurdles

**How to:** Maintain a straight back as you squat down with a stick, making sure to go low enough that your dog can jump the hurdle. Remember to bend the knees and the hips, and then come back up to standing once your dog has completed the jump. Perform 10 repetitions, rest 1 minute, then repeat 3 more times for a total of 4 rounds.

**Bonus benefit:** Improves lower body and core strength.

**Owner tip:** Keep the back straight, bending at the hips and knees.

**Pet tip:** Some little legged dogs can be prone to back problems and should avoid too much impact, therefore make sure the stick is held no more than knee height. Alternatively, for those dogs that should avoid jumping altogether, adjust the stick for your height and have your dog move under the hurdle.



## Sprint & Seek

**How to:** Choose a hiding place around 20m (or 20 paces) from your dog, sprint out as fast as you can and hide. Once your dog has found you, walk back to the starting point and repeat. Rest time between sprints will depend on how fast your dog finds you, so the better the hiding place the more rest you get! Perform 5 repetitions, rest for 2 minutes, and repeat twice more for a total of 3 rounds.

**Bonus benefit:** Alternating between sprinting and walking improves respiratory fitness and boosts endorphin levels.

**Owner tip:** Treat the first part of your walk as the warm-up before starting your first sprint.

**Pet tip:** Play in an enclosed area so your dog can't wander away while you're hiding. It's always good to keep a close eye on them as they might not like it if you're out of sight for too long.



## Fastest Wins

**How to:** Stand beside your dog and throw a ball as far away from you both as possible, and then race each other to it. Repeat 5 times, rest 2 minutes, and repeat 3 more times for a total of 4 rounds.

**Bonus benefit:** Sprint and pause intervals improve cardiovascular health.

**Owner tip:** Use as much arm swing as you can on your run to increase speed.

**Pet tip:** Give your dog a little warm up before sprinting for the ball. Not everyone is a natural runner, so be mindful and adjust intensity as needed. This is especially important during warmer weather.

## 2. Short Snout & Sensitive



### Body Drops

**How to:** Whilst holding a treat, ask your dog to sit and lie down. Repeat this sequence 10 times and then give your dog the treat. Once done, ask your dog to stay whilst you perform 10 press-ups. Once you've both done 10 body drops, rest for 2 minutes, and repeat 3 more times for a total of 4 rounds.

**Regressed version:** Try alternating turns between yourself and your dog after each rep. Continue for as many as you can, rest 2 minutes and repeat 3 more times for a total of 4 rounds.

**Bonus benefit:** Upper body and core strength.

**Owner tip:** Try keeping a straight line from your shoulders, through to your hips and knees. If preferred, drop the knees to the floor for a more regressed version.

**Pet tip:** Not every pooch will stay motivated, especially in the beginning. For these dogs, it's helpful to start with reps of 3 and build up the number overtime.



### Collect the Treat

**How to:** Run out as fast as you can for 20m (or 20 paces) before calling your dog for a treat. Once collected, immediately perform the next repetition. Perform 5 repetitions, rest 2 minutes, and repeat twice more for a total of three rounds.

**Regressed version:** Take a 30 second rest after your dog reaches you before performing the next repetition.

**Bonus benefit:** Short rest intervals between sprints trains the lactic system (the 'burn') which is excellent for heart and lung health.

**Owner tip:** Use the first part of your walk as the warmup before the first sprint.

**Pet tip:** Not all dogs are natural runners, so be mindful and adjust intensity and rest intervals as needed. This is especially important during warmer weather.



### Stomping

**How to:** Power walk with your dog for 20-40 minutes for a low intensity steady state exercise.

**Bonus benefit:** Lowers blood pressure and improves mood.

**Owner tip:** Breathe out for twice as many paces as you breathe in to get a great respiratory workout.

**Pet tip:** Consider power walk intervals or even letting your dog set the pace. Be sure to take a cool down if your dog is panting heavily.

### 3. Powerful & Muscular



#### Rope Play

**How to:** Hold a toy rope between yourself and your dog until they grab it. Pull the rope until either you or your dog lets go. Set a timer for 2 minutes, if no one wins after 2 minutes then that round is a tie. Reset and go again.

First to 5 victories wins the match.

**Regressed version:** Staying seated with legs in front reduces pressure on the lower back. Once you can play a whole match seated, move to kneeling, and then to standing.

**Bonus benefit:** Upper body and core strength.

**Owner tip:** Keep a slight bend at the elbow to protect the joint and avoid overextending.

**Pet tip:** While the goal is a workout, it's also meant to be fun! So be sure to go gentle on the tugging and no teeth are allowed on skin - if this happens then a time-out is needed.



#### Play Tumbling

**How to:** Stand on your knees so that you're at your dog's height. Put your hands in a fist shape and begin trying to gently nudge them.

Set a timer for 3 minutes, rest 1 minute and repeat 3 more times for a total of 4 rounds.

**Bonus benefit:** Core strength.

**Owner tip:** Try alternating your weight from side to side for a balanced workout.

**Pet tip:** Try to nudge them gently and slowly at first so that you can gauge their strength and power to ensure a safe tumble.



#### Football

**How to:** Set a timer for 5 minutes and then pass the ball between your legs, letting your dog try and play footsie with you.

Rest for 2 minutes for 'half time' and then repeat. Keep score of how many times you are able to get the ball from your dog.

**Regressed version:** Take a longer half-time break.

**Bonus benefit:** Multidirectional movement improves agility.

**Owner tip:** Try practising your ball dribbling skills to pick up the pace and encourage your dog to run with you.

**Pet tip:** Use one specific ball for this game so that your dog will only associate that one ball toy with this style of play.

## 4. Agile & Athletic



### Fetch

**How to:** Set markers at 5m (paces) 10m (paces) 15m (paces), and then throw the frisbee to each one in turn. Ask your dog to grab it and fetch it back. When you throw to the furthest marker, run to the frisbee with your dog. Repeat 5 more times for a total of 6 rounds.

**Bonus benefit:** Core strength from throwing the frisbee and aerobic fitness from running.

**Owner tip:** Think about lifting your knees as high as possible when running to engage more of your core muscles.

**Pet tip:** While some dogs have a natural pull to the frisbee, others need an introduction to the disc. No matter their level, be sure to give plenty of praise!



### Tag Chase

**How to:** Let your dog chase you until they manage to catch you. Once done, change direction, get your dog to stop and then run away again. Continue for 3 minutes. Once done, rest for 1 minute, and then repeat for 4 more rounds for a total of 5 rounds.

**Bonus benefit:** Multidirectional movement improves agility.

**Owner tip:** Make sure your footwear has adequate grip, especially on wet grass.

**Pet tip:** Be sure to keep these play sessions separate from training sessions. Also, make sure there are no other dogs around as they may become distracted.



### Jog on

**How to:** Run for 10 minutes with your dog and then run home for 10 minutes. Try to get a little bit further from home each time to build up the time.

**Bonus benefit:** Aerobic fitness, mood booster and endorphin rush.

**Owner tip:** Exhaling for twice as many paces as you inhale will give a great respiratory workout.

**Pet tip:** Let your dog set the pace sometimes! And be sure to take a cool down if your dog is panting heavily.

## 5. Small & Mighty



### Hill Sprints

**How to:** Find a hill that is at least 20 metres long, run up the hill as fast as you can with your dog and then walk back down as recovery. Perform 5 sprints, rest 2 minutes and repeat.

**Regressed version:** Just perform 1 set.

**Advanced version:** Increase to sets of 6, and then to 7 sprints.

**Bonus benefit:** Leg strength and cardio conditioning.

**Owner tip:** Drive the arms as much as possible for increased speed.

**Pet tip:** Be mindful of your dog's running ability and adjust intensity as needed. This is especially important during warmer weather.



### Interval Sprints

**How to:** Place two sticks on the ground and run between each (doing a figure of 8) with your dog. Perform 5 figures of 8, rest 2 minutes and then repeat for 3 more rounds for a total of 4 rounds.

**Advanced version:** Add an extra stick so it becomes a double loop.

**Bonus benefit:** Aerobic fitness and agility.

**Owner tip:** Make sure you are using footwear with adequate grip, especially on wet grass.

**Pet tip:** The Figure 8 can also be used in training, like loose leash walking and heeling. But for now, we're focused on fitness!



### Hopping Mad

**How to:** Hold a treat above your dog. Perform 6 jumps (so that your dog jumps too) before giving them the treat to them. Rest 1 minute then perform 4 more times for a total of 5 rounds.

**Regressed version:** Swap a jump for a squat so that your feet don't leave the ground.

**Bonus benefit:** Lower body leg strength, aerobic fitness and core strength.

**Owner tip:** Drive the arms up on the jump to increase power, making sure to land with soft knees to project the joints.

**Pet tip:** Not every pooch will stay motivated, especially in the beginning, for these dogs it's helpful to start with a smaller number of reps and build up overtime.



Tell us how you get on with the Doggy Walkout!  
Use the #doggywalkouts  
Follow us on Instagram @wisdompanel.uk  
Learn more at [www.wisdompanel.com](http://www.wisdompanel.com)