

Bootcamp gets ruff

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Nearly a dozen dog enthusiasts were put through a chest-pumping routine of cardiovascular exercise and weightlifting Tuesday at Johnny Carson Park — all while teaching their four-legged friends some discipline of their own.

Billed as the nation's first outdoor fitness program to combine the two activities, Thank Dog Bootcamp was founded in Burbank by dog-trainer-turned-fitness trainer Jill Bowers and her sister, Jamie.

The pair said the workout is designed not only to focus on the body, but also to stimulate the mind and create a soulful bond between pet owners and their dogs.

Dogs and their owners can get a good workout and obedience training at the same time with this innovative approach to getting your exercise while hanging out with your pooch. Click the photo for a gallery of the activities.



Laura Allen and her dog Logan, from Los Angeles, front, participate in the 6 a.m. Thank Dog Bootcamp outdoor fitness program at Johnny Carson Park in Burbank on Tuesday, January 5, 2009. The program combines dog training and fitness training at the same time. (Raul Roa/Leader)

Participants run, lift and take in information on nutrition while learning the best techniques to ensure pet obedience. For example, when owners work strengthening their cores, the dogs are made to stay in their place.

The dogs and humans go through an initial consultation before the first class, and classes are also available in Long Beach, Orange County and Northern California.

For more photos of Thank Dog Bootcamp, visit [www.burbank leader.com/gallery](http://www.burbank.leader.com/gallery). Or, to learn more about Thank Dog Bootcamp, visit www.thankdogbootcamp.com.