



CCA Interactive Online Conditioning 121 programme Course Normal Price £180

SPECIAL CIRCUMSTANCES PRICE

★★ **£120** ★★
★★★

Hello

Firstly, thank you for your interest in our interactive 121 bespoke home conditioning course.

I am a licenced Canine Conditioning Academy Coach having trained in canine specific fitness and conditioning. This course will provide a conditioning programme to suit your dog's needs and tailored to meet measurable fitness goals.

These are unprecedented times for us all and I would like to take this opportunity to wish you and your family and friends well over the coming months. The upside of this, if there is one to be found, is that some of us have more time at home with our dogs. Here at Safe Hands Canine Massage this is certainly the case as I have closed the massage clinics and the group conditioning classes and can now bring the classes safely into your own homes.

The Aim – “All dogs can benefit”

Over the next 6 weeks we aim to improve your dog's:

- Core strength
- Flexibility
- Balance/proprioception
- Mental focus
- Strength & muscle power
- Flexibility and ease of movement, especially for our older dogs
- Performance, especially for sporting, working or show dogs

The programme is also a perfect foundation for our puppies

Important assessment

I will ask you to fill in a questionnaire and we will have a telephone consultation before I can accept you on to the programme. Your dog must be sound (not lame) and I must be made aware of any known previous or ongoing conditions. The main priority is to keep your dog safe and get the best results for them and this is only possible through the information you give me. The more information I can gain from you, the better able I am to make an informed decision as to the progression of the programme for your dog.

Our first full assessment will take place via video link and we will be doing some key exercises and muscle measuring, this gives us our base line to build upon and track changes.

I will be assessing your dog regularly by means of the videos you supply, and I will be adjusting the exercises I give to suit your dog's needs and ability. This is NOT a set exercise programme that is given to all dogs, this is a bespoke training programme specifically for your dog's needs.

How

Firstly, I will help you set your training goals. Our first practical sessions will be all about assessment, I will need you to video and take photos of your dog. This is something we do all the time of course but this time there is an added purpose. You will need to be able to set your phone up so that we can see you clearly performing the tasks we are asking. You may need another person or a tripod/steady table for this.

We will meet up once a week for the following 5 weeks at a set time for around 20- 30 min consultation. I will teach you some exercises and assess your dog doing them. I will then email you with your weekly goals and bespoke programme for that week. During the week you can send me a set of videos to assess and you will get feedback for each exercise.

After this initial 6 sessions you will have a further 4 weeks to work on the programme before a final consultation to review your dog's progress, take final measurements and discuss your next steps. There is an optional weekly consultation over these final weeks which would be additionally chargeable at £20 per 30-minute consultation and you would be required to continue sending videos for me to assess as this would form the basis of the consultations.

When

We will book our interactive sessions together at a convenient time for us both each week, these will last around 20 - 30 mins. The initial assessment will take around 40 mins possibly a little more.

What I will need from you before we can start

- Dedication and commitment - this is going to take you a few hours a week to get the maximum benefits so planning is key
- Be able to train your dog basic tasks
- Your dog needs to be able to walk Yes walk ☺ on a lead but preferably free by your side.
- You will need to gather your equipment together so we can make sure all the exercises can be achieved. However, as this training is tailored for your dog's needs we may ask you to find other ways of doing exercises. A lot can be done without equipment so if things are taking time to arrive we can still do other exercises.
- You will need to be able to set your phone up so I can see you clearly working with your dog.
- You need to work your dog a non-slip surface so carpet or outside.

Below is just one of the many success stories available on my website at:
www.safehands.dog-conditioning-case-studies

Body Conditioning - Dino the Flyball Dog

Before Conditioning



After 8 weeks Conditioning



Fit Before but fitter, faster and stronger now



Actual, measureable results

4% faster in competition

10% larger forelimb

6% larger hindlimb

Larger and balanced Gluteals

"Dino is more aware of his body, and particularly his back end, improving his box turns which are now amazing. Would definitely recommend this course!" Kate, Hemel

From the above you can see an improved and more balanced posture between the before and after photos. After conditioning Dino was visibly more balanced between his left and right sides and was borne out by the before and after measurements that were taken.

I look forward to seeing your before and after photos and videos soon.

All the very best from

Karen Young
Safe Hands Canine Massage and Body Conditioning

Please note

These exercises are for fitness only and are not a substitute for rehabilitation which can only be performed by a qualified professional. Should you require rehabilitation I can offer clinical massage with your veterinarians' consent. If you are seeking physiotherapy rehabilitation, please speak to your veterinary practice for recommendations and to obtain consent. If I think at any time during the programme your dog is unable to continue for any reason you will be advised, and an action plan discussed. Safe training is our priority.