ActivPower CANIS

CANINE KNOWLEDGE BASE • RESISTANCE TRAINING SYSTEM

ActoBandK9™ Resistance Training System

USPTO# 15/605938 • User Manual — Version 8.0

WARNING! STOP AND READ BEFORE USE

WARNING:

1) THE ACTOBANDK9™ RESISTANCE TRAINING SYSTEM IS DESIGNED TO BE USED ONLY ON DOGS OF 20 MONTHS OR OLDER AGE. USE OF THIS SYSTEM ON YOUNG, IMMATURE DOGS WHO HAVE NOT YET COMPLETED THEIR SKELETAL GROWTH CAN RESULT IN SERIOUS INJURY TO THE ANIMAL

2) UNDER NO CIRCUMSTANCE SHOULD YOU EXCEED THE RECOMMENDATIONS OF THE ATTACHED MANUAL TO ENSURE MAXIMAL SAFETY FOR THE ANIMAL.

Basic Requirements before using the ActoBandK9™ Resistance training system

1. Your dog is healthy
2. Your dog is structurally sound. Do not use this product if your dog has or may have hip or elbow dysplasia or arthritis, Degenerative disorders of the spine or neurological system, Cardiac or pulmonary disorders that restrict physical activity. If your dog is obese then first start a structured weight loss program through diet restriction and non-weight bearing exercise like swimming before beginning a resistance training program.
3. Consult your veterinarian before starting the ActoBandK9™ resistance training program

The ActoBandK9™ Resistance Training system is for use on healthy dogs with no cardiovascular, respiratory or musculoskeletal issues.

BY PURCHASING THIS PRODUCT, OPENING THE PACKAGE, OR USING THE PRODUCT YOU AGREE TO THE FOLLOWING:

1. Your pet is in good health;
2. You will adhere to the instructions for use of the product including all warning and precautions outlined in the User Manual.
3. All recommendations and statements made by ActivPower Inc regarding the use of the ActoBandK9™ Resistance Training system are general statements for educational purposes only and are only suggested recommendations and do not supplant your direct oversight and responsibility for the health and training of your dog. If in doubt then consult your veterinarian regarding the best options for your dog.

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4. Know your dog. You, in consultation with the dog's veterinary, are the only persons able to determine of the intensity and duration of any activity that you may engage your dog in.

- There is an inherent risk of injury in any exercise activity or program and that you agree to be solely liable for the outcome of any and all activity that your dog is engaged in as well as indemnify ActivPower Inc.
- In the event of dissatisfaction with this product you accept that your sole remedy shall be the refund of the price of the product regardless of any other remedy that may be available to you by law.

ACTOBANDK9™ TRAINING PROGRAM

ACTOBANDK9™ ACCLIMATIZATION — WEEK 1 & WEEK 2:

Initially simply wrap the empty ActoBandK9™ weight pouches around the legs of the dog as shown in Figure 1. Click and give the dog a treat when you are putting on the weight bands. Remember at this stage you simply put the empty weight bands and fasten them securely around the forelegs (above the pastern) and hind legs (above the hock) of the dog. Do not insert any weights into the ActoBandK9™ pouches. Walk your dog on a loose leash while wearing the ActoBandK9™ bands in your front or backyard for no more than 15 minutes. This is done once a day for the first 2 weeks to make sure your dog gets adjusted to the feeling around the legs. By simply wearing the empty leg bands, the dog will begin to use different muscles then what he normally uses while walking, and this can lead to some muscle soreness during this phase.

Always have the dog on a leash, especially during this phase since the dog may try to bite at the bands due to unfamiliarity or there is a small risk that he/she may slip them off and lose them while running unsupervised.

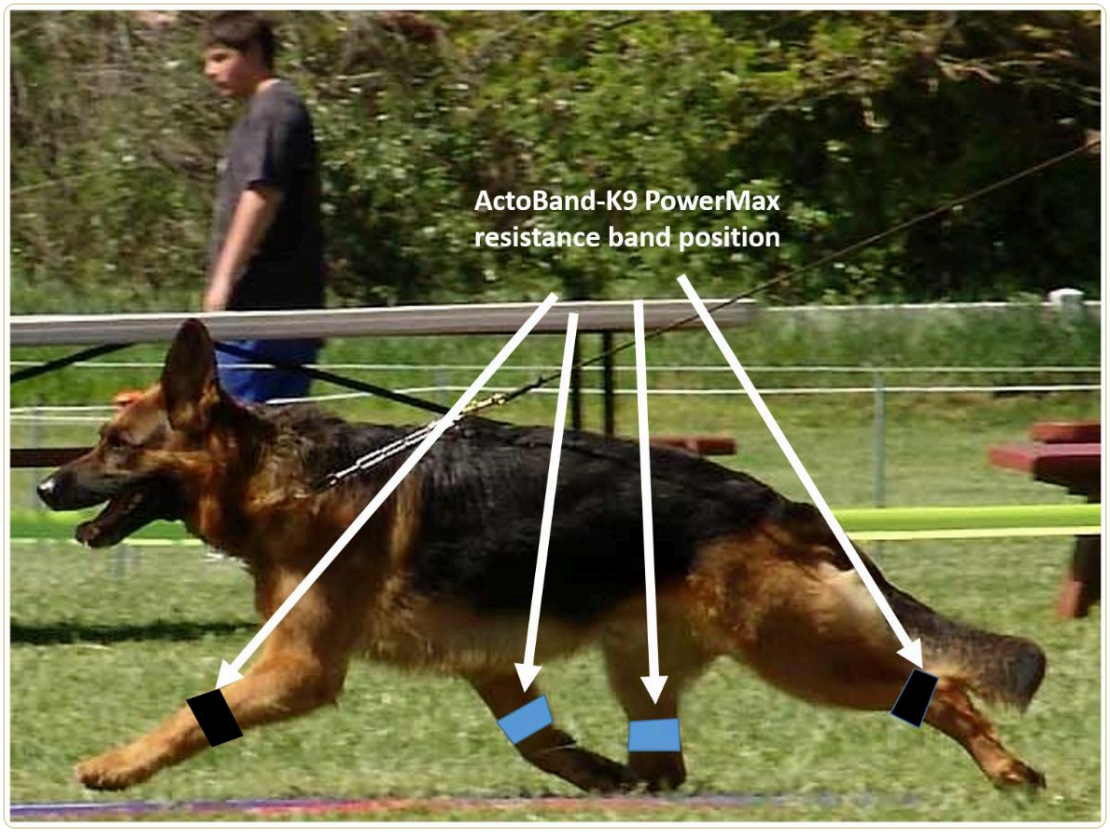


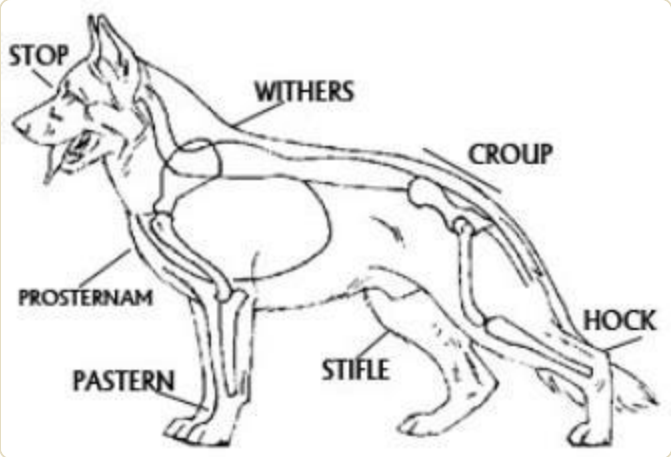
FIGURE 1 — ActoBandK9™ Resistance Band Positions

The above picture of a gaiting dog with ActoBands is shown so that the positions of the bands are clear.

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Sessions may be as little as 5 minutes per day (especially initially) BUT NEVER MORE THAN 15 minutes per day!

Always REMOVE the ActoBandK9™ bands after each session. DO NOT leave your dog wearing these bands and walking around more than 15 minutes per day!



Placement of ActoBands on the fore and hind limbs

WEEK 3 and 4: Begin Resistance Training

The formula is about 1 gram per kilogram (2.2 lbs) of body weight per leg. Example: A 40 kilogram (88 lb) German Shepherd dog will have about 40 grams of weight in each leg band.

ActivPower Inc is a US company and hence the default weights used in the ActoBandK9™ resistance training system are US Currency Coins. The leg bands are designed to accept and securely hold in place US One Dollar, Half-Dollar, Quarters, Nickels, Dimes & Pennies allowing you to custom tailor the weight program for your dog. But you can use the currency coins of your country such as Euro Coins for European Union countries, Canadian coins in Canada, UK coins in the United Kingdom and so on. The table on the next page provides the weight in grams of the coins of various countries around the world.

COINS OF THE WORLD & THEIR WEIGHTS

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Country	Coin Denomination	Weight in grams (rounded)	Country	Coin Denomination	Weight in grams (rounded)	Country	Coin Denomination	Weight in grams (rounded)
USA	50 cents	**11.0**	CANADA	Silver Dollar	**16**	UK	25 pence	**28**
USA	25 cents	**6**	CANADA	50 cents	**7**	UK	2 pence	**7**
USA	10 cents	**2**	CANADA	5 cents	**4**	UK	1 penny	**3.5**
USA	5 cents	**5**						
EURO	2 Euro	**8.5**	AUSTRALIA	50 cents	**16**	INDIA	Rs. 1.00	**12**
EURO	1 Euro	**7.5**	AUSTRALIA	20 cents	**11**	INDIA	Rs. 2.00	**6**
EURO	5 Euro cents	**4**	AUSTRALIA	10 cents	**6**	INDIA	10 paise	**2.5**
ISRAEL	5 Shekel	**8**	NEW ZEALAND	2 Dollar	**10**	SRI LANKA	Rs. 10.00	**8**
ISRAEL	Half Shekel	**6.5**	NEW ZEALAND	50 cents	**5**	SRI LANKA	Rs. 5.00	**7.5**
ISRAEL	5 agorot	**3**	NEW ZEALAND	10 cents	**3**	SRI LANKA	Rs. 1.00	**3.5**
SINGAPORE	50 cents	**7**	THAILAND	10 Baht	**8.5**	INDONESIA	Rp 1000 (Palm Tree face)	**9**
SINGAPORE	20 cents	**4**	THAILAND	2 Baht	**4**	INDONESIA	Rp 1000 (Angklung face)	**4.5**
SINGAPORE	10 cents	**2.25**	THAILAND	1 Baht	**3**	INDONESIA	Rp 200	**2.5**
MALAYSIA	50 sen	**6**	SOUTH KOREA	500 Won	**8**			
MALAYSIA	10 sen	**3**	SOUTH KOREA	100 Won	**5**			
			SOUTH KOREA	50 WON	**4**			

The following table illustrates a sample weight program for a 40 kilogram (88 lb) dog. You can use this table to calculate the weight per leg and the number of coins you will need to insert per leg. **Always try to mix and match the coins so that you need to use the smallest number of coins to reach the target weight.** The target weight is not an exact number and it is OK to vary about 10% above or below the calculated target weight for each leg. Example for a 40 kilo (88 lb) GSD the calculated weight is 40 grams per leg pouch but you can put as little as 35-36 grams to as high as 45 grams per leg.

Suggested Power Building Program for a 40 kg (88 lb) dog

This is only a suggestion. ONLY YOU are responsible for properly gauging the level of fitness of your dog and determining the rate and intensity of exercise progression

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WEEK #	WEIGHT (in gm/kg (2.2 lbs) per leg)	DURATION OF WALKS / REPS per day	# of Coins US Currency Coins (Please substitute coins of your country to reach the appropriate weight for your dog)	Supplements
1 & 2	ZERO GRAMS	Walk 15 minutes x 1	Zero coins per leg	In addition to regular meal ration
3	Approx. 1gm/kg (2.2 lbs) /leg	Walk 15 minutes x 1	4 Half Dollar (HD) coins = 44 gm per leg	Give ActivPower Atlas™ Supplement + Other High Protein supplement Please adhere to suppliers instructions when giving ActivPower Atlas™ Supplement or other protein supplement
4	Approx. 1gm/kg/leg	Walk 15 minutes with short less than 5 min controlled leashed running easy pace (trot)[1]	4 HD = 44 gm per leg	
5	Approx. 1gm/kg (2.2 lbs) /leg	Walk 15 minutes x 2 on Tues-Thurs-Sat Controlled Leash Trot (easy pace x 5 min) Mon-Wed-Fri-Sun	4 HD = 44 gm per leg	
6	Approx. 1gm/kg (2.2 lbs) /leg	Walk 15 minutes (45 gm per leg) x 2 on Tues-Thurs-Sat Controlled Leash Trot (easy pace x 5 min) (66 gm per leg) Mon-Wed-Fri-Sun	4-6 HD = 44-66) gm per leg	

[1]: Never Force Run or Force Trot your dog. The dog should be walked on a loose leash for no more than 15 minutes or leash run for no more than 5 minutes

REMEMBER

In any Resistance training program…. Advance slowly!!! The suggested weight training program is exactly that…. A SUGGESTION! ..... KNOW YOUR DOG! At all times, be alert to undue fatigue or stress. Start always with simply walking the dog. Begin at 5 minutes per day. Advance to 10 then 15 minutes after the dog shows no evidence of fatigue at the previous intensity. When in doubt… less is more!

Terminate a session at the first indication of discomfort or fatigue. If you have a very obese or poor fitness dog, then acclimatizing your dog to zero weights, then only 50% weights for extended periods (about 2-4 weeks) is always a great plan.

Always have the dog on a loose leash when in public areas and do not walk with weights for more than 15 minutes per day. If your dog is very fit and not overweight then you may do a 15 minute session twice a day (once in the morning and once in the evening) a couple of days a week.

ADVANCED WEIGHT TRAINING

If you are interested in building big, strong and very explosive muscles you can increase the weight to approximately 3 gram per kilogram (2.2 lbs) per leg. The duration of the walks should remain 15 minutes only.

If you are interested in building endurance in the muscles then you can use 2 gram per kilogram (2.2 lb) per leg and go for long walks of 45-60 minutes.

If you are engaging in sports of very high athleticism and/or endurance and power then you may want to use a combination of 1-2 sessions of 45-60 minute walks per week with 1-2 sessions per week of short intense burst of

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5 minute running mixed with standard 15 minute walks. This would give you best results in your canine athlete.

In all instances of high speed burst running, the following will apply:

1. Keep weights no higher than 1-2 grams per kilogram (2.2 lb) per leg
2. Keep burst runs on controlled terrain such as treadmill for durations of 3-5 minutes only.
3. Do not burst run on open terrain in pursuit of lure or other prey object while wearing weights

Senior Dogs:

Exercise is a vital activity for the senior canine. However the decreased vitality of senior dogs makes getting adequate exercise a special challenge for this population. The ActoBandK9™ system can be used in senior dogs with the understanding that the acclimatization period for these dogs will need to be longer (3-4 weeks) and the formula for weights in these dogs will begin as per the following table:

Suggested Power Building Program for a 40 kg SENIOR dog

WEEK #	WEIGHT (in gm/kg per leg)	DURATION OF WALKS / REPS per day — No Running or Biking until after 12 weeks	# of Coins US Currency Coins (Please substitute coins of your country to reach the appropriate weight for your dog)	Supplements
1, 2, 3 & 4	ZERO GRAMS	Walk 15 minutes x 1	Zero coins per leg	In addition to regular meal ration
5	Approx. 0.5gm/kg (2.2 lb) /leg	Walk 15 minutes x 1	2 Half Dollar (HD) coins = 22 gm per leg	Give ActivPower Atlas™ Supplement + Other Protein supplement Please adhere to suppliers instructions when giving ActivPower Atlas™Supplement
6	Approx. 0.5gm/kg (2.2 lb) /leg	Walk 10 minutes x 2	2 HD = 22 gm per leg	
7 onwards	Approx. 1gm/kg (2.2 lb) /leg	Walk 15 minutes x 2	4 HD = 44 gm per leg	

[1]: Never Force Run or Force Trot your dog. The dog should be walked on a loose leash for no more than 15 minutes or leash run for no more than 5 minutes

Special Conditions:

Dogs with documented Hip or Elbow Dysplasia:

Some ActoBandK9™ users have reported to us that they have found dramatic benefit using the ActoBandK9™ System of dogs with documented joint dysplasia's. We do recognize that it is possible to derive benefit using the ActoBandK9™ system in dogs with dysplasia by building their muscles up which would greatly support their defective joint architecture, but we do not recommend the use of this system without regular veterinary guidance and direct oversight in these dogs. Please consult a licensed veterinarian for guidance in use of this system in dysplastic dogs.

ActoBand FAQ videos:

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Everything you wanted to know about ActoBands but were afraid to ask.... and that all the Pros already know

1. Wrapping ActoBands Part 1: https://vimeo.com/289199703
2. Wrapping ActoBands Part 2: https://vimeo.com/289202249
3. Wrapping ActoBands Part 3: https://vimeo.com/289590292
4. Everything you wanted to know about ActoBands in under 1 minute: https://vimeo.com/289098249
5. Advanced Conditioning with ActoBands: https://vimeo.com/289197691
6. How Do ActoBands Work? https://vimeo.com/289397171

ActivPower Support Network

When you purchase an ActivPower product you automatically become a member of our community. Our customers purchase from us because they share our vision of powerful, long-lived, vital and healthy relationships with themselves and their canine partners. Join our Facebook pagesn and groups to stay connected with the larger ActivPower Community and to share your experiences and benefit from the experiences of others in the ActivPower community.

- https://www.facebook.com/ActivPowerInc
- https://www.facebook.com/ActivePowerCanis
- https://www.facebook.com/ActivPowerIRx
- https://www.facebook.com/groups/activpowerknowledge

Welcome to the ActivPower world!

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Chairman, ActivPower Inc.

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