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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Resistance Training With Your Dog

By Nick Nilsson

Resistance Training With Your Dog

by: **Nick Nilsson**

Leg raises – if you have a male dog, he's probably already shown you how to do this one.

Pushdowns – one for the overly-enthusiastic dinnertime beggar.

Lunges – when you're trying to grab her for a bath.

<http://www.thebestexercises.com>

or visit

<http://www.fitstep.com>

. You can contact him at

betteru@fitstep.com

or subscribe to BetterU News, his fitness newsletter at

betterunews@fitstep.com

Dog Training Tips

By Fayola Peters

Resistance Training With Your Dog

1. Dog Training Tips – Get your dog's attention
2. Dog Training Tips – Use the correct dog training supplies
3. Dog Training Tips – For safety in vehicles
4. Dog Training Tips – Elimination
5. Dog Training Tips – Praise

Always praise your dog when he learns a new command.

6. Dog Training Tips – Reprimand
7. Dog Training Tips – Play with your dog

This will help in building the bond between you and your dog.

8. Dog Training Tips – Do some dog training everyday

Fayola Peters is the webmaster of

The-Dog-Training-Guide.com

(

<http://www.the-dog-training-guide.com>

)

<http://hop.clickbank.net/?petes2.agkatz>

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