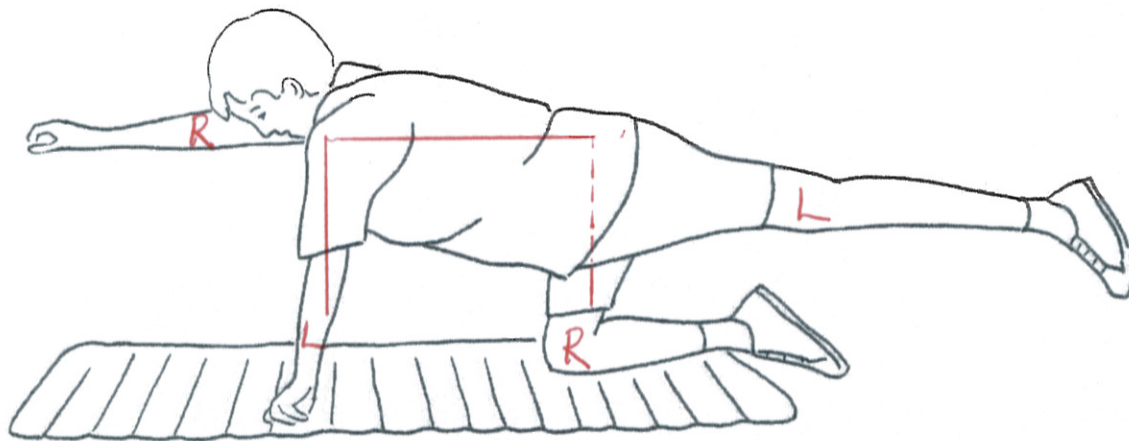


Trunk Strength & Stability- Advanced Pointer Dog



Start by kneeling on hands and knees on a firm surface with some padding. Hands may be in a fist position or flat palm position. Lift and extend one leg. Once stable lift and extend the opposite arm. (Ex. Right arm and Left leg) If you lift the arm and leg of the same side you will fall over. The object is to be able to maintain a stable trunk while balanced over two points. Hold to the count of 20 and then try the opposite arm and leg. If you feel shaky, try moving the supporting hand closer to the supporting knee.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin