



All Dog Adventures is proud to present a full day Fitness Seminar Presented by..

K9Konditioning, LLC!!

Saturday, September 16th
9 am – 4 pm

Join Jo Downing, UT-CCFT, FitPAWS Master Trainer, for a full day of learning and hands on experience regarding Fitness and Conditioning for your K9 Partner!

This seminar is open to all injury free dogs, 9 months of age or older.

FitPAWS equipment will be available for purchase, directly from Jo, day of the seminar (10% discount applicable for all day of seminar purchases).

Limited 12 working spots (\$120 each)
Unlimited Auditing (\$50 each)

Concepts include:

- Overview, components and benefits of K9 Fitness and Conditioning work
- Elements of a proper warm up, cool down and stretching
- Indicators of injury AND Indicators of positive change
- Proper work through all life stages (Puppy through Senior)
- Overview of K9 Gaits and relevance
- Outline of Proper Form and Function for exercises
- Body Awareness and how to get targeted work in specific areas
- Proper use of K9 Fitness Equipment, where to start, how to use safely, progressions of exercises utilizing equipment

To register, please contact:

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