



AVIDOG-ZINK
VENTURES

FIT FOR LIFE™ PUPPY EXERCISE GUIDELINES

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BALANCE & PROPRICEPTION

Develops awareness of where the body parts are in space. Important to avoid injuries and improve performance.



SKILL TRAINING

Teaches the components of the activities and sports that your dog will do during its lifetime.



FLEXIBILITY & STRETCHING

Allows for full motion of all joints in the body.

EARLY

Introduce pups to:

- Playing on a variety of