

12




get jumping & fetch

45 minutes
once
a week

DO TEN MINUTES OF PLYOMETRICS - DEVELOPING SPEED & STRENGTH THROUGH JUMPING, BOUNDING & HOPPING EXERCISES - TWICE A WEEK
instead of a 45-minute Legs, Bums & Tums class for a *lean & lovely* lower body.

350 calories
burnt per hour

Many dogs will fetch balls & toys, for hours on end. This is good exercise for both of you, and it can be done every day.

-  **One-legged hop:** Throw the ball then do **20** one-legged hops, alternating legs for each hop, with a balance step between hops.
-  **Two-leg jumps:** Throw a stick, then jump as high as possible from a standing position. **Aim for 10 to 20.**
-  **Jump lunges:** Stand with your feet together then step forward with one leg and go into a lunge position. From here, throw the ball as far as possible, then jump as high as you can, switching your leg position with the opposite leg forward. **Repeat 10 to 20 times.**