

SYNCHRONY SHOP VIDEO PRODUCT

Performance Dog Warm-Up Mini Series

A short educational video product for handlers who want a cleaner routine before activity, a calmer cool-down afterward, and better recovery-minded habits.

[Learn More](#)

[Cheat Sheet Included](#)

[Performance Audience](#)

BUILT FOR

Handlers

Especially agility and sport-dog households that value consistency and practical routines.

FORMAT

3-4 Short Videos

Quick lessons plus a printable cheat sheet for field or home use.

GOAL

Cleaner Transitions

Help handlers move away from frantic on-off activity and toward more intentional prep and recovery.

What This Product Does

This mini series is not about making training more complicated. It is about making the before-and-after window around activity more intentional.

A better routine does not have to be huge. It just has to be consistent enough to help you notice how your dog is doing before activity, after activity, and later that day.

What buyers want

- A cleaner pre-activity rhythm
- A more thoughtful cool-down routine
- Better recovery awareness later in the day

What this is not

- It is not a long lecture
- It is not injury-prevention hype
- It is not a diagnosis framework
- It is not a high-production-value requirement

- A simple routine they can actually repeat

Suggested Lesson Stack

Video 1: Why prep and recovery matter

Activity should not be treated like an on-off switch. A cleaner routine helps owners notice more and support their dogs better.

Video 2: A simple pre-activity routine

Show what a more thoughtful transition into activity looks like without making the routine feel complicated or unrealistic.

Video 3: A post-activity cool-down rhythm

Teach handlers to pay attention after activity and create a more intentional decompression window.

Video 4: What to watch for later

Recovery patterns later that day can tell owners a lot. This lesson helps them know what to notice and jot down.

The value of this product is not complexity. The value is better routine, better observation, and better repeatability.

Suggested Cheat Sheet

Before Activity

- Transition from stillness calmly
- Notice energy and focus
- Avoid a frantic start

Right After

- Observe how the dog looks and settles
- Let the post-activity window matter
- Do not treat the session as instantly over

Later That Day

- Notice how the dog moves after rest
- Look for repeated patterns
- Write down anything worth tracking

How To Position It

If you want a cleaner before-and-after activity routine for your dog, this mini series gives you a practical framework you can start using right away.

This is a great second product because it adds video to the shop without requiring a giant course build.

Educational use only. This product does not diagnose, treat, or guarantee injury prevention, and it does not replace individualized care.