

Homemade Buja Balance Board for Core Strength Dog Exercises

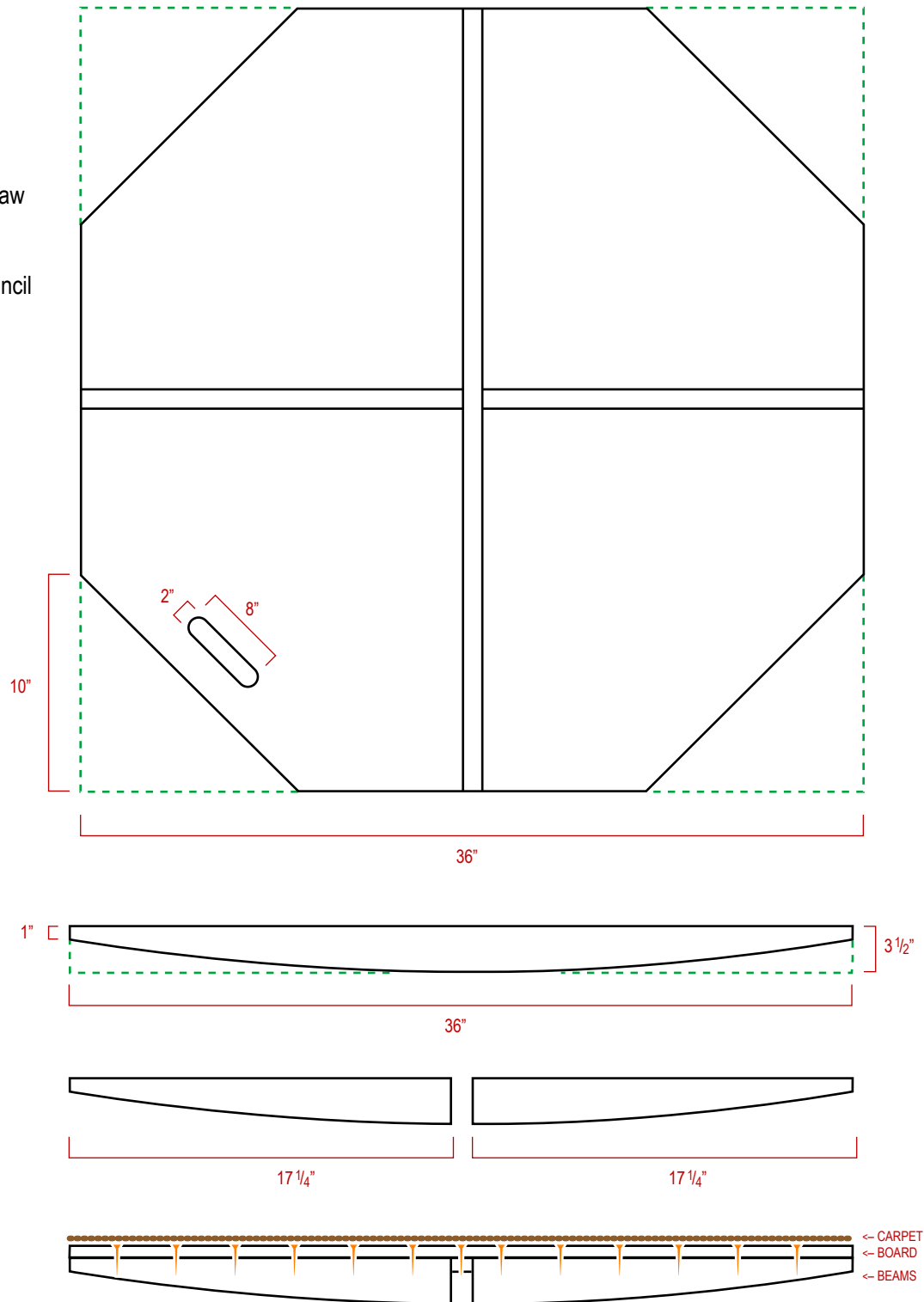
Materials:	Tools:
3/4" Plywood	Circular Saw or Table Saw
2" x4" Lumber	JigSaw or RotoZip
2" Screws or Nails	Hammer or Screwdriver
Carpet Remnant	Measuring Tape and Pencil
Tacks or Adhesive	Carpet Knife

- 1 Determine appropriate size of board to fit your dog. (See note below.)
- 2 Cut corners off plywood to create octagon shape.
- 3 Cut handle slot at least 2" from edge to ensure integrity of plywood.
- 4 Cut two lengths of lumber the same width as board.
- 5 Cut one of these pieces with a symmetrical arc leaving an approx. 2" wide portion in the middle at full width.
- 6 Use the cut piece as a template to replicate a second identical balance beam.

NOTE: Adjust beams as desired.

The steeper the cut, the more difficult the balancing exercises!

- 7 Cut 1 1/2" inches from the center of one beam to create two pieces of equal length.
- 8 Measure board to find center cross section and mark top of board to indicate location of beams.
- 9 Mount full-width beam to bottom of board, ensuring nails/screws do not extend past narrow portion of beam.
- 10 Mount remaining two beam sections on center at right angles to first beam.
- 11 For optimum traction, attach carpet remnant to top of board using tacks or adhesive. Cut hole for handle slot. Outdoor step traction tape can be used as an alternative to carpet.
- 12 Optional: Apply foam tape or strips of carpet to bottom of balance beams if board is to be used indoors.
- 13 Enjoy helping your dog develop her balance and core body strength.
- 14 Share your experience and photos in a Tripawds blog or the discussion forums!



NOTE: Suggested dimensions, not to scale. This plan is intended as a rough guide. Adjust as necessary for the size of your dog. Size shown was used for Wyatt, a 75 lb. German Shepherd. Board should be large enough so dog can stand on platform with all legs and not small enough that he can easily jump over it.

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It's better to hop on three legs
than to limp on four.SM