



Canine Cross Training: Building Balance, Strength and Endurance in Your Dog

Sasha Foster

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What are the four conditioning components of top athletes? Most physical therapists agree that they include balance, strength, endurance and flexibility. The same characteristics apply to canine athletes as well and form the basis of this new book by Sasha Foster, co-author of the award winning *The Healthy Way to Stretch Your Dog*. When the four conditioning components are executed in a systematic approach using the key exercise principles of frequency, intensity and duration, you can train your dog to reach his fullest potential in whatever canine sport or activity you choose to participate in—and help keep him fitter and more injury-free over a longer period of time.

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