

100 Ways To Work Out With Your Dog

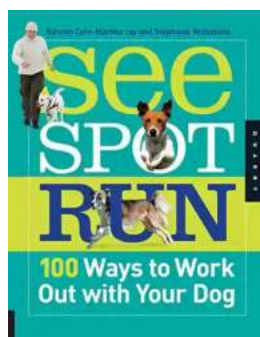
Dogs are not only great companions, but they can also be your workout buddies! Incorporating your furry friend into your exercise routine is not only beneficial for you, but it also helps keep your dog healthy and happy. Whether you have a high-energy breed that needs lots of exercise or a smaller dog that enjoys being active, there are countless ways to work out together. In this article, we will explore 100 creative and fun ways to stay fit alongside your four-legged friend.

1. Morning Jog

Start your day off on the right foot by going for a morning jog with your dog. This cardio workout will not only help you burn calories but will also give your dog the opportunity to burn off excess energy. Remember to adjust the pace and distance according to your dog's fitness level.

2. Fetch Race

Instead of just throwing a ball for your dog to fetch, challenge yourself by racing against them. This activity will get your heart pumping and also engage your dog's natural instincts to chase and retrieve.



See Spot Run: 100 Ways to Work Out with Your Dog by Kirsten Cole-MacMurray(Kindle Edition)

★★★★☆ 4.2 out of 5

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File size : 10672 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 180 pages

Screen Reader : Supported



99. Water Play

On a hot summer day, take your dog for a swim! Whether it's in the ocean, a lake, or a pool, swimming is a fantastic low-impact exercise for both you and your dog. Make sure you stay safe and watch out for each other.

100. Yoga Time

Finally, wind down your active day with a yoga session alongside your dog. Certain yoga poses can be modified to include your dog, such as downward dog or puppy pose. This not only provides a calming effect but also helps strengthen your bond with your furry companion.

Working out with your dog not only benefits your physical health but also enriches your relationship with your pet. By incorporating these 100 ways into your exercise routine, you can keep both yourself and your dog satisfied, active, and healthy. Remember to consult with your veterinarian before starting any new intense workout regimen for your pet.



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Do you want your dog to be more active, and to run, jump, hike, and play alongside you when you exercise? Getting active begins way before you start training your dog on equipment or on agility courses. You must ramp up your daily activity, interactions, and overall health of the dog and the trainer—you!

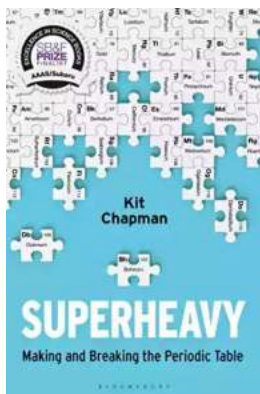
From their experiences as puppies to what they eat at every stage of their lives to what they do when they're not in "training" mode, your dog's lifestyle matters. Your canine companion's performance depends a lot on how they view you as their leader; how much impulse control they have, how much focus, and how they channel their energy to the job at hand.

See Spot Run teaches you the basics of canine/owner fitness, including nutrition, getting to know fitness equipment, building a weekly program...and how to stick with the program, and more. Then, the book dives into the instructions for more than 100 sports, games, and activities, teaching you the rules and skills, how to set a training schedule, how to dive in and get your paws wet, and beyond.



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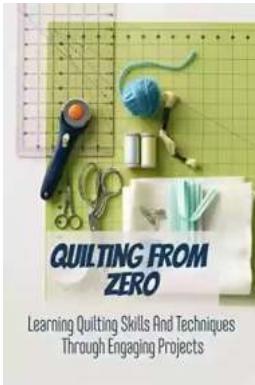
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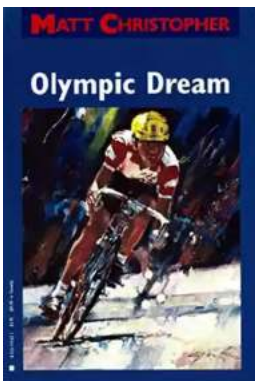
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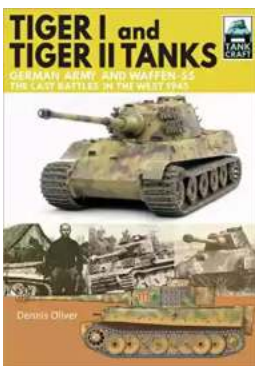
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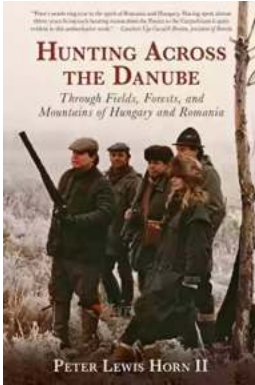
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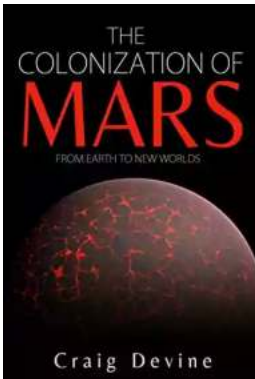
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