



"Where you'll always have a workout partner"

# WORKOUT PAWTNERS PROGRAM



**Earn rewards for working out,  
spending time and living your best lives  
together!**

## About

*This program was created for humans and their dogs to spend more time together by strengthening their bond through exercise and training. Life can be ruff sometimes so we wanted to create something you can do from anywhere at your own pace and level. Working towards a goal can help you get motivated, especially when you earn it! Plus it helps to stay motivated because you have your best workout pawtner by your side! That's our motto at Fitness with Fido "where you'll always have a workout pawtner"*

## Requirements

It's important to build a strong foundation when working out with your dog for safety. Being aware of your surroundings to not scare them, to teach them patience for when it's your turn, to learn how to communicate and coordinating can take time. Prior basic obedience helps a lot and working out by yourself first to build confidence. The goal is to bring your dog into your space, but to also respect your space and vice versa. Check out our Free ebook for tips!



If you're working outdoors in public space remember to practice your local leash laws.

Work on creating a positive environment, it makes learning much more enjoyable.

**Safety first! Fun after!**

**DISCLAIMER: FITNESS WITH FIDO, LLC STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR PHYSICIAN AND YOUR DOG'S VETERINARIAN BEFORE BEGINNING ANY EXERCISE PROGRAM. YOU SHOULD BE IN GOOD PHYSICAL CONDITION AND BE ABLE TO PARTICIPATE IN THE EXERCISE. YOU SHOULD UNDERSTAND THAT WHEN PARTICIPATING IN ANY EXERCISE OR EXERCISE PROGRAM, THERE IS THE POSSIBILITY OF PHYSICAL INJURY. IF YOU ENGAGE IN THIS EXERCISE OR EXERCISE PROGRAM, YOU AGREE THAT YOU DO SO AT YOUR OWN RISK, ARE VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES, ASSUME ALL RISK OF INJURY TO YOURSELF, AND AGREE TO RELEASE AND DISCHARGE FITNESS WITH FIDO, LLC FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION, KNOWN OR UNKNOWN, ARISING OUT OF FITNESS WITH FIDO NEGLIGENCE.**

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The 1st round is all about learning about how to work together to build that strong foundation! Some of the moves will be just for your dog, some will be just for you and some will be for the both of you! The more you each get to learn your body the easier it is to start combining your moves to have them go over, around or under your body! Working independently also allows for more precision, but also time for a break, physical and mental. Each round will build on the other!

To complete round 1 you must:

- *keep track of each exercise completed*
- *record a short snippet of each exercise once you feel confident in your best abilities (about 10 sec each)*
- *put into one video using a video editing app*
- *send to us either by posting in our Private Facebook Group [Fido Tribe Community](#) or if you're not comfortable nor on Facebook then thru a private unlisted YouTube link or similar by email: [info@fitnesswithfido.fit](mailto:info@fitnesswithfido.fit)*
- *There is not a required number of repetitions per exercise as it varies from person and dog. We like to work on time instead of reps so you can do your best by practicing. For example use one minute to practice doing push ups, squats, wrap around you, etc.*
- *Warm up first (video not required)*
- *They do not need to be completed all at once as there are 20 exercises to complete for round 1, though it is possible depending on your fitness level and time.*
- *The half mile walk/run does not to be completed in one session if it's not possible. For example you can only walk a quarter of a mile at once. Track the time for that and add it together once you complete the other half and submit that.*
- *Substitutions are allowed, we want you to strive to your best, but safely! Complete the exercises in sections, it doesn't need to be done in one day. Modify anything or reach out for support.*
- *Once completed and video is approved you'll submit payment online to receive your rewards! We're human so please allow 24-48 hrs for an approval response*

# 1st Round

	Figure 8 🐾👉
	Half mile walk/run for time 🐾👉
	Plank for Human (modified, full, etc) 👉
	Plank for your Dog (stable or stability piece of equipment) 🐾
	Stomach Vacuum/Deep Belly Breathing for Human 👉
	Standing Tummy Tickles for Dog 🐾
	Sit Up and Pet 🐾👉
	Push Ups (wall, modified, full) 👉
	Dog Push Ups (down to sit) 🐾
	Front Paws Up Hold 🐾
	Squats 👉
	Sit to Stands Dog 🐾
	Side Stepping Dog 🐾
	Weave thru Legs 🐾👉
	Wrap Around You 🐾👉
	Spin/Turn 🐾
	High Knees Alt. Slow 👉
	Dog Sitting Paw Shake 🐾
	Peek a Boo Neck Stretches, Side Reaches 🐾👉
	Wide Leg Stretch Dog Down 🐾👉

*Full descriptions, filing and payment can be found online. Completion of round 1 includes a magnet certificate, portable water bowl, pawprint lanyard, dog tag medal, digital certificate of completion and of course bragging rights!*