



# WARNING

## PLEASE READ BEFORE USING ACTOBANDK9 ON YOUR DOG

1. The ActoBandK9 resistance training system is designed to be used only on dogs over 20 months of age.
2. Use of this system on young, immature dogs who have not yet completed their skeletal growth can result in serious injury to the dog.
3. Under NO circumstances should you exceed the recommendations of the attached manual to ensure maximal safety for the dog.

### Basic requirements before using the ActoBandK9 Resistance training system

1. Your dog is healthy and functionally sound.
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 OUR ACTOBANDK9 PRODUCT, OPENING THE PACKAGE, AND/OR USING THE PRODUCT ON ANY ANIMAL OR PET, YOU AGREE TO THE FOLLOWING:

1. Your pet is in good health which includes being free from cardiovascular, respiratory and/or musculoskeletal issues.
2. You will adhere to the instructions in every respect when using the product including all warning and precautions outlined in this User Manual.
3. All recommendations and statements made by ActivPower Inc and The Biokinetic K-9 regarding the use of the ActoBandK9 Resistance Training system are general statements for educational purposes only. They are suggested recommendations only and do not supplant your direct oversight and responsibility for the health and training of your dog. If you are in any doubt whatsoever, then consult your veterinarian regarding the best options for your dog.
4. Know your dog. You, in consultation with the dog's veterinarian, are the only persons able to determine the intensity and duration of any activity that you engage in with your dog.
5. There is an inherent risk of injury in ANY exercise activity or program. You therefore agree to be solely liable for the outcome of all activity that your dog engages in as well as indemnify ActivPower Inc and The Biokinetic K-9 in their entirety.
6. 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 ACCLIMATIZATION

### Week 1 and 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.

During this stage you simply fasten the empty weight bands 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 during the first 2 weeks.

Walk your dog on a loose leash while wearing the ActoBandK9 bands in your front or

backyard for no more than 5 - 15 minutes.

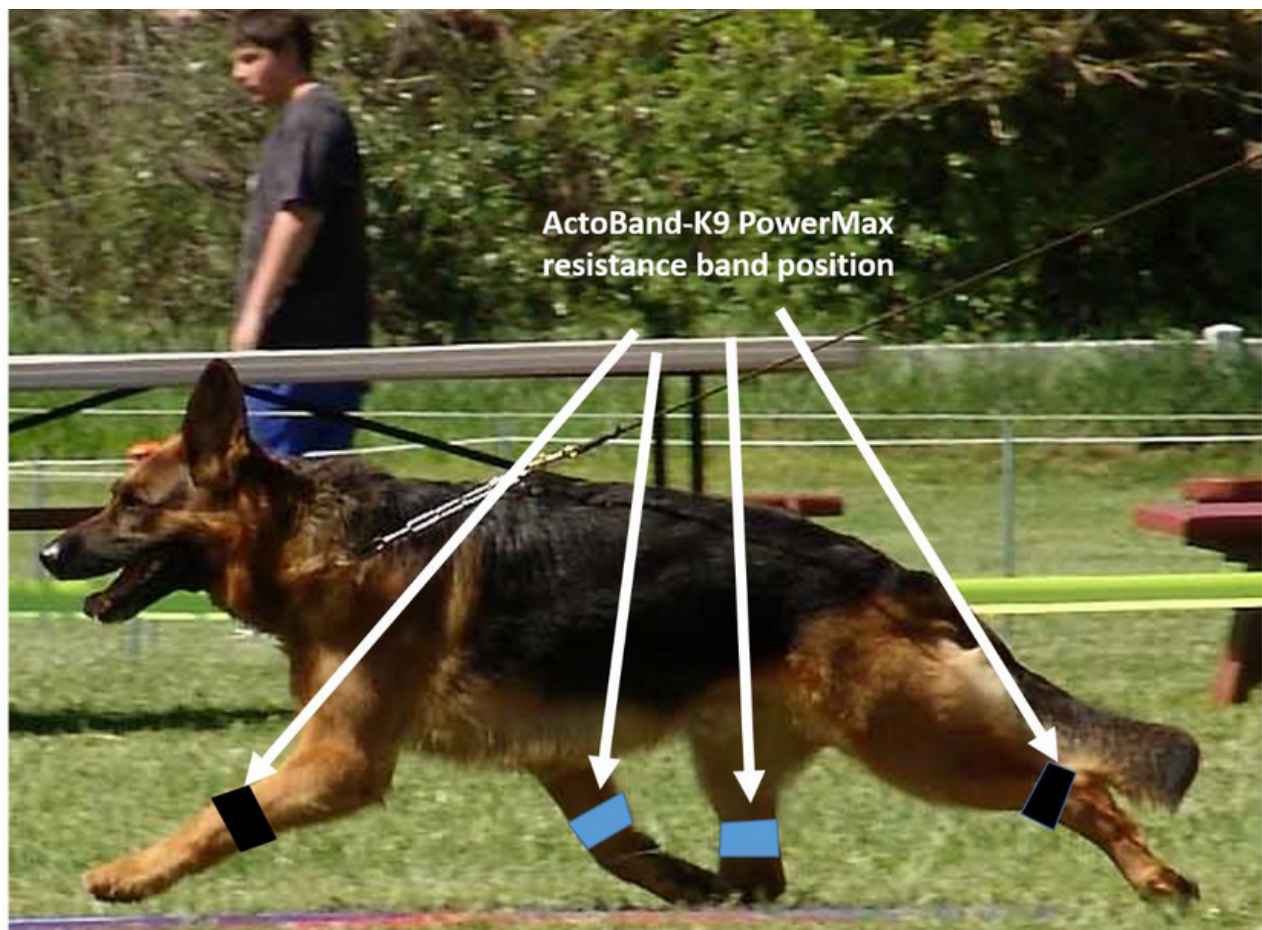
This is done once a day for the first 2 weeks to make sure your dog gets adjusted to the feeling around the legs.

By simply wearing the empty leg bands, the dog will begin to use different muscles while walking than what he normally does. This may lead to some muscle soreness during this phase.

ALWAYS have the dog on a leash - especially during this phase - as the dog may try to bite at the bands due to unfamiliarity. There is a small risk that your dog may slip the bands off and lose them if running unsupervised

**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!

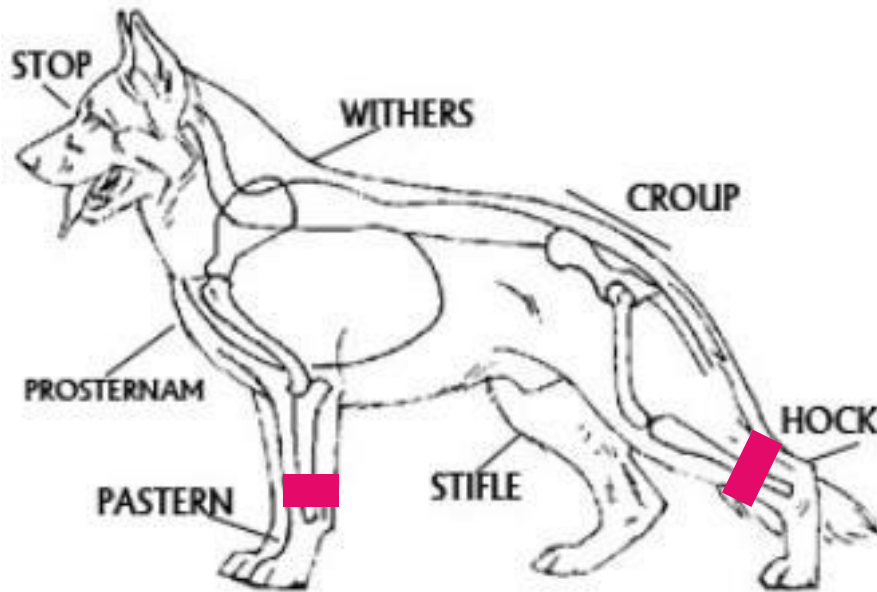


**FIGURE 1**

## COINS OF THE WORLD AND THEIR WEIGHTS

Country	Coin Value	Weight in grams (rounded)	Country	Coin Value	Weight in grams (rounded)	Country	Coin Value	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	SOUTH AFRICA	R5	9.5
MALAYSIA	10 sen	3	SOUTH KOREA	100 Won	5	SOUTH AFRICA	R2	5.5
			SOUTH KOREA	50 WON	4	SOUTH AFRICA	R1	4

## Placement of ActoBands on the fore and hind limbs



### Week 3 and 4: Begin Resistance Training

The formula is approximately 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 illustrated below 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.

You may 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.

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.

Mix and match the coins so that you use the smallest number of coins to reach the target weight.

The target weight is not an exact number. It is okay to vary about 10% above or below the calculated target weight for each leg e.g. 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. YOU ALONE are responsible for properly gauging the level of fitness of your dog and determining the rate and intensity of the exercise progression.

WEEK #	WEIGHT (in gm/kg (2.2 lbs) per leg)	DURATION OF WALKS x REPS/day  <b>1: NEVER Force your dog to Run/Trot. The dog should be walked on a loose leash for NO MORE than 15 minutes OR leash run for NO MORE than 5 minutes</b>	# of Coins US Currency Coins  (Please substitute coins of your country i.o.t reach the appropriate weight for your dog)	Supplements
<b>1 &amp; 2</b>	<b>ZERO GRAMS</b>	Walk up to 15 minutes x 1/day	Zero coins per leg	<p>It is recommended that, in addition to your dog's regular meal ration, give:</p> <p>ActivPower Atlas Supplement + Other High Protein supplement</p> <p>Please adhere to manufacturers instructions when giving ActivPower Atlas Supplement or other protein supplements</p>
3	Up to Approx. 1gm/kg (2.2 lbs) / leg	Up to Walk 15 minutes x 1/day	4 Half Dollar (HD) coins = 44 gm/leg	
4	Approx. 1gm/kg/leg	Walk 15 minutes with short, less than 5 min, controlled leashed running easy pace (trot) <sup>1</sup> x 1/day	4 HD = 44 gm/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/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/leg	

## IT IS IMPORTANT TO REMEMBER:

In ANY Resistance Training Program - Advance SLOWLY!!!

The suggested weight training program is exactly that - A SUGGESTION!

KNOW YOUR DOG! At all times, as with any training, be alert to undue fatigue or stress. Always start with simply walking your dog. Begin at 5 minutes per day. Advance to 10 minutes then to 15 minutes, only after the dog shows no evidence of fatigue at the previous intensity.

When in doubt - less is more!

Terminate a session at the very first indication of discomfort or fatigue.

If your dog is very obese or in a poor fitness condition, then acclimatizing your dog to zero weights as indicated. Thereafter use only 50% of the weights suggested for more extended periods (about 2-4 weeks) is a much better approach and always a great plan. Remember that any obese dog would require additional dietary changes, preferably under the supervision of your veterinarian, while continuing with any resistance training program.

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.

## ADVANCED WEIGHT TRAINING

If you are interested in building big, strong and very explosive muscles you can increase the weight to a maximum of 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 reduce the weight to 2 grams per kilogram (2.2 lb) per leg and increase your walking time to a maximum of 45-60 minutes.

If you are engaging in sports of very high athleticism and/or endurance and power then you may 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 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 at a maximum and no higher than 1-2 grams per kilogram (2.2 lb) per leg.
- 2) Keep burst runs on controlled terrain such as a treadmill for a duration of 3 - 5 minutes only.
- 3) Do NOT burst run on open terrain in pursuit of lure or other prey object while wearing ActoBandK9

## 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 should begin as per the following table:

### Suggested Power Building Program for a 40 kg SENIOR dog

WEEK #	WEIGHT (in gm/kg (2.2 lbs) per leg)	DURATION OF WALKS x REPS/day <b>No running or biking until after 12 weeks</b>	# of Coins US Currency Coins (Please substitute coins of your country i.o.t reach the appropriate weight for your dog)	Supplements
<b>1, 2, 3, 4</b>	<b>ZERO GRAMS</b>	Walk UP TO 15 minutes x 1/day	Zero coins per leg	It is recommended that, in addition to your dog's regular meal ration, give:  ActivPower Atlas Supplement + Other High Protein supplement  Please adhere to manufacturers instructions when giving ActivPower Atlas Supplement or other protein supplements
5	Up to Approx. 0.5gm/kg (2.2 lbs) /leg	Up to Walk 15 minutes x 1/day	2 Half Dollar (HD) coins = 44 gm/leg	
6	Approx. 0.5gm/kg/leg	Walk 10 minutes x 2/day	2 HD = 44 gm/leg	
7 onwards	Approx. 1gm/kg (2.2 lbs) /leg	Walk up to 15 minutes x 2/day	4 HD = 44 gm/leg	
<b>1: NEVER Force your dog to Run/Trot.</b> <b>The dog should be walked on a loose leash for NO MORE than 15 minutes ORLEASH RUN for NO MORE than 5 minutes</b>				

## 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 Training System with dogs who have documented joint dysplasias.

We do recognize that it is possible to derive benefit using the ActoBandK9 system in dogs with dysplasia through building and increasing their muscle strength which would greatly support their defective joint architecture. However, we do not recommend the use of this system without regular and direct veterinary guidance and oversight with these dogs.

Please consult a licensed veterinarian for guidance in use of this system in dysplastic dogs.



## ActoBand Resources and FAQ videos:

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>

## Your ActivPower Inc and Biokinetic K-9 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.

LIKE and SHARE our Facebook page: <https://www.facebook.com/ActivePowerDogs>

JOIN our Facebook Groups:

- ActivPower User Group: <https://www.facebook.com/groups/ActivPowerUserGroup/>
- ActivPower Knowledge Group: <https://www.facebook.com/groups/ActivePowerKnowledge/>

and share your experiences and benefit from the experiences of others in the ActivPower community.

Welcome to the ActivPower World!



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