



# Equipment for the 5MHA course

## Non-skid surface

**The MOST IMPORTANT investment is anti-skid material!**

- As flooring to work the dog on
- To cover equipment

### Examples:

#### **Flooring (+/- 1,5 m x 1,5 m)**

- Rubber mats
- Rubber tiles
- Shower mats
- Yoga mats
- The best solution I found amazon - [click here!](#)

#### **To cover equipment**

- Rubber mats
- Shower mats
- Non-slip for cupboards



# Equipment needed by lesson 1

## Target 1

The dog needs to be able to **sit comfortably on the target** but he is **not able to stand on it** with a straight back.

Small dog: 20x20cm - 25x25cm

Middle-sized dog: 30x30cm - 40x40cm

Big dog: 40x40cm - 50x50cm

**Thickness: 3-5 cm**



## Target 2

**Half the size of target 1 - same width**

Small dog: 20/25 x 10cm

Middle-sized dog: 30/40 x 15/20 cm

Big dog: 40/50 x 20/25

**Thickness: 1 cm**



Sizes are just an **indication!** You need to come to **this setup for YOUR dog:**

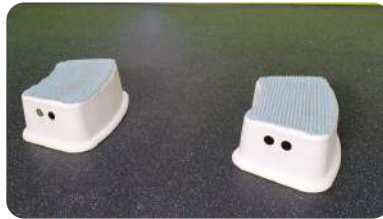


## Two steps or stools

Height: between **5 and 15 cm**.

Width: the dog needs to be able to comfortably stand on it

For small dogs: little boxes or yoga blocks will do.



## Round bowl

Height: between **5 and 15 cm**.

Diameter: the dogs needs to be able to stand on the bowl with **two front paws**.





## Equipment needed by lesson 2

### High stool

Height: 25 - 30 cm.

For small dogs a lower stool can be used - see picture below.



### Plank or aerobic bench

Make sure they are long enough so the dog can stand comfortable on it with a straight back.

Small dog: 20 x 80 cm  
Middle sized dog: 30 x 1,00 - 1,20 cm  
Big dog: 40 x 1,20 cm

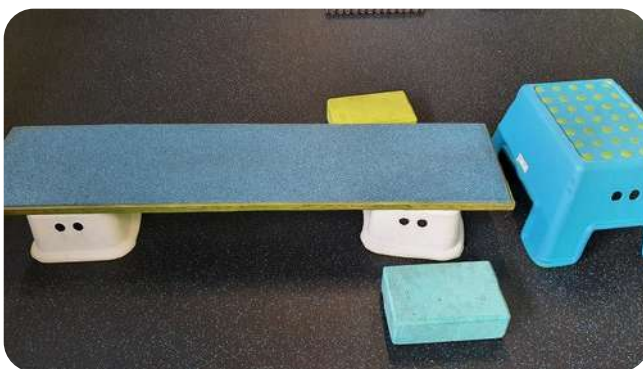


### Two small targets with some height

#### Height

A few cm **lower than the plank on the stools or the step**

We will need **this setup for YOUR dog:**



## **Thin target**

The paws just need to fit on the target without too much space behind or in front of the paw.

Thickness: **1-3 cm**

Width: **10 cm (max)**

Length: **20- 30 cm**

For small dogs the width can be even less.



## A few tips

<https://www.wafjes-shop.be/product/wafjes-fit-balanspad/>

<https://www.wafjes-shop.be/product/wafjes-fit-ecostep/>

<https://www.wafjes-shop.be/product/wafjes-fit-ecostep-met-verhogers/>

<https://www.wafjes-shop.be/product/wafjes-fit-balance-top-10/>

<https://www.wafjes-shop.be/product/wafjes-fit-yoga-brick/>

<https://www.ikea.com/be/nl/p/bolmen-badkamerkrug-wit-60265163/>

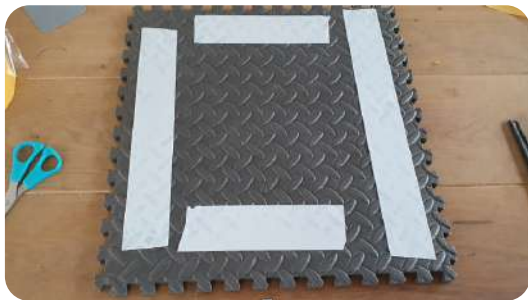
<https://www.ikea.com/be/nl/p/foersiktig-kinderkrug-wit-groen-60248418/>

<https://www.massamarkt.nl/mand-kunststof-20x14x6cm.html>

<https://www.buffalo.nl/nl/reebok-pilates-blok-english-emerald>

[https://www.decathlon.be/nl/p/pilatesblok-klein-39-cm-x-24-cm-x-6-cm/\\_/R-p-305008?mc=8526564&c=BLAUW](https://www.decathlon.be/nl/p/pilatesblok-klein-39-cm-x-24-cm-x-6-cm/_/R-p-305008?mc=8526564&c=BLAUW)

**Selfmade targets** - adapt them to the size of your dog



**!!!! Make sure to make everything anti-skid !!!!**