7-DAY WORKOUT WITH YOUR DOG CHALLENGE

One week. Two workout partners. More movement together.

ONE TEAM. SIX LEGS. ENDLESS POSSIBILITIES.

Ready to make your dog's daily activity part of your own fitness routine? This simple seven-day challenge helps you combine walks, strength, mobility and outdoor adventures. You don't need a gym membership or hours of free time. Start at a level that suits you both, keep it enjoyable, and build consistency one day at a time.

HOW TO USE THIS CHALLENGE

- Set aside the time shown as a guide—not a target you must hit.
- Complete your own exercises while your dog rests comfortably nearby, or include your dog in a suitable walk or activity.
- Adjust the pace, distance and duration to your dog's age, health, fitness, breed and experience.
- If you miss a day, simply pick up where you left off. Consistency matters more than perfection.

YOUR STARTING POINT

My name: _____ My dog's name: _____

My goal for this week: _____

A time that usually works for us: _____

A QUICK SAFETY CHECK

Choose comfortable, dog-appropriate activity. Avoid strenuous exercise in heat or humidity, and provide water and rest. Use safe, dog-friendly routes and follow leash rules. Puppies, senior dogs, flat-faced breeds, dogs with health conditions or dogs returning from injury may need a modified plan—check with your veterinarian before starting a new exercise routine. Stop if either of you seems unwell, distressed, unusually tired or uncomfortable. Never force your dog to keep going.

This is a general wellness challenge, not a medical or veterinary exercise prescription.

DAY 1 — WALK & MOVE

Focus: A comfortable cardio day **Suggested time:** 15–25 minutes

Your plan

• Start with 5 minutes of easy walking together.

• If it feels comfortable for both of you, add 3–5 short brisk-walking intervals of about 1 minute, with easy walking between.

• Finish with a relaxed stroll and let your dog sniff and explore safely.

For your dog: Keep the pace comfortable. Your dog should be able to move naturally without being pulled along.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: What route did we enjoy? _____

DAY 2 — YOUR STRENGTH, THEIR SETTLE

Focus: A simple bodyweight session **Suggested time:** 10–15 minutes, plus your dog's usual appropriate outing

Your plan

• After a suitable walk or activity for your dog, choose a safe space for your workout.

• Complete 2 gentle rounds: 8–10 squats, 6–8 wall or modified push-ups, 8 reverse lunges per side (or a comfortable alternative), and a 15–20 second plank.

• Rest as needed. Keep your dog relaxed nearby with space, water and a comfortable place to settle.

For your dog: This is your strength session; your dog does not need to copy the movements. Reward calm settling if that is part of your training plan.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: Which exercise felt best? _____

DAY 3 — EXPLORE OUTDOORS

Focus: A new route or nature walk **Suggested time:** 20–40 minutes, adjusted to your dog's needs

Your plan

• Choose a dog-friendly trail, park or neighbourhood route that suits both your fitness levels.

• Keep a steady, comfortable pace and take breaks when needed.

• Build in time for sniffing, observing and exploring. A new environment can provide mental engagement as well as movement.

For your dog: Check trail conditions, footing, weather, water access and local leash requirements before you go.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: Where did we explore? _____

DAY 4 — MOBILITY & RESET

Focus: Gentle movement and recovery **Suggested time:** 10–20 minutes

Your plan

• Take an easy, relaxed walk with your dog.

• Afterward, try 5–10 minutes of comfortable mobility: shoulder rolls, gentle chest opening, ankle circles and easy hip movements.

• Finish with a few calm breaths and give both of you time to recover.

For your dog: Keep your dog's activity light and comfortable. Do not force stretches or positions on your dog.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: How did we feel after a lighter day? _____

DAY 5 — WALK / JOG INTERVALS

Focus: Optional cardio progression **Suggested time:** 15–25 minutes

Your plan

• Begin with 5–10 minutes of easy walking.

• If you are already comfortable jogging and your dog is a healthy, mature dog suited to running, try a few brief, easy jog intervals separated by walking.

• Cool down with an easy walk. If running is not suitable, make this another brisk-walk day.

For your dog: Running is not appropriate for every dog. Consider age, growth, breed, body condition, health and weather; ask your veterinarian if unsure. Never make your dog run beside a bike or vehicle as part of this challenge.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: Did we choose the right pace for both of us? _____

DAY 6 — ADVENTURE DAY

Focus: Choose an activity you both enjoy **Suggested time:** 20–45 minutes, flexible

Your plan

• Pick a dog-friendly adventure: a new neighbourhood, an easy trail, a park visit or an active game in a safe space.

• Mix movement with breaks. Let your dog explore without rushing.

• Take a photo of your six-legged team enjoying the day.

For your dog: Keep play appropriate to your dog's fitness and temperament. Avoid repetitive high-impact jumping, sharp turns or overexertion.

■ We completed an activity that suited both of us.

■ We had water, breaks and a comfortable pace.

Quick reflection: Our favourite moment today: _____

DAY 7 — RECOVER & CELEBRATE

Focus: Gentle activity and a look back **Suggested time:** 10–20 minutes

Your plan

• Enjoy a relaxed walk or another low-key activity your dog likes.

• Think about which activities were easy to fit into your week and which ones you both enjoyed most.

• Choose one or two realistic activities to carry into next week.

For your dog: Rest is part of a healthy routine. Your dog does not need a hard workout every day.

- [ ] We completed an activity that suited both of us.
- [ ] We had water, breaks and a comfortable pace.

Quick reflection: The habit we want to keep: _____

YOUR 7-DAY CHECK-IN

Small steps add up. Use this page to celebrate the time you made for movement together.

Day	Activity	Done	How did it feel?
Day 1	A comfortable cardio day	■	_____
Day 2	A simple bodyweight session	■	_____
Day 3	A new route or nature walk	■	_____
Day 4	Gentle movement and recovery	■	_____
Day 5	Optional cardio progression	■	_____
Day 6	Choose an activity you both enjoy	■	_____
Day 7	Gentle activity and a look back	■	_____

OUR NEXT-WEEK PLAN

The activity we enjoyed most: _____

A realistic goal for next week: _____

One thing we'll do to keep it safe and enjoyable: _____

KEEP YOUR SIX-LEGGED MOMENTUM GOING

Want fresh ideas and a way to make working out with your dog part of your routine? Explore 6 Legs Fitness.

Visit 6legsfitness.com

Created by 6 Legs Fitness and Hustle Up Dog Training

Follow your dog's lead, listen to your own body, and make the routine your own. The best plan is one you can enjoy and repeat.