



Sit to Stands

This exercise is used to help strengthen the hindlimb muscles, specifically the hamstring and gluteal muscle groups. It also encourages full hip and stifle range of motion and is effectively the equivalent of a human performing squats. The aim is for the hind end to engage and push up out of the sit.

1. You will need a reward for the dog whether it be a treat or a toy. Standing in front of them ask them to sit. You can use your body to encourage them by moving towards them so they have to shift their weight backwards.
2. If this is the first time you are introducing the sit command, take your time to teach the dog before asking for repetitions.
3. If your dog understands the command and is comfortable with the exercise we can introduce repetitions. This will involve guiding them forward with a reward following sitting down to encourage them to stand. You then need to repeat the sit command.
4. Initially, take your time during the repetitions and repeat a few times with a good quality sit. As the dog progresses we can speed up and increase repetitions.
5. If your dog does not sit straight and they abduct a leg(s), try using a wall or some kind of barrier so they have to sit against it, preventing their leg from moving sideways.



Sit to Stands

This exercise is used to help strengthen the hindlimb muscles, specifically the hamstring and gluteal muscle groups. It also encourages full hip and stifle range of motion and is effectively the equivalent of a human performing squats. The aim is for the hind end to engage and push up out of the sit.

1. You will need a reward for the dog whether it be a treat or a toy. Standing in front of them ask them to sit. You can use your body to encourage them by moving towards them so they have to shift their weight backwards.
2. If this is the first time you are introducing the sit command, take your time to teach the dog before asking for repetitions.
3. If your dog understands the command and is comfortable with the exercise we can introduce repetitions. This will involve guiding them forward with a reward following sitting down to encourage them to stand. You then need to repeat the sit command.
4. Initially, take your time during the repetitions and repeat a few times with a good quality sit. As the dog progresses we can speed up and increase repetitions.
5. If your dog does not sit straight and they abduct a leg(s), try using a wall or some kind of barrier so they have to sit against it, preventing their leg from moving sideways.