

# THE CANINE ATHLETE FITNESS SEMINARS

**Pinnacle Dog Sports, Westlake, Ohio**

**January 13-14<sup>th</sup> 2024 Sat/ Sun**

**Presented by: Suzi Schmitz, CSCC**

**(Certified Strength Conditioning Coach) from North Carolina State College of Veterinary Medicine**



**Seminar #1 Fundamental Basics: Beginner to Intermediate Level**

**Saturday January 13<sup>th</sup> 9:00am -1:30**

Learn the basics to get started. Covers basic exercises to strengthen Canine Trunk, Shoulders, and Hips. Learn about equipment, how often, how long, and how intense. Learn about designing your own home program to keep your dog fit and mentally challenged. Cool downs and warm-ups.

**WORKING SPOTS: \$135 AUDIT: \$30.00**

**10 working spots /Audit Unlimited**

**Seminar #2 Canine Jumping Fitness**

**Sunday January 14<sup>th</sup> 9:00am – 12:30**

**Dog must be 18 months or bone plates closed.**

Fitness exercises and form to improve and strengthen the dynamics of jumping. 60 % of a dog's weight is carried in the front. Building strength in shoulders improves stamina and decreases injury. Fitness for jumping also improves trunk and rear end power for improved jumping.

**WORKING SPOTS: \$95 AUDIT\$ 30.00**

**10 working spots / Audit Unlimited.**



