



# Gymnastricks: Gezieltes Muskeltraining für Hunde (German Edition)

*Carmen Mayer*

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Das einzigartige Gymnastricks-Programm verbindet sinnvolle Übungen zur Gesunderhaltung des Hundes und tolle Tricks, die einfach Spaß machen.

Die Fitness des Hundes wird gefördert, die Muskulatur verbessert und erhalten. So können die Gymnastricks als optimale Aufwärmübungen vor dem Hundesport, aber genauso gut als Rentnertraining für den betagten Oldie, zur Schulung des Körperbewusstseins beim Junghund oder zum gezielten Muskelaufbau nach Operationen durchgeführt werden.

Zu jeder Übung wird die jeweils trainierte Muskelgruppe gezeigt und erklärt. Professionelles Equipment wird dabei nicht gebraucht - jeder kann sofort mit seinem Hund loslegen. Gleichzeitig wird der Hund auch geistig beschäftigt und gefördert. Besonders wichtig für den Trainingseffekt: Der Hund arbeitet aktiv mit, anstatt nur passiv bewegt zu werden.

Eine Ideengrube für alle, die etwas für die Fitness ihres Hundes tun und gleichzeitig noch richtig viel Spaß haben möchten!

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