

KRYPTO THE SUPERDOG WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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KRYPTO THE SUPERDOG WORKOUT ROUTINE

Training Volume:

Every Single Day !

Explanation:

Gimli has a schedule that he is very accustomed to now. Regardless of whether or not you'll be running every single day with your dog or just going for walks and progressively getting ready to run with them: expect them to get better over time and become more and more used to your schedule together.

Gimli's Super Dog Workout Routine & Daily Schedule

Morning Upon Waking: Walk and Use The Bathroom.

Dentastix (one) on the LoveSac while he waits for me to drink water and have some caffeine!

Morning Run: 1-3 Miles after waiting and relaxing 20-30 minutes while I get ready to go.

Mid-Day – Evening (Depending on when I break my fast) Sprints and Play Time

During play time this will generally last 20-60+ minutes depending on his mood. He'll always be ready to play, but the heat is also a factor, and sometimes after sprints and games he'll take a break in the shade while I read and then we'll play some more, but other times he's ready to go inside and eat ice cubes and bully sticks!

Resources for Runners or Beginners:

*Below are a list of celebrity and character running workouts to help you out.
Most include a Couch to 5K or 10K Plan!*

[Constance Wu Workout Routine and Diet Plan](#)

[Ewan McGregor Workout Routine and Diet Plan](#)

[Kid Flash Workout Routine and Diet Plan](#)

[Grant Gustin Workout Routine and Diet Plan](#)