

Warm-up & Cool-down exercises

Get your dog ready for physical activity and help them recover with this guide!



Observe your dog!

Watch your dog closely in everyday life and in dog sports activities. Learn how they move and what is normal for them, so you can identify any physical issues as soon as they arise.

Pro tips from OneMind Dogs Coach Mari Kaplas:



Stretching



Watch closely to see how your dog stretches. If he stops stretching or stretches significantly more or less than usual, it might be a sign of stiff muscles.

Moves



Watch how your dog moves. Trotting should come naturally. If the dog paces instead of trotting (legs on one side of the body move simultaneously back/forth), you should find out what is causing it.

Behavior



Your dog might also start behaving aggressively towards other dogs or humans, if he is in pain. Watch for sudden changes in behavior

Let's Warm-up



Walking, then jogging

10-15 min



Warms up the body and muscles!

Increases heart rate and bloodflow throughout the body

Improves flexibility and elasticity of the ligaments.

Directional changes and movements while jogging:



Change directions – Remember to work both sides!



Vary speed: Accelerate & decelerate



Include moves that are typical in your chosen activity

Massage

Massage your dog's shoulders, neck, back and large muscle groups on the rear legs.

Active stretching

Only once warmed up!

Tugging

(side to side, not up and down)

Weaving between your legs

[Watch a video](#)

Send around an object

[Watch a video](#)

Spins to the left and right

Position changes

(sit to stand, down to stand etc)

Side bends

Use a treat to slowly lure your dog's nose to each side of their body. Encourage them to hold for a few seconds if they want to.

Backing up

[Watch a video](#)

Get training!

Time to Cool-down



Jogging, then walking

10-15 min

Passive stretches

- When your dog is relaxed, calmly and slowly hold each limb in flexion and extension for a few seconds
- Watch your dog's reaction and never force anything

If you are not completely comfortable with how to stretch your dog, consult your vet or canine physiotherapist so they can demonstrate.

Stay warm

If your dog is crated at a dog sports competition, keep muscles warm with a coat in cooler weather

