

CANINE STRENGTH ASSESSMENT FOR AGILITY

Dog's Name _____ Age _____ Breed _____

Date Assessed _____

Warm-up:

- 5 Minutes of brisk walking increasing to trotting
- 5 Repetitions of the Essential Element: Stand to Down/Down to Stand

The Strength Test:

You may do the exercises in any order, but do all three as a circuit before moving to the next set. Be sure to rest 2 minutes between sets, and 1-2 minutes between exercises. Use the exact same set up every time for the exercises until you achieve the goal with your dog. Do NOT substitute equipment or change the exercise arrangement.

Record the number of proper reps (R) completed as well as the rest times (for example, 1 min 30 sec) you used between exercises for future reference. For Extended Planks be sure to also record the duration each rep was held (how many seconds.) The goal column shows what the ideal levels are for agility.

Exercise	Reps for Set 1	Reps for Set 2	Reps for Set 3	Goal
Push-Ups				10R/10R/10R
Rest 1-2 minutes				1-2 min
Squats				10R/10R/10R
Rest 1-2 minutes				1-2 min
Extended Planks				5R30s/5R30s/5R30s
Rest 1-2 minutes				1-2 min

Cool Down:

- 5-7 Minutes of trotting, slowing to a walk.

*This assessment is not appropriate for dogs under 18 months or whose growth plates have not completely closed.

**To view examples of these exercises, visit K9 Fitness Solutions on YouTube. Essential Elements is a free introductory fitness course offered at k9fitsolutions.com