

# Sit to Stand Exercises

Sit to stand exercises also known as “doggy squats” are especially important to:

- Improve limb co-ordination
- Increase muscle in the hind limbs
- Shift the weight back off of the forelimbs
- Put the hind limbs through a good and active range of motion

## **Method:**

1. Get the dog on a non-slip surface
2. Using a treat or a toy ask the dog to sit making sure that the dog is sitting squarely with both hind limbs tucked underneath them. (Correct them if needed)
3. Let the dog sit there for a few seconds and then ask the dog to stand (the slower they stand up the better).
4. Repeat this process numerous times – Start at 5 Reps X2 per day and work up to 15 Reps X3/4 per day.

