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Carpet mill & training.



Dog treadmills, what are they and how to train your Pit Bull to use them?

Using a treadmill is one way to get your dog in shape in all sorts of weather conditions – because you can daily train and exercise them indoors and at home.

Many owners use them only when the weather outside doesn't permit hand walking.

People who show their dogs use treadmills to get their dogs in peak condition before the show.

However, they are mostly used for general exercise.

What is a dog treadmill?

The name speaks for itself here.

A dog treadmill is a treadmill designed to be used by dogs.

There are two primary types of treadmills used:

Motorized *{see electric tread mill on this website}*

Animal powered carpet mill

Pro's and con's.

Both types of treadmills have their good and bad points.

Animal powered treadmills are less expensive and easy to make yourself than electric motorized treadmills.

However the down side is since your dog has to power the carpet homemade treadmill it is harder on their paws – for this you treat their feed daily.

Let's look at the animal homemade carpet powered treadmills first.

These type of mills have been around for over 100 hundred years.

It wasn't that odd to see a dog running a mill back in the early 1900's.

Searching the pit bull sites, pit bull equipment dealers, or pit bull forums might turn up a place where you can get a high quality carpet mill if you opt to buy one.

Carpet mills.

Most Pit Bull owners prefer carpet mills.

They are much quieter, less complicated to operate, easier to maintain, and your dog can get a full 30 minute workout in 5-10 minutes.

Your dog's weight increases the friction of the carpet against the running surface making it a bit harder for them to spin.

When this happens the dog is using more leg power and energy to make the carpet move.

Work outs should be kept very short on carpet mills, especially at the beginning.

Starting with 5-8 minutes at a nice brisk walking pace is recommended.



Teaching your Pit Bull to use the mill.

Below is a step-by-step process for teaching your dog to run/walk on a mill.

Here's a few things to keep in mind before you start:

Keep training sessions short (5 - 10 minutes at a full run if the dog do it themselves – slow down walk and trot as the dog do it themselves.

Cut that time in half for dog that are not in really good shape.

Never leave your dog alone on a treadmill.

Warm up.

Warm them up before putting them on the mill by taking them for a 5-10 minute walk.

Cool down.

Do the same after each workout.

Take them for a 5-10 minute walk until their breathing returns to normal.

Rubdown.

Then rub the dog down after hard work outs.

This helps keep the blood moving and reduces the chance of cramps.

Think about the last time you had a leg cramp.

We don't want that happening to the dog.

Therefore a brisk 5-10 minute rub down works wonders.

The actual steps for training on the mill.

Step One – Introduce your dog to the mill.

Let them get used to the mill being there first.

Even if you have a very confident dog, take this process slow.

Set your mill up and then let your dog notice it.

Watch how they react.

Don't' make a big deal out of it.

If your dog acts scared or cautious (most sound pit bulls will show some caution to a new object in their surroundings) don't sweat it.

Just take them away from the mill without any fan fair.

Go play ball or something.

Do this again and again until the mill becomes just another item in their area.

Like a chair or a couch or some other piece of furniture.

Step Two – Once they are comfortable with the mill being around.

Put them on it.

Do not run them or attach them.

Simply put them on it and praise them.

Take them off the mill and go do something fun.

Like play or do a few obedience sessions.

Again, without making a big deal out of it.

Do this every day until they are completely comfortable being on the mill.

Step Three – Put a harness on them and attach them to the mill.

Do not expect them to understand what to do yet.

So just be patient.

Stand in front of them and call them to you.

Encourage them to move their feet.

If they don't, don't worry.

Stop, praise them, and take them off the mill.

Two things to keep in mind:

Never use a collar to hook them up to the mill.

Try not to bait them.

If you need to bait them in order to get them to run, then fine, but it's a lot easier for you if they figure it out for themselves and want to run on it.

Repeat this process until they start to walk on it.

Notice ... walk and not run.

The idea is to get them completely comfortable with the mill, being on the mill, and once they are used to it, your dog will start to walk on their own.

When they start walking on it, you can encourage them to run by standing in front of them and praising or calling them to you.

Extremely important >> Not every dog will like using the treadmill.

Some will flat out refuse to use it.

In fact, many dogs that are introduced to them wrong get frightened of them.

So take the process very slow.

Your dog liking the mill and wanting to use it is the goal.

Extremely Important >> The steps above may take 48 hours or 48 days. How long it takes depends on how confident your dog is.

Dogs vary in action towards the mill might be quite nervous around new things some are always extremely confident around new things in their environment - some learn things faster.

Your dog will learn at their own pace.

The point is don't rush it and possibly ruin any chance of your dog loving the mill.

First, you don't want to freak your dog out and second, you paid good money for the mill.

Treadmills are an excellent option for getting your Pit Bull in shape.

It is recommended you first do your homework on mills if you want to buy one – some are shit – get the best mill maker with a reputation of their mills.

After all, they are the ones who built them so they would know some tricks on how to make it easier for your dogs to use them.

Know to take it slow and don't expect your dog to be a treadmill superstar the first day it arrives.