

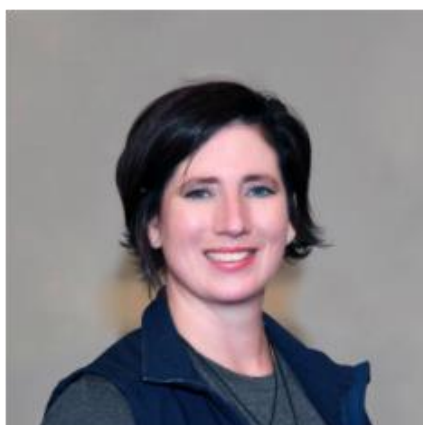


**Strength Training for Happy, Healthy, Active Dogs**  
[www.pawsitive-performance.com](http://www.pawsitive-performance.com)



# Canine Fitness

*Bobbie Lyons is coming to Europe!*



Bobbie Lyons (CCFT, MTI, Cert CF) ist nicht nur zertifizierte Canine Fitness Trainerin der University of Tennessee, sie war maßgeblich an der Entstehung des FitPaws-Master-Trainer-Programms beteiligt und ist hierfür Ausbilderin. Ferner ist sie selbst in verschiedensten Hundesportarten aktiv und trainiert Assistenzhunde.

Bobbie's Fitness-Ansatz ist ein ganzheitlicher, der ein individuelles Programm für jeden Hund vorsieht.

Wir freuen uns riesig, sie erstmalig in Europa begrüßen zu dürfen! Das Seminar wird in englischer Sprache stattfinden und Bobbie wird von ihrer Assistentin **Danielle Hall (CCFT)** unterstützt. Die Anerkennung dieses Seminars als CEU-approved durch den

Certification Council for Professional Dog Trainers (CCPDT) läuft – dh. eine Teilnahme wird zertifiziert.

**24.-27.07.17**

**88499 Riedlingen, Germany**

Das Seminar findet in der neuen Indoor-Hundesporthalle in Riedlingen statt und bietet so ideale Bedingungen. Abstellplätze für Wohnmobile sowie Duschen sind vorhanden, um's Eck befinden sich Supermärkte und Imbisse, sowie Laufmöglichkeiten. Riedlingen befindet sich 1,5h südöstlich von Stuttgart, 1h nördlich von Friedrichshafen, und 40min nordwestlich von Ulm.

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## Monday, 24th July 2017

### Beginning K9 Conditioning (4.5hrs)

In this workshop, participants will be introduced to equipment, exercises, tricks and stretches that increase range of motion, flexibility, reflexes, and improve muscle tone and endurance. The exercises are designed to reduce the risk of injury and increase balance, core strength, body awareness and overall performance. This workshop is appropriate for dogs participating in any dog sports.

### Cavaletti Training (4.5hrs)

Cavalettis can be used to strengthen your dog's core, fine tune their stride length and gait while increasing body awareness.

## Tuesday, 25th July 2017 & Wednesday 26th July 2017

### Advanced Program Design (2 days)

Information about structure and how it affects function, covers how to evaluate your dog, psoas and shoulder injury prevention, how to design a individual program, equipment combinations, agility specific exercise.

**Prior knowledge (Bobbie Lyons' online classes or the Beginning K9 conditioning workshop required)**

## Thursday, 27th July 2017

### Puppy and Senior Workshop (4.5 hrs)

What can you do with a puppy and a senior dog. What to watch out for, time limits, posture, body awareness etc.

### Private Lessons (1 hr each)

Each person that takes a private lesson will get a basic evaluation of their dog and a beginner workout designed for them. Some people want to know how best to use the equipment they bought and some will have a dog who has recovered from injury and they want to help improve the dog's strength and weight distribution. After I get home, I email each person a recap of their apt, my observations, exercises with video support where available (from my online classes), how often to do the exercises, how many reps etc.

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## Participation

We offer 3 options to choose from:

- active participation (max. 10 handlers, 2 instructors)
- working spectator (max. 5 handlers, can use the equipment during breaks, no instruction )
- spectator (can watch and ask everything, cannot take their dogs inside)

## Costs

	4.5hrs Workshops each	Advanced Program Design (2 days)	All Workshops + Advanced Program Design	Private Lesson
active participation	130€	520€	880€	170€
Working spectator	100€	400€	650€	x
spectator	80€	320€	540€	x

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## Bobbie Lyons, CCFT, MTI, Cert CF

### Bobbie's Mission:

I am dedicated to developing personalized fitness programs that are designed to improve your dog's level of body awareness, strength and performance while empowering you to understand your dog's movement through fun, challenging and effective exercise. I aim to provide you with the tools needed to design a detailed canine conditioning program specific to your dog's needs and activities while also fitting it into your schedule.

With your goals in mind, we will work together to find training methods that suit both your training style and the learning style of your dog.

Bobbie contributed knowledge and experience to help design the FitPAWS Master Trainer Program and became a FitPAWS Master Trainer Course "Instructor". Bobbie completed the University of Tennessee Certified Canine Fitness Trainer program to earn a "CCFT" certification and also completed the certification program for Canine Fitness through the Companion Animal Sciences Institute.

Bobbie Lyons, CCFT, FP-MTI, Cert CF has been training her own dogs in agility, herding, tricks and dock diving. Her dog training experience started with training her own dogs in tricks training and agility and eventually teaching classes on foundation agility, focus and impulse control over 12 years ago. In 2005 she started teaching private lessons and workshops educating others on how to properly improve body awareness and strength in their K9 Athlete to prepare for and improve performance. In 2012, Bobbie started teaching web-based K9 Fitness classes. Her human fitness experience stems from being a gym rat and body building for over 15 years as well as obtaining a Black Belt in Taekwondo.



Force, 11yrs old, retired

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Bobbie got started in K9 Fitness because she has a dog with structural issues that prevents him from fully extending his hind legs when jumping in agility. This structural issue put more stress on his shoulders, spine and pelvis which lends to injury. Because of this issue, Bobbie made it a priority to obtain the knowledge and skill necessary to keep him more comfortable, flexible and stronger so that he could enjoy the sport of agility without pain or discomfort. What she realized along the way was that her dog was not aware of his feet and how to properly distribute his weight, nor did he have the core strength needed to support his poor structure.

Bobbie researched every book, video and class that she could find on massage, gait analysis, acupuncture, canine rehabilitation and canine sports fitness. She made appointments, quizzed and gained relationships with rehabilitation veterinarians, osteopaths, chiropractors and canine physical therapists. She immediately started implementing exercises suggested by these professionals not just for her structurally challenged dog but her healthy dogs too.



Course Instructor

After seeing the benefits of improved core strength, body awareness, and flexibility training in her own dogs, Bobbie taught her first class on Canine Conditioning in 2005. Teaching strength exercises and working with dogs for over 10 years has given her the experience needed to develop a well-rounded program that anyone can do with a healthy dog. After several years of teaching, Bobbie was able to show her program to Dr. Bianca Shaw of Back on Track Veterinary Rehabilitation Center. (The leading Rehab Vet in the Portland Metro Area) Bobbie now teaches private lessons within Dr. Shaw's clinic.

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She regularly shadows the surgery and rehabilitation staff at **Oregon State University Veterinary Hospital** in Corvallis Oregon. In 2014 Bobbie attended the International Symposium on Veterinary Rehabilitation/Physical Therapy and Sports Medicine. Once to twice a year she visits **Veterinary Orthopedics and Sports Medicine Group (VOSM)** in Maryland and shadows Doctors Sherman and Debra Canapp during diagnostic ultrasounds, gait analysis, surgery, initial and follow up exams and rehabilitation appointments. Shadowing professionals in the veterinary and rehabilitation field helps Bobbie understand when to refer her clients for veterinary services and allows her an open line of communication with reference to skills specific exercises so that she can get new exercises looked at and approved. Bobbie is always looking for ways to better help her clients, further her knowledge and foster referrals to and from veterinarians.

Bobbie works with **The Joys of Living Assistance dogs**, starting puppies at 8 weeks of age and working with them until 2 years old to lay the foundation work for proper movement and muscle engagement for any task asked of them. The program for each dog is adjusted depending on what will be expected of the dog.

Bobbie's Canine Conditioning workshops and classes are held all over the northwest and across the county. She started teaching in the Daisy Peel Classroom in January of 2012. Bobbie has co-taught injury prevention classes with several veterinarians. Bobbie's classes fill mostly by referral.

Established Pawsitive Performance in 2006

## Publications/books/dvds

- Authored Conditioning Exercises for Jumping Skill in Chapter 5 of Mastering Jumping Skills Volume One by Linda Mechlenburg/Clean Run Magazine
- Authored Advanced Conditioning Exercises Chapter for Mastering Jumping Skills Volume Two by Linda Mechlenburg/Clean Run Magazine - available late 2016/early 2017
- Authored Functional Fitness Book/DVD - to be published by Clean Run Magazine- Available Fall 2016
- Published 12 articles about Canine Fitness in Clean Run Magazine Jan - Dec 2015

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## Danielle Hall, CCFT, FP-MT



Danielle's journey to becoming a canine fitness coach began when her agility dog suffered a shoulder injury. The injury was not easily diagnosed and took over a year to confirm. During that time Danielle set out to learn as much as she could about canine body conditioning and injury prevention. The education, knowledge and training she acquired helped her dog return to an active lifestyle. She took every online class, seminar and workshop she could. One of her most invaluable resources has

been everything she has learned from her friend and mentor Bobbie Lyons, CCFT, FP-MTI, a pioneer in canine fitness. Danielle completed the University of Tennessee Certified Canine Fitness Trainer program earning a "CCFT" certification, as well as the FitPAWS Master Trainer "FP-MT" credential.

As a lifelong horsewoman Danielle came to realize that there was a lot more consciousness in the way people conditioned and trained their horses for their given discipline, whether they were a sport horse or just a good ol' trail horse. In the horse world conditioning is a regular part of the day to day training, but with dogs there seems to be a lack of awareness in the benefits a fitness and conditioning program can provide for both performance dogs and pet dogs.

Danielle regularly assists Bobbie Lyons in her online classes and trains with Bobbie several times a year, as well as assists her with various workshops each year. Danielle's videos and photographs have been featured in many of Bobbie's online classes and articles, including articles published by Clean Run Magazine.

Danielle offers private lessons, group classes, and workshops in the Southern California area and beyond. Her goal is share the benefits of canine conditioning and body awareness with dog owners to help prevent injuries and improve performance.

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## Anmeldeformular Seminar Bobbie Lyons 24.-27.07.17

Name, Vorname

Adresse inkl. Länderkürzel

Emailadresse

Handynummer

Teilnahmewunsch bitte eindeutig ankreuzen:

	Beginning K9 Conditioning 24.07.17	Cavaletti Training 24.07.17	Puppy and Senior Workshop 27.07.17	Advanced Program Design 25.-26.07.17	All Workshops + Advanced Program Design	Private Lesson 27.07.17
active participation	130€ <input type="radio"/>	130€ <input type="radio"/>	130€ <input type="radio"/>	520€ <input type="radio"/>	880€ <input type="radio"/>	170€ <input type="radio"/>
Working spectator	100€ <input type="radio"/>	100€ <input type="radio"/>	100€ <input type="radio"/>	400€ <input type="radio"/>	650€ <input type="radio"/>	x
spectator	80€ <input type="radio"/>	80€ <input type="radio"/>	80€ <input type="radio"/>	320€ <input type="radio"/>	540€ <input type="radio"/>	x

Ort, Datum

Unterschrift

Mit meiner Anmeldung bestätige ich, dass mein Hund/meine Hunde frei von ansteckenden Krankheiten und haftpflichtversichert sind. Mir ist bewusst, dass läufige Hündinnen leider nicht teilnehmen können. Hunde von „Spectators“ können nicht mit in die Räumlichkeiten gebracht werden. Die AGBs erkenne ich an. Mit der Anmeldung wird die Zahlung der Seminargebühr fällig. Diese ist innerhalb von 2 Wochen nach Anmeldebestätigung auf das darin mitgeteilte Bankkonto zu überweisen. Die Anmeldung zum Seminar mit Bobbie Lyons ist nur mit Unterschrift gültig. Hierzu bitte die Anmeldung ausdrucken und unterschreiben. Sie kann dann in eingescannter Form an [info@gymnastricks.de](mailto:info@gymnastricks.de) oder per Post versendet werden:

Carmen Heritier  
Glärnischstr. 25/1  
88045 Friedrichshafen, Deutschland

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## Allgemeine Geschäftsbedingungen

### § 1 Leistungsbeschreibung

Der Umfang der Leistung ergibt sich aus der Beschreibung der jeweiligen Veranstaltung. Zusätzlich gelten die in den Anmeldebestätigungen gemachten Angaben. Der Veranstalter behält sich notwendige kurzfristige und kleinere Änderungen sowie zeitliche Verschiebungen vor.

### § 2 Vertragsverhältnis

Das Vertragsverhältnis kommt durch die schriftliche Anmeldung des Teilnehmers als verbindliche Absichtserklärung und die schriftliche Anmeldebestätigung des Veranstalters zustande.

### § 3 Bezahlung

Mit Vertragsabschluss wird die Bezahlung der Seminargebühr in voller Höhe fällig.

### § 4 Rücktritt durch den Teilnehmer

Der Teilnehmer kann zu jedem Zeitpunkt vor Seminarbeginn von dem Vertrag zurücktreten. Der Rücktritt hat schriftlich zu erfolgen. Maßgeblicher Zeitpunkt für die Rücktrittserklärung ist der Zeitpunkt des Einganges beim Veranstalter:

- bis 90 Tage vor Beginn des Seminars: die Seminargebühr wird vollumfänglich zurückerstattet
- ab 90 Tage vor Beginn des Seminars: die Seminargebühr wird nur zurückerstattet, sofern ein Ersatzteilnehmer vom Teilnehmer gestellt werden kann. Zu diesem Zwecke wird zusätzlich von Seiten des Veranstalters eine Warteliste geführt.

Nicht in Anspruch genommene Leistungen werden nicht erstattet

### § 5 Rücktritt durch den Veranstalter

Der Veranstalter hat das Recht ohne Einhaltung einer Frist vom Vertrag zurückzutreten, wenn der Teilnehmer sich vertragswidrig verhält. Insbesondere gilt dies, wenn er das Ziel der Veranstaltung oder andere Teilnehmer gefährdet. Der Veranstalter hat weiterhin das Recht bis zu 14 Tagen vor Seminarbeginn vom Vertrag zurückzutreten, wenn die Veranstaltung aufgrund zu geringer Nachfrage nicht stattfindet.

### § 6 Haftung

Die Haftung des Veranstalters beschränkt sich auf Schäden, die von diesem vorsätzlich oder grob fahrlässig herbeigeführt werden. Die Haftung wird ausgeschlossen für Schäden, die durch Dritte oder deren Hunde herbeigeführt werden. Die Teilnahme erfolgt auf eigene Verantwortung und in eigener Haftung. Der Teilnehmer haftet für die von ihm und/oder seinem Hund verursachten Schäden.

### § 7 Unwirksamkeit einzelner Bestimmungen

Die Unwirksamkeit einzelner Bestimmungen hat nicht die Unwirksamkeit des gesamten Vertrages zur Folge.

### § 8 Änderungen und Ergänzungen

Änderungen und Ergänzungen dieses Vertrages bedürfen der Schriftform. Dieses Formerfordernis kann nicht durch mündliche Vereinbarungen aufgehoben werden.

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