

20
minutes
once
a week

NICKI & HUGO'S 
top tips

I have trained Hugo to play volley ball with people! He thinks the game is GREAT fun so I had to come up with some way to control his impulse to be involved with the game. I taught him "play outfield" at which he takes off running until far enough out and I say "swing" and he turns around and sits. Whenever the ball goes in his area he leaps up and tries to hit it back over the net!! If it doesn't make it he will push it over to the other teams side and then run back to his spot and wait for the next one.

**WORKS YOUR STOMACH,
LEG & SHOULDER MUSCLES**
and gets your heart racing, too!

Volleyball

IF YOU THOUGHT THAT FOOTBALL WAS THE MOST ADVANCED BALL GAME YOU CAN TEACH YOUR DOG, HERE'S NEWS FOR YOU. This one takes a lot of training, but is lots of fun. Make the net or rope as high as possible so you have to jump higher. Squat really low before hitting the ball – you'll hit it further and tone your

**MAY NOT BE SUITABLE FOR
SMALLER BREEDS OF DOG.**

470
calories
burnt per hour