

CANINE FITNESS 101

Presented by Bobbie Lyons, CCFT, KPA CTP, Cert CF

Canine Fitness 101: How do you get the dog to do it?

DESCRIPTION: Canine Fitness 101 provides an introduction and overview to canine fitness, training and exercise. This class is for those people looking to design a fitness plan for a dog and/or teach fitness classes. It is also for the dog owners and trainers that want to understand how to help dogs reduce the chance of injury, enrich the dog's life as well as improve the bond between human and dog. This class will teach you how to communicate with a dog to achieve the muscle engagement intended for each exercise. This one-day class will provide a better understanding of exercise progression, sets and reps, basic training methods, and "how to get the dog to do it."

Beginners, as well as those that have experience in canine fitness, exercise and training will benefit from this course.

During this one day program, the following concepts and topics will be covered:

Training methods to achieve basic movements needed for most strength and body awareness exercises

- Shaping – learn proper clicker timing and how to break down a behavior into small achievable steps
- Luring - how to lure more effectively
- Targeting – Use targeting behaviors to improve communication between handler and your dog and Encourage your dog to offer the position needed for specific targeted exercises
- Capturing – Use what your dog naturally does for exercises.

Foundation movements and positions

- Understand what foundation movements and positions need to be trained
- Understand how to progress an exercise
- Understand how your posture and reward position affect what muscles are activated
- Understand how the handlers position affects the area of the body that is being targeted

How to apply the basic movements to equipment

- Equipment combination
- Beginner/Intermediate and advanced exercise

Complete a circuit training workout with your dog

- Understand how sets and reps work

This class will be a combination of demonstration and hands on work with your dog.

Students can attend the course with their dog (handler spot) or attend as an observer (auditor spot).

PRICING:

Handler spots: \$279.00 (\$249 for CCFT Students)

Auditor spots: \$149.00 (\$119 for CCFT Students)