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# How to Exercise Your Human: A cat's purrrsonal training guide to a healthy homosapien

Robert W. Moore

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**Robert W. Moore : How to Exercise Your Human: A cat's purrrsonal training guide to a healthy homosapien** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Exercise Your Human: A cat's purrrsonal training guide to a healthy homosapien:

1 of 1 people found the following review helpful. A Cat's Guide To Training Their Homosapien By Robert I. Hedges Written from the purrspective of Shorty and Kodi, stars of "The ShoKo Show," this book helps cats design and implement a training program to achieve world domination...no...wait...to achieve a healthy human. Yeah, that's it. With the help of their personal human Robert W. Moore, a personal trainer and animal activist, Shorty and Kodi show cats everywhere how to get their humans warmed up. motivated, and to get in shape with (or without) assistance from their feline overseers. with exercises like "Drop-me-and-you're Deadlift" and "Stalking-Cat Plank" the humans will be fit in no time, all for the greater benefit of the feline-industrial complex. I do love cats, and this is a very amusing effort. Animal lovers anywhere will be able to appreciate this book. I enjoyed it so much I'm off to do my daily reps of "The Catling Gun" and the "Dog-in-the-Snow Plank." 6 of 6 people found the following review helpful. Love Shorty and Kodi By L. Catt I have followed the ShoKo videos on YouTube for quite a while now. These cats are remarkable, and their human Robert Moore is very talented in every aspect of creating the videos. This book is supposedly written by the cats. Love it. 8 of 9 people found the following review helpful. Buy It ... You'll Like It. By PlayhousePals The ShoKo Show is one of my favorite YouTube Channels. This delightful book accurately captures the creative and

entertaining way Rob has with his videos. Though it doesn't hurt to have immensely talented subject matters like Shorty and Kodi, it takes a creative mind and fine tuned "chops" to pull it all together. This book will make any cat lover purr with appreciation. And who couldn't use a bit of exercise to offset the adverse effects from the additional caloric intake generally associate with the holiday season, hmmm?

Shorty Kodi, the famous feline stars of The ShoKo Show on YouTube, bring you their first gift book based on their viral video, How to Exercise With Your Cats! There is an "epurrdemic" of human laziness out there and if cats want to remain in the worry-free lifestyle they've grown accustomed to, they have to intervene. With the help of their human, these two "Purrsonal Trainers" demonstrate how to keep people in shape so that cats never have to lift a paw.

About the AuthorThe winner of the 2014 Golden Kitty People's Choice Award at the Internet Cat Film Festival, Robert W. Moore and his cats, Shorty and Kodi (ShoKo), have garnered 50 million views on YouTube and 1 million fans on Facebook. A portion of the profits from their many ventures including books, videos and apparel go to supporting animal shelters, sanctuaries and defense campaigns around the world. For more information, visit them at [www.ShortyandKodi.com](http://www.ShortyandKodi.com).