

# Core Strengthening & Conditioning For Healthy Dogs

Sarah C. Johnson, M.A.

**Purpose:** This is a method of strength conditioning a dog by using a series of various sized boxes that they step on, off and over. Doing these exercises the dog will gain body awareness, the ability to balance, strengthen and stretch each leg and their core. After 2 weeks you will advanced to air cushions. This is going to increase the difficulty, especially the balance and [proprioception](#)<sup>1</sup>.



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<sup>1</sup> Pro pri o cep tion: The unconscious perception of movement and spatial orientation arising from stimuli within the body itself.





