



# MY CANINE ACCOMPLICE

STEAL ANOTHER DAY

## 2026 Fit Dog Seminars!

- Unlock your dog's full physical potential in this immersive, hands-on seminar tailored for working dogs, sport competitors, and wellness-focused companions.
- 2 Days - 2 Completely Different Seminars!
- **Your choice** - Drop in between the other events or stay the entire time to watch and learn from others as well as participating.

Presented By Martin Koenig

- 2023 FMBB World Championship Finish 13
- 2022 US Mondioring Association National Championship 3rd Place
- Two Time Qualifier AKC Obedience Fall Classic
- Level 3 Fit Trainer
- University Tennessee Canine Nutrition Program

Trained and Titled Dogs in These sports/activities:

- AKC Obedience
- IGP
- Mondio Ring
- Dock Diving

Qualified Evaluator For:

- American Temperament Test
- Canine Good Citizen
- Fit Dog
- Trick Dog

### DETAILS

- All equipment provided
- Dingo Gear integration is available for advanced participants
- Exclusive branded materials included
- Space is limited 8 Handler and Canine Teams

## CANINE PHYSICAL CONDITIONING

Canine strength and conditioning is a specialized discipline focused on enhancing a dog's physical capabilities, resilience, and overall wellness through targeted exercise, functional movement, and recovery protocols. It integrates principles from sports science and veterinary rehabilitation to build muscular strength, cardiovascular endurance, flexibility, and neuromuscular coordination. Programs are tailored to each dog's breed, age, and activity level, whether preparing working dogs for peak performance, supporting post-injury recovery, or promoting longevity in companion animals. When executed with precision and care, strength and conditioning not only elevate physical health but also reinforce mental focus, confidence, and the human-canine bond.

**Wednesday** Sept 2, 2026  
Starting at 8:30am

## CORE STABILITY & HIND-END AWARENESS

- **Example exercises and progression:**
- Cavaletti Series (height & spacing progression)
- Rear-Foot Targeting on Platforms
- Lateral Weight Shifts with Balance Disc
- Inflatable Balance equipment balance progression
- Low-Impact Jump Prep (form-focused)



Berger Picard Club of America

📍 Location: Rancho Terra Norte, Wellington, CO

📅 Dates: September 2 and September 3

🕒 Times: 8:30AM – 12:30PM

💰 Cost \$25 per working dog per session.

📝 Registration:

<https://www.signupgenius.com/fitdog>

📞 Questions? Contact:

[Martin@mycanineaccomplice.com](mailto:Martin@mycanineaccomplice.com)

**Thursday** Sept 3, 2026  
Starting at 8:30am

## DYNAMIC STRENGTH & COORDINATION

Exercises introduced to build full-body integration, proprioception, and explosive control.

### Controlled Jump-Ups to Stable Platforms

- Low height, strict form, and controlled descent build hind-end power and landing mechanics.
- (Inference based on proprioceptive and progressive overload principles described in sources.)

### Directional Weight-Shift Drills on Wobble Boards

- Luring the head side-to-side forces rapid stabilizer engagement while maintaining balance.
- Builds “in-the-air” control similar to bite-sport catch mechanics.

### Progressive Overload Strength Work

- Increasing difficulty over time (height, instability, duration) stimulates muscle growth and neurological adaptation without tissue damage.

### ABOUT

At My Canine Accomplice, I pride myself on my extensive education in dog training and behavior. My extended team includes individuals with specialized knowledge in canine nutrition, socialization, stability, and working dogs who have completed rigorous coursework and testing. I stay up to date on the latest research and techniques in the industry to ensure that I provide the highest quality care and information to our clients.