

**TONE YOUR ARMS
AND STOMACH
MUSCLES** thanks to all
that **running about**
leaping and *throwing*.

DOGS WITH DENTAL OR ORAL CAVITY PROBLEMS
should not take part in this. Similarly be aware
of jumping and twisting in air as there is a risk
of potential traumatic injuries. Not suitable
for dogs with joint disease or prone to
cruciate ligament disease.

frisbee

Vets Advice 

*If you don't have a garden or place to run
your dog, check in your local area for parks
where you can play with your dog off the lead.
Be sure to use quality, "dog-sturdy" Frisbees.*

450
calories
burnt per hour

You only have to stand in one spot for a few minutes with your dog, while he exercises every muscle in his body and has a lot of fun. To throw, grip the Frisbee with your thumb on top and index finger along the rim, other fingers underneath. Throw it with your hand moving across your body, flicking your wrist and keeping the Frisbee flat. Keep your stomach taut for a better abdominal workout. Your dog will chase the Frisbee and bring it back to you. If you get a friend to come with, you can increase the intensity by getting your friend to throw the disc slightly above your head, so you have to leap up to catch it. And every time it hits the turf, do a 'golfers lift' to pick it up; stand on one foot, with the other leg extended out behind you, and bend your front knee slightly as you hinge forward from the hips. This works the thighs and bottom and increases core stability and your dog will be getting double the working from running back and forth.

20
minutes
once
a week

paw o'meter

