

4 Simple Exercises to Do on Your Daily Dog Walk

By Dawn Celapino, Leash Your Fitness – For Active.com

Your daily dog walks can take up a good chunk of time. Make the most out of your strolls with a few simple exercises to get your blood pumping. Not only will you get to workout, but Fido will get some physical and mental fitness time, too.

Mental exercises are just as important, and often just as tiring, as physical exercise. They're also a good workout for the brain. While you squat and shuffle, practice Fido's favorite commands including "sit", "stay", "lay down", "come" and "heel".

Every few minutes stop and do one exercise; then continue on your walk. As you exercise, make sure your furry friend is obeying his command.

The Moves

Side Shuffles or Side Steps

Use the "come" command while performing this exercise.



- Stand sideways with both feet facing forward.
- Lower your bottom into a squat position and keep your weight in your heels. If you have bad knees and have trouble squatting, you can do this standing erect.
- Side step or shuffle sideways with your dog following along.
- This will work your lateral muscles in your legs that get left out in a typical walk.

Lunge Walks

Use the “heel” command while performing this move.



- Lower down into a lunge position.
- Place your right leg forward and keep your weight in your heels, NOT your toes.
- Straighten your back left leg with your weight on your toes.
- Push forward onto the front (right) leg and come to a standing position.
- Switch legs so now the left leg is in front with the right leg in back.
- Keep the torso erect during the entire motion, and try not to lean forward.
- Do this 10 to 20 times and then continue on your walk.
- This will work your balance and leg muscles differently than a typical walk.

Push Ups

Use the “down”, “stay”, or “sit” command while performing this exercise.



- Find a table or a bench (higher = easier, lower = more difficult).
- Place hands on the table or bench with hands wide.
- Step back from the table or bench.

- With your tummy tight and back flat, lower your body toward the table or bench.
- Exhale as you push your body up from the table or bench.
- Do this 5 to 15 times and then continue on your walk.

Dips

Use the “down”, “stay”, or “sit” command while you are performing this exercise.



- Find a bench and sit on the edge of it.
- Place your hands directly by your side.
- Dip your body down from the bench so that your bottom is lower than the bench.
- It's very important to keep your bottom close to the bench, don't let it wander too far forward.
- To make this exercise more difficult, straighten your legs.
- Do 5 to 15 of these and then continue on your walk.

If you want to pick up the pace and mix your walk up, you can add hills, stairs or short sprints.