

## **3-2-1 Flying Dog Training & Event Center**

### **Canine Conditioning Workshops For all dogs and all sports**

**January 7 & 8 2017**

**Lisa Bonker, PhD CCFT  
FitPAWS Master Trainer**



Canine Conditioning is very important for all dogs. Every dog needs some kind of physical activity and movement. From puppy to senior, from couch potato to the canine athlete, there are fun exercises to help improve your dogs overall well-being. These exercises improve body awareness, balance, flexibility, mobility, and muscular strength. If you have a canine athlete that competes in agility, conformation, obedience, flyball, herding, or a companion that talks walks with you, a fitness plan can improve your dog's performance and help prevent injury. If you have pet dog or an older dog, fitness and conditioning will help your dog move better and enhance their quality of life. Besides the incredible physical benefits, doing these exercises will provide mental stimulation, strengthen the bond with your dog, increase dog's confidence and create more focus. Plus it is really fun to do!!

### **BENEFITS**

**INCREASE STRENGTH AND FLEXIBILITY**

**IMPROVE BALANCE & MOBILITY**

**ENRICH HUMAN CANINE BOND**

**ENHANCE QUALITY OF LIFE**

**HELPS PREVENT INJURIES**

**INCREASE DOG'S CONFIDENCE & FOCUS**

#### **About the Instructor ~ Lisa Bonker, PhD, CCFT**

Lisa has been active in agility for over 20 years. She is a NADAC certified Clinician, FITPAWS Master Trainer and Certified Canine Fitness Trainer. She gives seminars across the continent. Lisa hosts over 15 NADAC Trials yearly as In The Zone Agility and In The Zone Agility of Illinois. Lisa has come home from the NADAC Championships with seven trophies with 4 different dogs. In 2015, Tandem won the highest number of Bonus Points Trophy in Starter Stakes (class at champs that required high level distance skills). From 2008-20011, Moxie and Lisa won their class at champs! In 2007, Expedite won the Skilled Veteran Class and in 2006 Haley (Brittany) won Double Digit Class. Her dogs are consistently in the NADAC Top 10 with Jet was the Highest Scoring Skilled Dog in 2007 and Moxie the Highest Scoring Skilled Dog in 2008. Tandem, Synergy, Moxie and Expedite have also earned nine NADAC Platinum Speed Star Awards. Lisa and her dogs have earned over 60 NATCHs. Eight of her dogs have qualifying bonus runs. To view a complete list of accomplishments, videos of runs and photos please visit <http://inthezoneagility.com> .

Over the past few years, Lisa has become very interested in canine conditioning. She has taken numerous seminars and online classes. She is a FITPAWS Master Trainer, and a Certified Canine Fitness Trainer Program through the University of Tennessee. <http://inthezoneagility.homestead.com/conditioning.html>

## **WORKSHOP TOPICS**



**INFORMATION:** All Sessions will take place at the 3-2-1 Flying Dog Training and Event Center, Pedricktown, NJ 08067

**Working Slot (limit 8 per session) \$95**

**Audit Slot (nonworking) \$50**

Checks must be received with registration form no later than December 22, 2016

Make checks payable to 3-2-1 Flying Dog Training & Event Center and mail with registration to:

Cindy Mackes P.O. Box 194 Kings Highway, Swedesboro, New Jersey 08085

Please include your name, phone number and email address along with your check so that we can contact you!

Any questions? Email Cindy 321flyingdog@gmail.com or website

<http://www.321flyingdogtraining.com> and FB page

**FUN WITH FITBONES - SATURDAY January 7<sup>th</sup> 8AM-12PM** Fitbones are my favorite pieces of fitness equipment. They are very versatile and can work muscles in different ways. This workshop will focus on teaching exercises using fitbones. We will primarily use fitbones but will pair it with other fitness equipment. Fitbones are great for increasing body awareness and balance and also for strengthening.

### **CONDITIONING FOR PUPPIES AND SENIOR DOGS - SATURDAY**

**January 7<sup>th</sup> 1PM- 5PM**

During this workshop, we will focus on teaching exercises geared toward the young whose joints and muscles are still growing as well as for the aging dog. Performing conditioning with puppies is beneficial as long as proper form and technique is obtained. Older dogs benefit greatly from conditioning and can really enhance their life. We will go over what to do, what not to do and how long to perform exercises with pups and older dogs.

### **CONDITIONING FOR JUMPING - SUNDAY January 8<sup>th</sup> 8AM-12PM**

Conditioning is very important for agility dogs! Your dog needs great core strength as well as front and hind limb strength to jump properly. The exercises taught during this workshop will target the muscle groups used when jumping! In order to condition our dogs for optimal and safe jumping, we need to work the whole body- front, core and hind limbs with strength, flexibility and balance exercises. In this class, we will go over exercises geared toward conditioning dogs for jumping. We will go over exercises that can strengthen the front, hind-end and core muscles and increase flexibility and balance with emphasis on proper form, technique and reward placement. It will also increase your bond/relationship with your dog.

### **ADVANCED CANINE FITNESS FUN - SUNDAY January 8<sup>th</sup> 1PM-5 PM**

During this workshop, we will focus on teaching more advanced exercises using various pieces of fitness equipment. We will focus on good form and technique while progressing the exercises. Dogs must have experience with fitness equipment and be able to do tuck sit, sphinx down, sidepass and backup Participant must attend a previous workshop this weekend or have taken previous conditioning classes/seminars ).

# Registration

OWNER/HANDLER INFORMATION				
Name				
Address				
City	State	Zip		
Cell	( ) -			
E-Mail				
DOG INFORMATION				
Dog's Call Name	Male <input type="checkbox"/>		Female <input type="checkbox"/>	
Breed	Birth Date			
REGISTRATION				
		Working	Auditing	
Sat	Fun w Fitbones	<input type="checkbox"/> \$95	<input type="checkbox"/> \$50	
Sat	Puppies Seniors	<input type="checkbox"/> \$95	<input type="checkbox"/> \$50	
Sun	Jumping	<input type="checkbox"/> \$95	<input type="checkbox"/> \$50	
Sun	Advanced	<input type="checkbox"/> \$95	<input type="checkbox"/> \$50	

The attached waiver/release form must be signed and submitted with your registration.

Lisa Bonker 2017 Conditioning Workshop

This Waiver/Release Claim must be signed before registration to the seminar will be accepted.

Please sign and date this form and include it with your payment.

I, the undersigned, assume full and complete responsibility for any injury or accident that may occur during my participation in the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center . I hereby release and hold harmless Cindy Stewart and 321 Flying Dog Training and Event Center, and any and all other promoters, and other persons and entities associated with the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center, as well as their directors, officers, partners, agents, employees, attorneys, and administrators ("Sponsors"). I understand that participating in the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center may expose me to risk of injury and that the training of domestic dogs (**Canis lupus familiaris**) has inherent risks, which I assume fully. I understand and agree that as a condition of my participation in the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center, I will act in a legal and safe manner and will at

all times when at the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center control my domestic dog (**Canis lupus familiaris**). Further, I do expressly hereby forever release and discharge the Sponsors from all claims, demands, injuries, damages, actions, or causes of action, and from all acts of active or passive negligence on

the part of 321 Flying Dog Training and Event Center its directors and officers, partners, agents, employees, attorneys, and administrators ("Sponsors"). It is further agreed that my participation in the Lisa Bonker Canine Conditioning Seminar at 321 Flying Dog Training and Event Center is undertaken by me at my sole risk. I understand and agree that this Waiver and Release shall be governed by New Jersey Law. I understand that Lisa Schmit-Bonker, CCFT, is a Certified Canine Fitness Trainer and she designs "strength training" program for healthy dogs. Lisa does NOT design programs for rehabilitation from previous injury, structural issues or any issues causing abnormalities in your dog. I understand that is it MY responsibility to advocate for my dog and I am participating in strength, balance and flexibility training at my own risk (or that of my dog). While participating in a strength training program, if my dog shows signs of weakness, a previous injury resurfaces, or injury occurs, I will stop immediately seek veterinary advice. There can be underlying injuries that are not immediately obvious and it is important to pay close attention to my dog's movement and how my dog responds to exercise so that I can note any changes (positive or negative) and seek veterinary advice when needed. I understand that strength, balance and flexibility training for my dog with or without inflatable balance products is a trial process where we need to see how my dog responds to each exercise. All exercise plans could cause injury if not performed correctly, slowly, with correct posture and body position. I will not hold Lisa Schmit-Bonker, CCFT responsible if my dog gets hurt while completing the strength training program she designed or while completing exercises taught in one of her workshops, private lessons, online classes or while performing exercises in my own home.

### Waiver for Dog's with pre-existing injury or issues.

I understand that Lisa cannot diagnose or treat injury. Participating in strength, balance and flexibility exercises is at my own risk and could make my dog's undiagnosed or diagnosed soft tissue or other injury worse. If my dog has had a previous injury, I should seek advice from a veterinarian and get a written veterinary release before participating in a strength training program, workshops or lessons.

**PLEASE ACKNOWLEDGE THAT YOU HAVE READ THE ABOVE LIABILITY WAIVER BY SIGNING AND DATING THIS FORM AND BRINGING IT TO THE SEMINAR**

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Participant Signature and Date