



Connect. Play. Thrive!

2024 Product Catalogue



Table of Contents

PupFit Parts and Bundles

01

Safety Information and Proper Use Practices

05

Getting to Know Your PupFit

09

Exercising with PupFit

15

PupFit Bone and Treats

19

Warranty, Return Policy and Disclaimer

21



Our PupFit Story

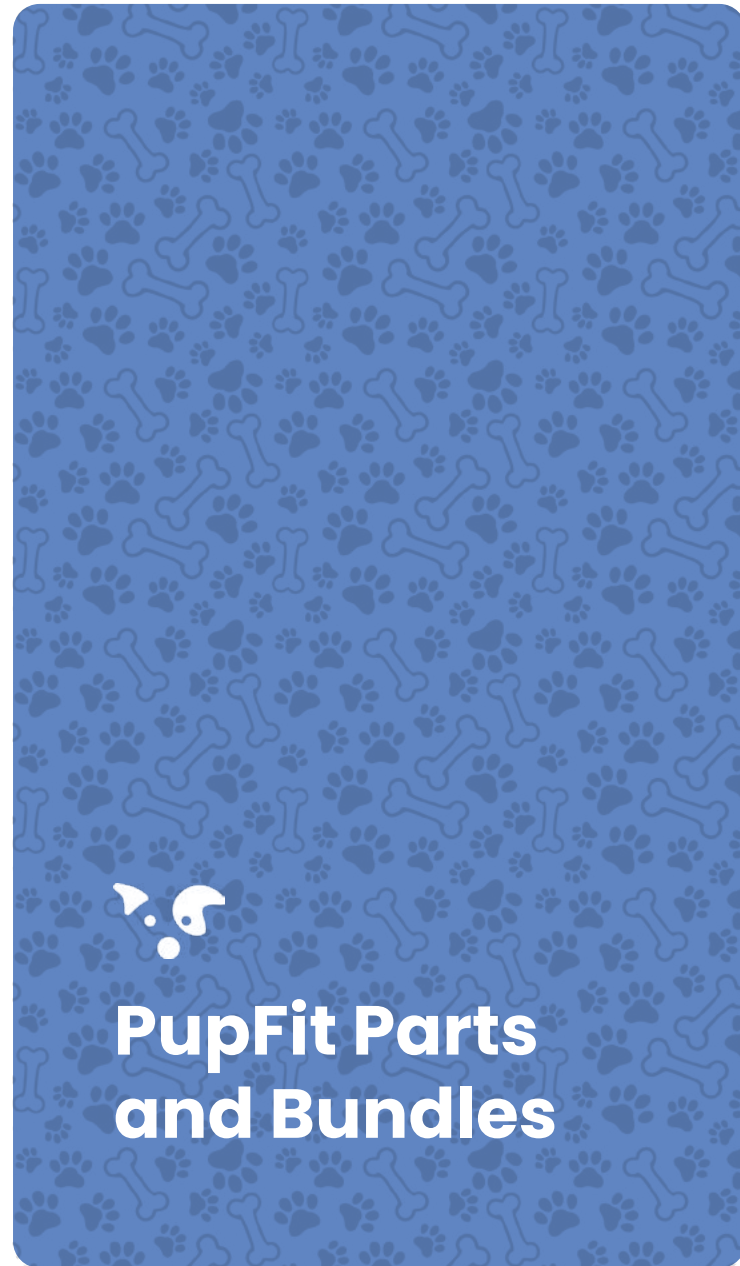
My name is Sean and my life changed the day I adopted my dog Pepper. Having struggled with depression for most of my adult life, I had tried many different ways to break free of it, and continuously failed. I knew I needed something deeper to facilitate a long lasting positive lifestyle change. Pepper's unwavering positivity and infectious energy brought so much joy to my life. It became apparent during our walks that not only was she putting a smile on my face, but on the faces of countless others as well. I realized how powerful this new relationship was, not just for me, but for anyone who may be struggling with depression or increasingly common mental illnesses.

Pepper's personality and high energy inspired an idea that grew into what is now PupFit, a revolutionary dog brand that will change the way people interact with their dogs. She always wanted to play, but to me, it always felt like a task. All of her toys were made for dogs, as opposed to both dogs and their humans. I'd often cut playtime short, leaving her to play with her toys alone, resulting in neglect and the inevitable purchase of a new dog toy.

It became apparent that there are many aspects to the companionship one has with their dog and there is no single product that meets all the needs of such a relationship. So TOGETHER we EMBARKED on a journey to create a product designed for the BOTH of us to enjoy. PupFit is mutually beneficial by encouraging active and engaged play and facilitating an overall stronger and healthier relationship between dogs and their humans.

With applications for play, exercise, training, walking, and nutrition, PupFit offers something that touches every facet of the complex bond people share with their furry companion. Play time shifted from a task to something BOTH of us could get excited about. My life has never been the same since Pepper and PupFit came into the picture and I'm happy to share it with the world! May this have the same effect for you and your furry friend as it has had for us.

Enjoy with love,
Sean and Pepper



PupFit Parts



PupFit Bone



Utility Bungee



PupFit Handle



Safety Lanyard



Short Leash



Medium Leash



Utility Leash



PupFit Bag

PupFit Bundles



PupFit Classic

Parts:

- Utility Leash
- PupFit Handle
- PupFit Bone
- Utility Bungee
- Safety Lanyard

Includes:

- Standard Leash
- Adjustable Length Tug Toy
- Bone Chew Toy
- Collar



PupFit Fitness Bundle

Parts:

- Leashes : Short, Medium, & Utility
- PupFit Handle x 2
- PupFit Bone
- Utility Bungee x 2
- PupFit Carrying Bag
- Safety Lanyard

Includes:

- 20 Tug Toy Variations
- 10 Leash Variations
- 3 Collar Types
- Harness
- Bone Chew Toy
- Carrying Bag
- Multi-Dog PupFit



All-in-one : Collar, Harness and Leash Bundle

Parts:

- Leashes : Short, Medium, & Utility
- Utility Bungee

Includes:

- 10 Leash Variations
- 3 Collar Types
- Harness
- Multi-Dog PupFit



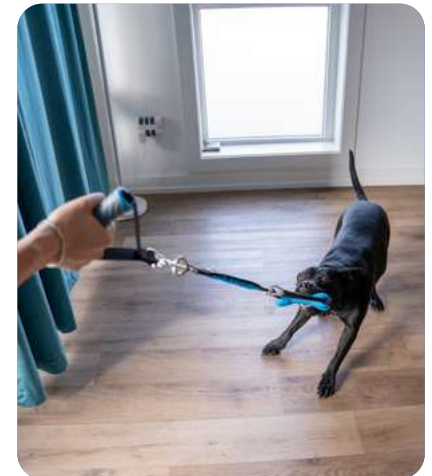



**Safety
Information
and Proper Use
Practices**

General Safety Information and Proper Use

The user must read all safety information and disclaimer before use.

- PupFit should be inspected for any signs of damage and fatigue before each use. If it is damaged, do not use.
- PupFit is only intended for recreational use between you and your pet to engage in safe play, exercise, training, dog walking, and/or running. PupFit is a shared product kit for you and your pet, meaning, neither should be using it in a way that could cause injury to the other. If you find that your pet is too aggressive for you to handle, you must stop use immediately until you understand how to train your pet to use PupFit. Consult a dog trainer if you need to.
- Do not attempt to use PupFit in any other way than is described in this product manual.
- PupFit is not a child's toy.
- ALWAYS use the Safety Lanyard when using the PupFit handle for tug or as a leash handle.
- NEVER pull towards your face during tug play or exercise.
- Components of this kit are never to be left unattended with yours or anyone else's pet. The only exception is the removable bone chew toy and even then you will want to monitor your dog while using it. Although it is durable, it is not indestructible.
- Be cautious not to de-thread the rope when attaching or detaching the clasps to the rope as seen in some configurations pictured in this manual.
- After use, put all components back into the PupFit Bag or somewhere safe for storage. Keep all components out of reach of yours or anyone else's pet when not in use.
- The Utility Bungee is recommended but optional for all tug and leash configurations.



Proper Leash Practices

- Make sure your grip is secured by putting your hand through the leash handle and grabbing both sides of the loop or using the safety lanyard when necessary.
- Do not let the clasps or leash drag on the ground. Failing to do so could damage the silicon covering or scratch the metal clasps.
- Use the Utility Bungee with the hands-free leash to maintain control.
- Utilize the utility bungee as a second handle for any other leash configuration.
- Make sure the collars fit your dog properly. They shouldn't be too loose or too tight. Not all collar types are suitable for all dogs. Use at your discretion.

**Additional leashes may need to be purchased to use some leash variations with the PupFit Harness*



Rope Handle

Adjust the size of the loop to your preference. There should be only a few inches of rope sticking out from the knot. The larger the loop the shorter the leash.

**Additional leashes may need to be purchased to use some leash variations with the PupFit Harness*



PupFit Handle and Safety Lanyard

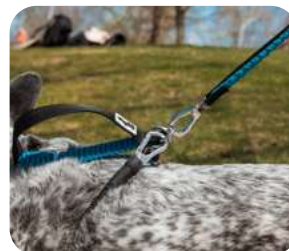
Be sure to properly secure the safety lanyard to your wrist when using the PupFit Handle. The PupFit handle should never be used without the safety lanyard. Do not put your fingers through the bone swivel.

**Refer to pictures for steps on putting the safety lanyard on.*



Easy-Lock Handle

When locking your pup up, make sure to always keep them in eye sight and in a safe area. Never leave them unattended and monitor them regularly when locked up. Do NOT use with choker collar.



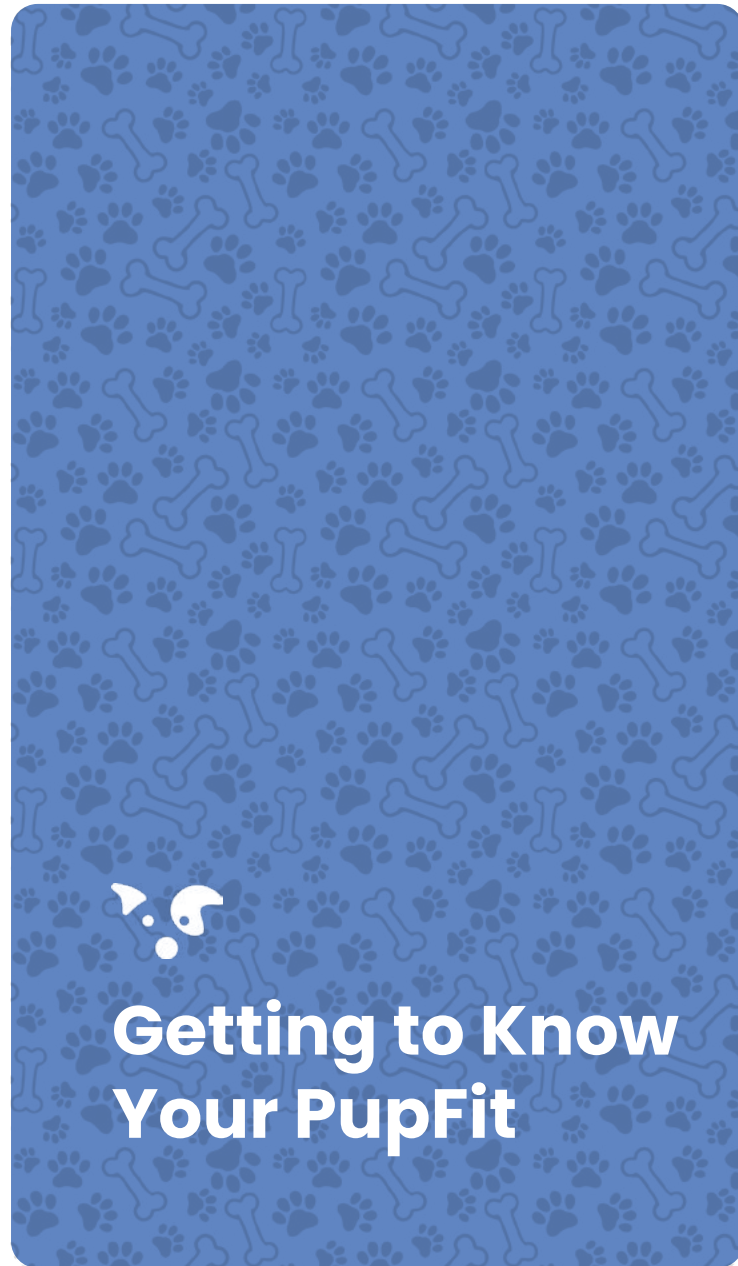
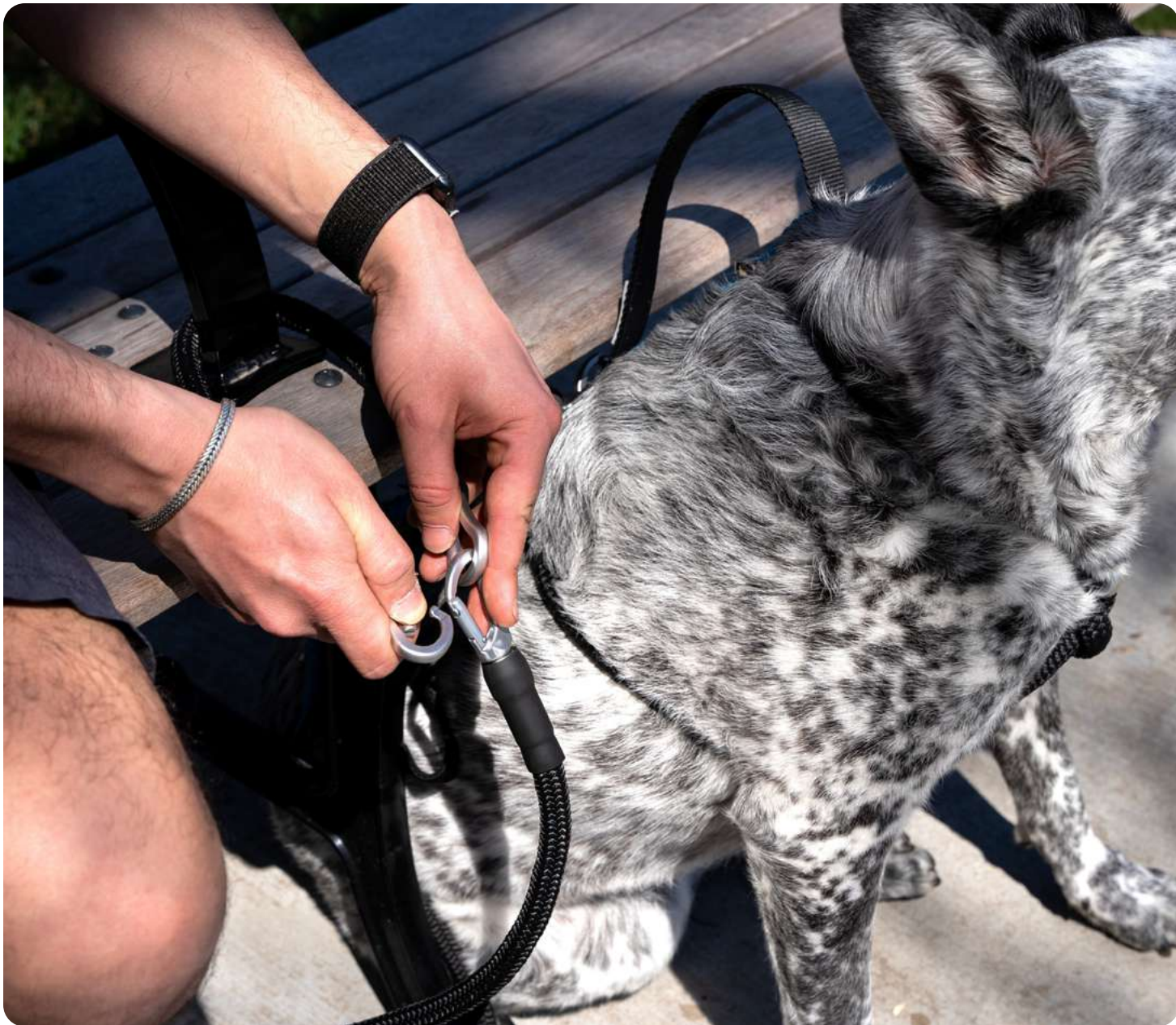
Collar and Harness

Make sure the collar and harness are not too tight or loose to ensure a safe walking experience. Although the harness can be tightened it may not be suitable for all dog types or sizes. Use at your discretion.



Safe Tug of War Practices

- Know you and your pet/pets environment, making sure it is safe to play in.
- ALWAYS use the safety lanyard when playing tug.
- Make sure you and your pet have a mutual understanding of how the game is played to avoid injury and to ensure a mutually beneficial engagement.
- Note what breed and the weight of your dog. This will help you determine what level of play and exercise is acceptable. For example, taller, skinnier dogs, that are more fragile may need extra caution and less resistance. Short stockier dogs with more muscle can be played with a little more aggressively and with greater resistance. Every pet is different and their human must understand their level of safe play before use.
- Set expectations - It is a game of give and take. Let your pup win sometimes.
- Find the tension before the bungee begins to stretch. This will be your base resistance and you can utilize the bungee to increase resistance while performing movements. The bungee should never be at maximum stretch for longer than a few seconds at a time. Keep in mind, the tension you feel is what your dog feels. Start with shorter periods of play and work your way up to longer play periods to prevent injury.
- Tugging should be done with controlled movements, and the manner in which you tug should match the tug variations you are using. For example, when using the shorter tug configurations, you should be seated with shorter movements. The longer tug configurations can be done seated or standing and allow for longer movements.
- NEVER pull towards your face while tugging.
- Make sure you are monitoring your dogs physical well being for the first few weeks to ensure that your level of tug play is safe for them. Never work your dog to the point of exhaustion. You should always be the one calling it quits. If you notice any physical harm and/or drastic changes in your dogs behavior, stop using PupFit immediately and seek medical attention from your most trusted vet, and/or advice from your most trusted dog trainer.
- Keep play and exercise tug sessions to no longer than 15-20 minutes at a time and no more than two sessions a day.
- We recommend that you switch arms every few minutes when using one armed tug variations allowing your dog to win every 30 seconds or so.
- Use caution when playing around other dogs.
- Use your own discretion when allowing children to play and ALWAYS supervise tug sessions.
- If bone is too big or your dog won't grab the bone, they can 'grab' the rope. DO NOT allow your dog to 'chew' on the rope.
- Double up on the utility bungee to increase resistance.



Utility Leash Instructions

Adjust the size of the loop to your preference. There should be only a few inches of rope sticking out from the knot. The larger the loop the shorter the leash.



The Knot



Step 01



Step 02



Step 03

Hands-Free Leash



Step 01



Step 02



Step 03

Closed Two-Leg Tug



Step 01



Step 02



Step 03

PupFit Tug

Arms

One-Arm Tug



Option 1
Short/Medium Tug



Option 2
Adjustable Length Tug

Two-Arm Tug



Option 1
Short/Medium Tug



Option 2
Adjustable Length Tug



Option 3
Sliding Adjustable Length Tug (short / medium leash)

Hands-Free



Option 1
Hands-Free Tug
**Waist or torso*

Legs

One-Leg Tug



Option 1
Adjustable Length Tug

Two-Leg Closed Tug



Option 1
Short/Medium Tug



Option 2
Adjustable Length Tug

Two-Leg Open Tug



Option 1
Short/Medium Tug



Option 2
Sliding Tug (short / medium leash)

Human-Free



Option 1
Human-Free Tug
**Attach to anything sturdy*

PupFit Leash

Standard Leashes



Option 1
Traditional Leash



Option 2
PupFit Handle Leash



Option 3
Easy-Lock Handle Leash



Option 4
Extended Length Leash

Training Leashes



Option 1
No-Stretch Leash



Option 2
Stretch Leash

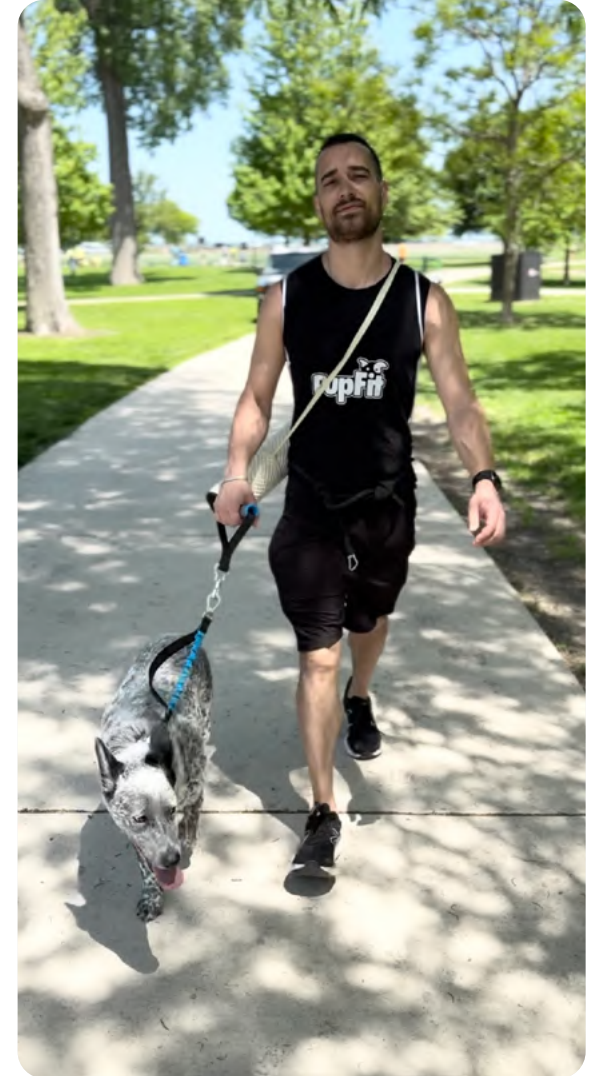


Option 3
Double Attachment Leash
**Front and back harness attachment*

Hands-Free Leash



Option 1
Hands-Free Leash
**Waist or torso*



PupFit Collars and Harness

Collars



Option 1
Fixed Size Collar



Option 2
Choker Collar



Option 2
Easy Fit Choker Collar

Harness Instructions



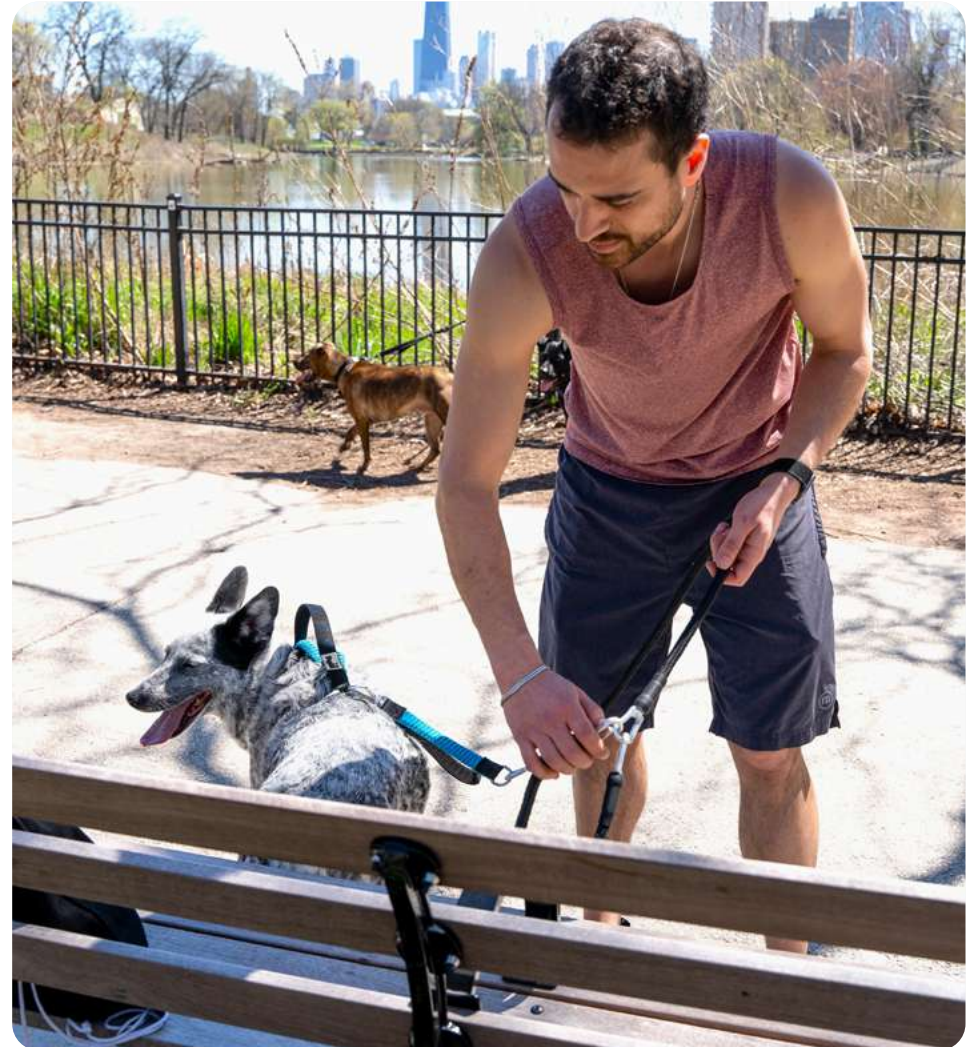
Step 01



Step 02



Step 03
**Tie knot: optional to tighten*



Multi-Dog PupFit

Multi-Dog PupFit

Multi Dog Tug



Option 1
**One-Arm Multi-Dog
Tug**



Option 2
**Two-Arm Multi-Dog
Tug**



Option 3
Dogs Only Tug

Multi-Dog Leashes



Option 1
Traditional Double Leash



Option 2
**Hands-Free Double
Leash**



Option 3
Free-Roam Double Leash
**Back of harness or collar*



Important Safety Information

- When utilizing multiple tug toys at once, whether they are attached to the same handle or separate handles, make sure your pets' are comfortable with each other tugging in close vicinity.
- Make sure to consider any other pets or people in your environment before and during play.
- Use caution when playing around other dogs.



One-Arm Tug Exercises



Adjustable Length Tug

Shoulder complex flex/extension exercises

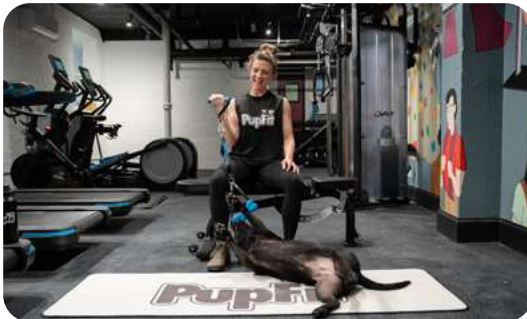
- Back
- Shoulder
- Chest



Medium Tug

Standing elbow flex/extension exercises

- Shoulder
- Bicep
- Tricep



Short Tug

Seated elbow flex/extension exercises

- Forearms
- Bicep
- Tricep

Two-Arm Tug Exercises



Short and Medium Tug

Kenpo

- Chest
- Core
- Back



Adjustable Length Tug

Standing two-arm extension exercises

- Shoulder Complex
- Core
- Biceps/Triceps



Sliding Adjustable Length Tug

Alternate Rowing exercises

- Shoulder Complex
- Core
- Biceps/Triceps

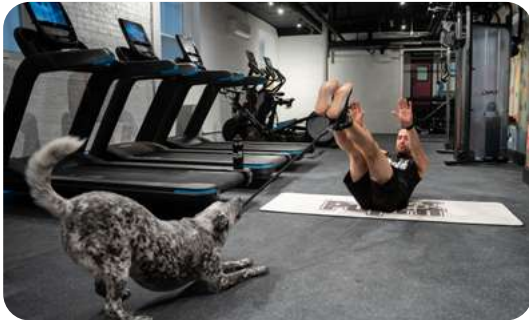
Leg Tug Exercises



Adjustable Length One-Legged Tug

Hip stabilization and balance exercises

- Hip Rotators
- Hip Extensors/Flexors
- Quads/Glutes



Closed Two-Legged Tug

Core Exercises

- Obliques
- Rectus Abdominus
- Hip Flexors



Sliding Two-Legged Tug

Core Exercises

- Obliques
- Upper and Lower Abs
- Hip Flexors

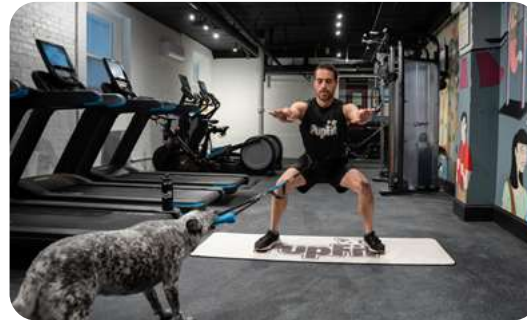
Hands-Free Tug Exercises



Hands-Free Tug

Planks

- Core



Hands-Free Tug

Squats

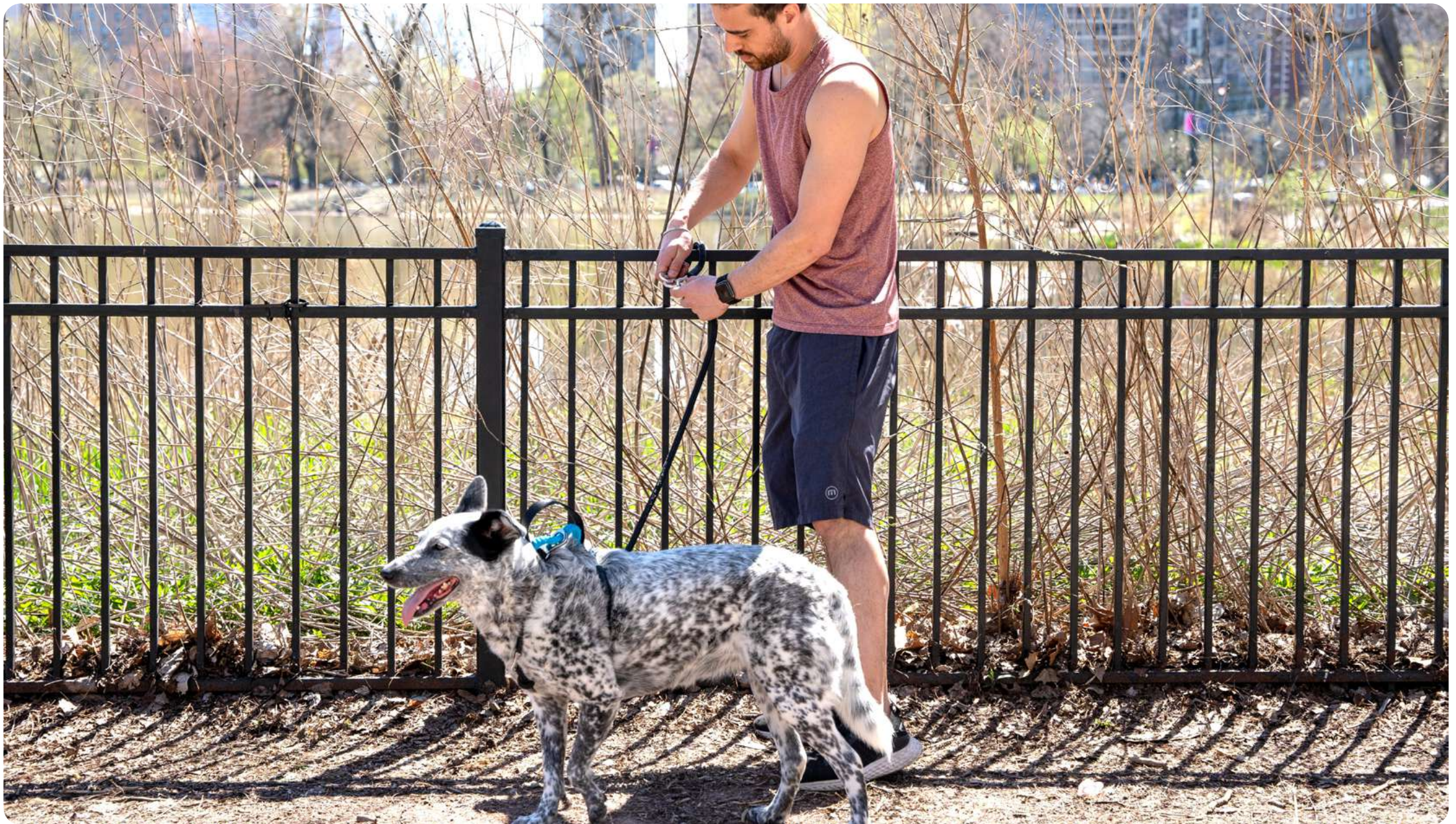
- Total Legs



Hands-Free Tug

Pull-Ups

- Back
- Core





PupFit Bone and Treats

The PupFit Bone's unique design allows for stuffing all of your pups favorite treats. Because Pepper and I do everything together I thought why not eat together too? I love to make wellness shots and rather than wasting the byproducts, I use them to create our very own treats, PupDough. Freeze it or bake it, either way, its great for stuffing the PupFit bone. Please enjoy our recipes.

**Approximately two weeks supplle per batch.*



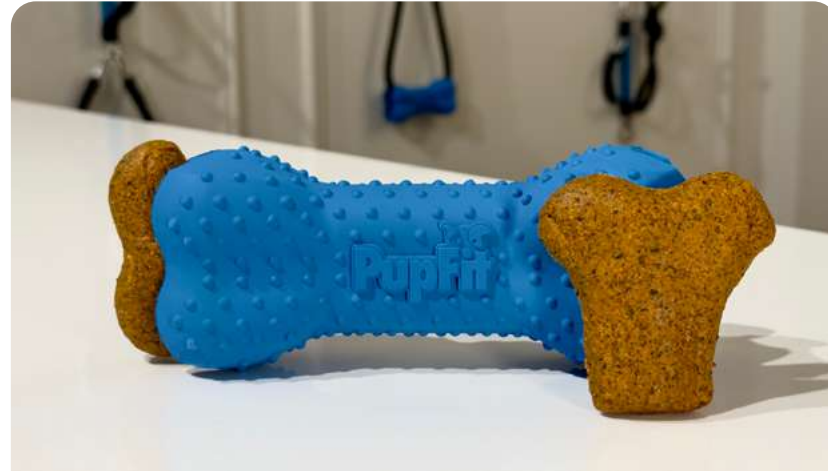
Wellness Shots

Juice the following ingredients and add 3 tablespoons apple cider vinegar (optional - for preservation)

- 8oz ginger
- 6oz turmeric root
- 2 large lemons
- 2 lbs carrots, celery, or beets (or combination)

**Needs to yield two cups juice.*

- Strain and enjoy 2oz's a day
- Add 1 tsp ground black pepper
- Add a pinch of Celtic or Himalayan salt
- Add 1/2 tsp cayenne pepper (optional)



PupDough

- Dehydrate fruit pulp at no higher than 195 degrees for upto 8 hours
- Blend into a fine powder
- Mix equal parts dry roasted peanut butter with powdered fruit pulp blend. **Note that turmeric can cause stains, dehydrate separately and add a small portion to fruit pulp blend to minimize stains*
- Frozen
- Stuff the ends of the bone with PupDough and put in the freezer for atleast 6 hours. **PupDough treat mold coming soon!*
- Baked
- Mix in a couple table spoons of honey to your PupDough and bake at 155 degrees for about an hour or until firm. **PupDough treat mold coming soon!*

Warranty and Return Policy

The user must read and understand these instructions and the warranty before using PupFit.

Warranty

We at PupFit are committed to providing durable and high-quality products designed to bring joy and entertainment to you and your furry friend. Each product is crafted with care and undergoes stringent quality control measures to ensure it meets our standards. We offer a limited warranty on all our items, covering manufacturing defects and faults in materials for a period of 60 days from the date of purchase. This warranty does not cover damages resulting from misuse, poor maintenance, or normal wear and tear. If you discover any manufacturing defects or faults in materials during the warranty period, please contact our customer service team at <https://getpupfit.com/>. We will be happy to replace the defective product with a new one or provide a refund, at our discretion, upon inspection and verification of the issue.

Return Policy

We want you and your dog to be completely satisfied with your purchase from PupFit. If for any reason you are not satisfied with your dog toy, you may return it within 7 days of purchase for a refund or exchange.

To initiate a return, please follow these steps:

1. Contact our customer service team at <https://getpupfit.com/> to request a return authorization.
2. Pack the item securely in its original packaging (if available) along with proof of purchase.
3. Ship the item back to us at the address provided by our customer service team.

Please note the following conditions for returns:

- The item must be unused, in its original condition, and returned in its original packaging (if available).
- Returns made within the specified return period will be eligible for a refund or exchange. Returns received after this period may not be accepted.
- Shipping costs for returning the item are the responsibility of the customer, unless the return is due to a manufacturing defect or error on our part.

Once we receive the returned item and verify its condition, we will process your refund or exchange accordingly. Refunds will be issued to the original method of payment within 30 days of receiving the returned item. If you have any questions or concerns about our warranty or return policy, please don't hesitate to contact us. We are here to assist you and ensure your satisfaction with our products. PupFit reserves the right to update or modify this warranty and return policy at any time without prior notice.

Disclaimer

In no event shall PupFit LLC be liable for any direct, indirect, punitive, incidental, special, or consequential damages whatsoever arising out of or connected with the use or misuse of any PupFit product purchased herein. You agree and acknowledge that any product purchased should be used at your own risk and you should assess the risks individual to you and your pet before purchasing any product or using any product with or on your pet. You agree that in the event that PupFit LLC is deemed liable for any harm caused, the amount which it shall be liable to you shall be limited to the cost of the product. In no event should you allow your pet to use any component of this product unattended or without your supervision, nor should you leave any children unattended in the presence of this product, especially in the presence of yours or anyone else's pet.

Safe and proper use of PupFit is the sole responsibility of the user. Therefore, PupFit, LLC is not liable for any injury sustained to the user or their pet from misuse of this product. If you do not understand how to use this product properly then you should consult a dog trainer before use. It is also the sole responsibility of the user to understand and know the limits of themselves and their pet while using PupFit, meaning you should be monitoring how you and your pet are responding to play, exercise and any other way you choose to use PupFit. If a pet sustains injury, it is the fault of the user and not of PupFit, LLC. Therefore, PupFit limits its warranty to the repair or replacement of defective products and any damage sustained to your home, your property, or any person or pet is excluded.

Review all warnings, instructions, and warranty information carefully. Failure to follow these warnings and instructions will void the warranty.

Email getpupfithelp@getpupfit.com or visit <https://getpupfit.com/> if you have any questions regarding the use or configurations of PupFit.

