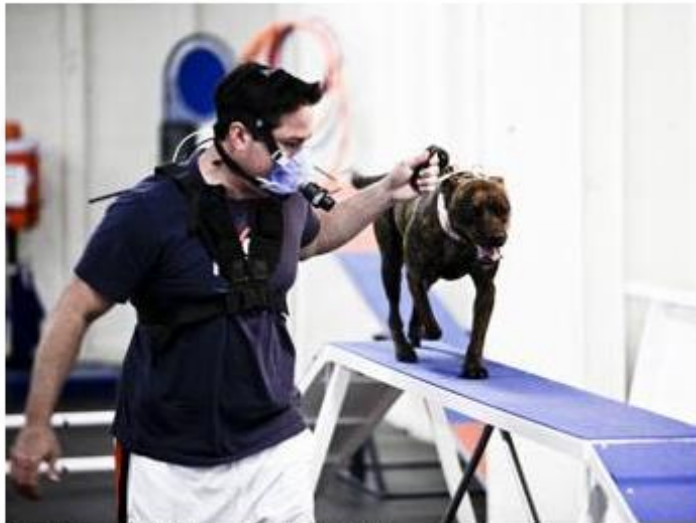




Work Out With Your Dog - How Animal Agility Training Can Burn Calories For You

by [Kristen Seymour](#) ([Subscribe to Kristen Seymour's posts](#))
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The University of Massachusetts studied human oxygen consumption during canine agility training. John Ales

If you've ever seen a canine agility competition, you may have thought, "That would be an excellent way to burn off some of my dog's energy," but you probably gave significantly less thought to what kind of workout it would give you.

Vigorous Exercise for Dog and Human

Researchers at the University of Massachusetts Department of Kinesiology have studied the impact on humans during canine agility training, and their findings were recently highlighted on [Zoom Room Dog Agility Training Center's website](#).

The researchers looked at oxygen consumption (using a face mask and battery-operated, portable metabolic system that measures breath-by-breath

gas exchange) as well as [heart rate](#) (detected and recorded using a Polar heart rate monitor). The data collected was translated into Metabolic Equivalents, or METs, a way of comparing how much energy a person expends at rest versus during a given activity.

Using those two measurements, researchers found that agility training can be considered a "hard" or even "vigorous" workout, great news for dog owners trying to get more exercise! However, the activity is generally not sustained because you run the course with your dog, get sweaty and out of breath, and then you get in line to rest for a period of time. The researchers conclude that that if you add in heart-pumping exercises while waiting for your turn (think jumping jacks, running in place, etc.), you can turn agility training into a true workout.

Cross-Training With Your Canine

Zoom Room Dog Agility Training Center & Canine Social Club took that information and decided to make it easier for its clients to shape up alongside their canine companions by adding a new class called [Canine Cross-Training](#). The class includes warm-ups, aerobic exercise, a variety of routines all coordinated with the dog's navigation of the obstacle course to boost your exercise benefits. The class ends with a cool down for the humans and gentle play for the dogs. Zoom Rooms are located in Culver City, Calif., Hollywood, Calif., and Austin, Tex. with locations opening in Denver and Longmont, Colo., as well as Boca Raton, Fla.

Even if you don't live near a Zoom Room facility, make the most of your workout with your pooch by adding in aerobic components; this information is still helpful if you're considering signing up for a canine agility class near you!

For more workout options check out [AOL's That's Fit](#).

Tags: [canine agility competition](#), [canine agility training](#), [exercising with dogs](#), [working out with your dog](#)

