

## EXERCISE GUIDELINES FOR PUPPIES PUPPYCULTURE.COM

4000				The state of the s	THE STATE OF THE PERSON OF THE	
CAT JOINT	8-12 WEEKS	12-16 WEEKS	4-6 MONTHS	6-12 MONTHS	12 - 18 MONTHS	18 MONTHS TO 2 YEARS
Sustained and Continuous Walking	\$0.200 feet of a time.     Break up with snifting and nooding ground.     Formal heeling/leash wolking training limited to 2 minutes.	Gradually increase divortion and length of walks in Probably going to be between 100200 feet by the line the puppy in 16 weeks old:     Let the puppy volunteer to keep going and stop if he shows reluctions to go by their.     Keep Serial training under 2 minutes per session.	Circlusilly increase distration and length of wolks - Probably going to be between 200400 leaf at a time by the time the puppy is a modificable.  In the puppy volunteer to keep going and stop. If he abover reloctance to go further,  Keep Formal training under 2 minutes per seesion.	<ul> <li>Works on powernest hould be kept short, but duration of works on dist not fair be interested and more "sking" type activities can be introduced.</li> <li>Again, best to keep doing these works as "suif and shotal" but you can increase sustained working to up to 20-30 minutes on a relatively level, soft surface by the time the puppy is a your old if the poppy volunteers to go that for.</li> </ul>	<ul> <li>Wolks on powement should be kept short, but duration of wolks and first risk for be increased and more "hiking" type activities can be introduced.</li> <li>Again, best to keep do these wolks or "srift and strolls" but you can increase sustained working to up to 20-30 minutes on a relatively level, soft surface by the time the upppy is a year old if the puppy volunteers to ge that far.</li> </ul>	<ul> <li>Hilles and works can be gradually increased to as long and as riginate as you and your day both fills, but remarker that a day is all fissue is still readring filtroogli about three yours old. Increases should be gradual and you should back off if your day appears tind or relictant.</li> </ul>
Sniff 'N Stroll	Informal "solff and strall" sessions can be up to 10-15 minutes.	Con be increased to 15-20 minutes.	Can be increased to as much as 45 minutes by, the time the puppy is 6 months old, provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.	Can be increased to as much as 60 minutes by the time the puppy is 12 months old, provided you are moving of a very slow pace with lots of apportunity for the puppy to stop and noodle around.	OK to do 50 minutes provided you are moving at a very slow poce with late of apportunity for the puppy to stop and noodle around.	<ul> <li>Soilf and shalls can be gradually replaced with more stationed "wolks" but remember frod sriffing is the primary way dogs relate to the world, so be a sport unit continue to give your dag an opportunity to stop and will from fired to time.</li> </ul>
Noodling and Kibble Trails	Puppy can go out in a safe yard and explore of his own pace or do a "Kibble Trail" as long as he likes.	Puppy can go out in a safe yard and explore at his own pace or do a "Kābole Trait" as long as he tikes.	Puppy can go cut in a safe yord and explore at his own pace or do a "Kilbbie Trail" as long as he likes.	Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.	<ul> <li>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	Your dog can go out in a zofe yord and explore at his own pace or do a "Kibble Trail" as long as he likes.
Running	No directed running except for very short sports in play.     Puppy can nin as much as he likes on his own.	No directed running except for very short spurts in play.     Puppy can run as much as he likes on his own.	No directed running except for very short spurts in play.     Puppy can run as much as he likes on his own.	No directed running except for very short sports in play.     Puppy can run as much as he likes on his own.	No directed running except for very short spurts in play.     Puppy can run as much as he likes on his own.	Running and enderonce training can gradually be introduced at this time.
Jumping and Impact Activities	Bots on the ground to hollway to wrist height.     No more from one or two obstacles in a row.     Whobis boards and suitable surfaces, but very low.     Carpet all indoor stairs and near allow pupply to go up and down stairs unsupervised.     Pur up gates at top/bottom of stairs.     Consider corrying papply it he needs to do more from one or two stair sleps.	Bors on the ground to hollway to wrist height. No more from one or two obstacles in a row. Wabble boards and unstable surfaces, but , very low. Carpet all indoor stats and never allow puppy to go up and down stats unsupervised. Put up gate at top/bottom of stats. Consider carrying puppy if he needs to do more from one or two stats steps.	Bars on the ground to halfway to wrist height. No note from one or two obstacles in a row. Wobble boards and unstable surfaces, but very low. Carpet all indoor stairs and never allow purply to go up and down stairs unsupervised. Put up gates at top/bottom of stairs. Cancillate carrying purply if he needs to do note than one or two stair steps.	• Jumps can be gradually roised half way to elbow height between 6 and 12 menths old, with, correspondingly more challenging ramps, wobble boards, and testers. Platform work for more and awareness can be introduced very confeitly and slawly.  **Platform work for more and awareness can be introduced very confeitly and slawly.  **This is the fine when we see the most spiral fractures because the pupples have the wherewishot to get up on heigh couches and back to early slawly and the state wigillant about not latting puppins up on high furniths without very close supervision of traction competitions, marked surface outboars.  **Stating and the pupping way start during stains with good working, you should all supervise and don't let him run down the statins with other dogs.	The height can be changed to elbow height between 12-18 months with correspondingly more challenger groups, whethe boards, where challenger groups, whethe boards, where challenger groups, whethe boards, where confined of this time.  Platin work for not and awareness can be confined of this time.  This is also the fines when we see the most spiral fractives happen because the pupples have the wherewithol to get up on high couches and beds be exten vigilant about not alting pupples up on high furniture without very close supervision!  Stairs are always a hazard and should have good traction—corpel indoors, non-skid surface outdoors.  Although the puppy my shart doing stairs with good traction of this time, you should still supervise and don't let him run down the stairs with other dogs.	Gradually rate jumps and contact obstacles to full congestion height between 18-24 months dut.     States are always a hazard and should have good tracken - corpet indoors, non-skid surface outdoors.
Swimming	Poppy should ALWAYS wear a life locket. Walding and playing as the shoretime. Climbing on and all low platforms and roth in shollow water. Rothirers/lossing loys in shollow water parallel to shoreline, eneer into deep water. Poppies should be allowed to swire if they volumeer to do so, but never forced.	Poppy should ALWAYS wear a life jacket. Washing and playing an fine shorleine. Claimbing on and all low platforms and rohs in shellow water. Rolliewes/locating toys in shallow water porallel to shoreline, never into deep water. Puppies should be allowed to twim it they valorities to do so, but never forced.	Fuppy should ALWAYS wear a life jacket.     Worling and playing on the shoreline.     Climbing on end oil low parliams and rafts in shallow water.     Retrieves/lossing lays in shallow water profile to shareline, never into deep water.     Fuppies should be allowed to swim differy volunteer to do so, but never forced.	Puppy should ALMAYS wear a life jacket. Working and proying on the shoreline. Climbing on and off low platerum and rate in shouldow weater. Ratisierus / rossing toys in shallow water parallel to shoreline, never into despe water. Puppies should be allowed to swin if they volunteer to do so. Limit swimming to a few minates of a time. Very short swim out to retrieves in the water.  Keep the toy close to shore. High toy-drive dogs will swim further other a thrown try than firey can or should.	Auppy should AUMAYS wear a life locket.     Woolding and ploying on the shoreline.     Climbing on and off low pixiforms and rafe in shollow water.     Retrieves / lossing stoys in shallow water parollel to shoreline, never into deeps water.     Pupples should be allowed to swim if they valunteer to do so. Limit swimming to a few ministes at a time.     Very short swim out to retrieves in the water.     Keep that by close to shore. High toy-drive dogs will swim further after a thrown by than they can at should.	Competition swinning behaviors can be introduced and dag can swim for as long as he volunteers to.     Ute jackets are always a must.
Chasing	Roll bals and drag toys on the ground in gentle circles.	Rall balls and drog toys on the ground in gentle circles.	Roll bolls and drag toys on the ground in gentle circles	Roll balls and drag toys on the ground in gentle circles.	Roll balls and drag toys on the ground in gentle circles.	Gauge play style by your dog's common sense. If you throw a ball and your dog sumbles had over heels to get it, don't throw the ball - rail or lob it.
Tugging	Keep the toy low so the puppy's nack is in a straight line.     Don't pell on the toy - allow the pappy to tag against you.	Keep the toy law so the puppy's neck is in a straight line.     On't pull on the toy - allow the puppy to tug against you.	Keep the toy low so the puppy's neck is in a stroight line.     Don't pull on the toy i allow the puppy to tag against you.	Keep the toy low so the puppy's neck is in a straight line.     Don't pull on the toy - allow the puppy to trig against you.	Keep the toy low to the puppy's neck is in a straight line.     Don't put on the toy - oflow the puppy to tug ogainst you.	You can start to hold the tag tay higher but generally it's best to let the dog tag on the tay rather than you pulling an it.
Fast Turns	No fast time or sudden stops. No fast weaves or time coursing. Slow shaping of weave poles – discontinue if the puppy storts speeding up or really "weaving."	No fast turns or sudden stops. No fast weaves or lure coursing. Slow shaping of weave poles – discontinue if the puppy starts speeding up or really "weaving".	No fast turns or sudden stops. No fast weaves or lure coursing. Slow shaping of weave poles – discontinue if the puppy starts speeding up or really "weaving".	No fast turns or sudden stops. No fast wearest or late coursing. Slow shaping of weave poles — discontinue if the puppy storts speeding up or really "weaving".	No fast turns or sudden stops. No fast weaves or fure coursing. Slow shaping of weave poles – discontinue if the puppy storts speeding up or really "weaving".	Full weave pole training and other activities that involve twisting and farring can be introduced.
Free Play with Other Dogs	10-15 minutes for formal "play dates"     Pluppy con how fire access to other pipples and adults in the howehold by lesing as the puppy is not harastrag the adults).     Keep bags of small day fresh on hand and firow handslut of food down to interrupt rough or overly fast prof.     No any have to enhance rest periods by petting puppy away for risps.	10 -15 minutes for formal "play dates".     Puppy can have free access to other pupples and adults in the household to long as the puppy is not horosting the adult).     Keep bogs of small day feets on hand and throw handfuls of food down to interrupt rough or cerely four play.     You may have to enforce rest periods by putting puppy dway for naps.	Up to 20 minutes for formal "play dates".     Puppy can have free access to other puppies and adult in the household (so long as the puppy is not harrssing the adult).     Keep bags at small day treats on hard and throw handful of food down to interrupt rough or overly bus play.     Tou may have to enforce rest periods by putting pappy swarp for naps.	Up so 20 menutes for formal "play dones".  Pappy can have free occess to other purples and advin in the boushold do foring at the puppy is not harosating the advint, and the southern of the puppy is increased body mass makes him more liable to repay from body-alamining play or a lot of four spirits and similar lid dig preson on hand and fatow handfuls of food down to interrupt rough or overly fast play.  You may have to enforce next periods by putting puppy asserts that the property of the puppy and	Up to 20 minutes for formal "play dotes."  Pippy can have free occess to other pupples and adults in the household to long as the pupples and horising this household to long as the pupple is not horising this adults.  Your pupply is inclusioned body mass makes him more liable to injury from body-identifing play or a lot of fost when the formal day limits on brand and throw handful of the long that the food down to interrupt rough or overly fair play.  "You may have to enforce rest periods by putting puppy www."	<ul> <li>Always be vigilant when your dags are playing and intervee by throwing handful of food down if there's a lot of body slavening or the play just gets too county.</li> </ul>