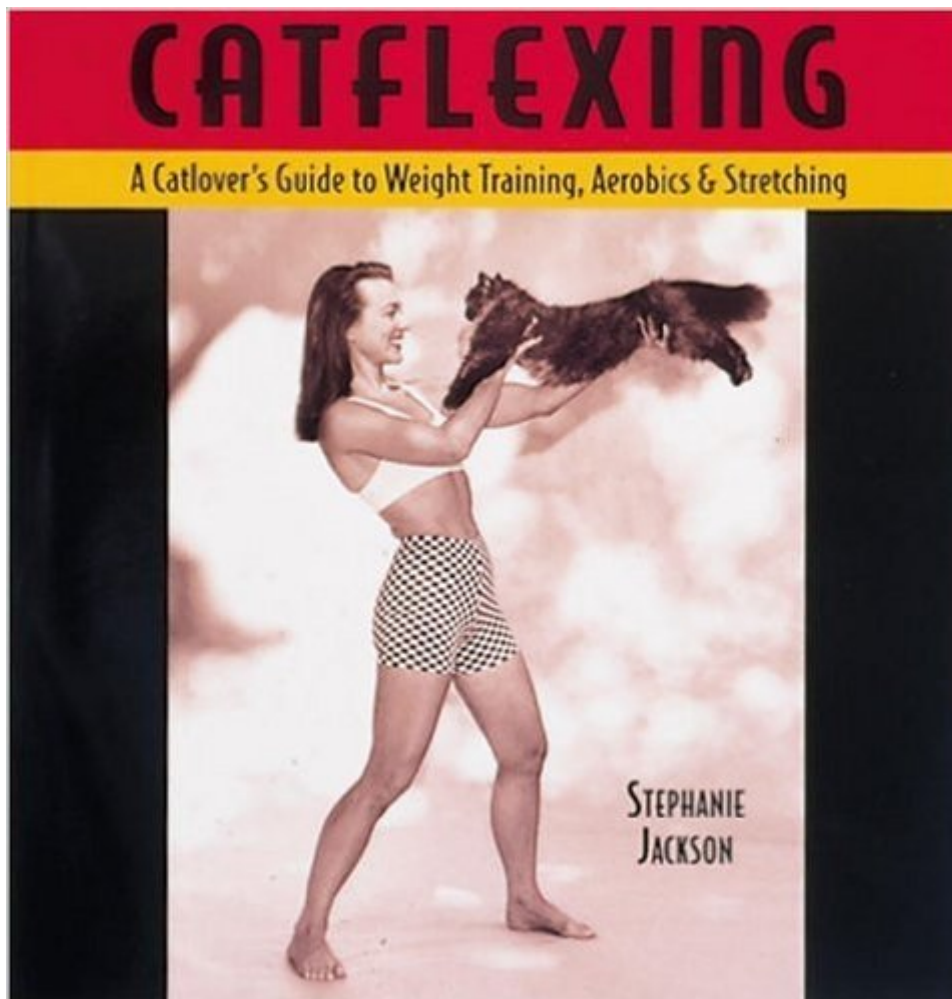


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# Catflexing: The Catlover's Guide To Weight Training, Aerobics And Stretching



## Synopsis

Cat lover and fitness enthusiast Stephanie Jackson presents the Catflexing program, which lets readers use their feline companion to shape, tone, and reduce. Step-by-step photos lead readers through a comprehensive weight lifting program that includes such exercises as the standing catbell, kitty push-ups, and the unfortunate dead cat lift.

## Book Information

Paperback: 112 pages

Publisher: Ten Speed Press (August 1, 1997)

Language: English

ISBN-10: 0898159407

ISBN-13: 978-0898159400

Product Dimensions: 8.9 x 8.5 x 0.3 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #413,535 in Books (See Top 100 in Books) #31 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Cats > Training](#) #5439 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

## Customer Reviews

I have for some time wondered how to combine my two main interests in life, exercise and cats. This book has opened my eyes to a world of possibilities. I can just tell my cat loves it too from his shrieks of delight and good-natured clawing of my hands and face as I attempt to bicep curl him. This has inspired me to follow my own dream of teaching yoga to hippos, and writing a book of my experiences.

You may need to slowly fatten your cat up as you get stronger with these workouts to add some resistance, or get another cat for more of a dumbbell work out, and if the worst happens there is always the "Dead Cat Lift"...

I used to go to the gym a lot but I found that it was keeping me away from my cats...so one day, guilty for not being there for my babies, I decided to bring them with me...soon, I learned of all of the wonderful new exercises I could do with my little buddies that I was not able to do before...consider for instance the fact that you can throw away your kettle weights...and replace them with kitten

weights...kitten weights have far superior grip...instead of you holding onto your kettle weight handles, kitten weights have rather sharp claws that cling tenaciously to you while you swing them over head as you perform your re-pet-kittens at break neck speed...I think I'm ready to move up to heavier weights and plan to incorporate a few of my older tabbies into my workouts starting tomorrow morning...I fully expect that incorporating the tabbies into my routine will be just what I need to finally strengthen my pesky core...it has been my experience that there is no better core workout than trying to hold onto a squirming angry tabby cat while trying to avoid getting scratched in the eyes...well, that's it for now...I'm off to do some cat-a-sthenics....Meow!

Stephanie Jackson has crafted an endearing and informative "tale" that reflects her lifelong love of both cats and fun exercise. The tongue-in-cheek commentary will beguile even the mildest of cat fanciers--and she even includes several little-known pointers about cat nutrition. Even if your cats decide to remain inquisitive spectators, they'll enjoy watching **\*\*you\*\*** play with human toys (i.e., barbells) in their stead. Can't wait to see the video!

I've already tried catflexing, and my cat, Mulder, absolutely loves it! It is actually a good workout, and it is so much more fun than any other workout I've tried. I don't suppose all cats would be up to the strange ways you need to hold them for the exercises, but if your cat doesn't mind, then I would definitely recommend this book!! love this book!

i have always been a lonely womans. cats have kept me company, but a cat can only provide so much friendship. i was quite pleased to find this book, and learn ways to put my animal to a productive use. i am much satisfied with the results. not only have i toned my glutes, but the horrible feline allergy i once had is almost gone, after the first few weeks of scabrous rashes. anywho, if you are a bored women with little purpose left in her life, this book is a great way to fend off death a couple more years.

My caregiver was skeptical, but this book really worked! I can already see some results, and me and my cat Whiskers get to spend fun time together! Thanks a big bunch! Elizabeth Murray.

I am now ripped like a feline.

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