

the akc museum of the dog

Move like a Dog

Have you ever noticed how a dog stretches, especially after napping or sitting around for a while? Stretch is really good for the body, both for humans and dogs, because it keeps the muscles strong and flexible. Let's try copying poses dogs do to keep the body healthy and active!

Direction: Copy the body positions in the images below, and hold the pose for 30 seconds. Feel free to repeat the series of positions as many times as you want (you can watch your own dog stretch and copy what they do too!).

1st Position: Sitting Butterfly



2nd Position: Mouse



3rd Position: Extended Puppy



4th Position: Sphinx



5th Position: Cobra



6th Position: Table Top



7th Position: Downward Dog

