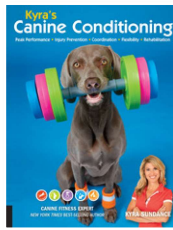




CANINE CONDITIONING FITNESS TITLE



Every checkbox must be checked.

CANINE CONDITIONING FITNESS 1 (CCF1)					
	SKILL	UNDERSTANDS	PARTICIPATES	CHALLENGES	IMPROVES
FLEXIBILITY	Passive Range of Motion (if dog permits)				
	Static Stretch: Front Limbs (if dog permits)				
	Static Stretch: Hind Limbs (if dog permits)				
BALANCE	Paws up on a Pedestal				
	Paws up on Balance Disc				
STABILITY	Fit Bones				
	Treadmill				
COORDINATION	Scattered Sticks				
	Walk Line of Platforms				
	Targeting: Nose-Touch Your Hand				
STRENGTH	Rainbow Ladder				
	Crawl Tunnel				
	Bar Jump				
	Hoop Jump				
	Wall Stand				

CANINE CONDITIONING FITNESS 2 (CCF2)					
	SKILL	UNDERSTANDS	PARTICIPATES	CHALLENGES	IMPROVES
FLEXIBILITY	Dynamic Stretch: Neck, Lying				
	Dynamic Stretch: Neck and Spine				
	Dynamic Stretch: Shoulder Dip				
BALANCE	Paws up on Wobble Board				
	Stand on a Peanut				
STABILITY	Balance Beam				
	Weight Pull				
COORDINATION	Targeting: Touch Pad				
	Cavalettis				
	Tight Circle				
STRENGTH	Rainbow Ladder: Front Paws Only				
	Neck: Push a Carpet Roll				
	Paws Up on My Arm				
	Localized Landing Platform Jump				
	Tug				

CANINE CONDITIONING FITNESS 3 (CCF3)					
	SKILL	UNDERSTANDS	PARTICIPATES	CHALLENGES	IMPROVES
FLEXIBILITY	Dynamic Stretch: Spine				
	Dynamic Stretch: Bow				
BALANCE	2-on/2-off Peanut				
	Stacking Pods				
STABILITY	Hydrotherapy				
	Cavalettis: Irregular				
COORDINATION	Barrel Roll				
	Back-up Chute				
	Side-Step Drill				
STRENGTH	Rainbow Ladder: Back Paws Only				
	Neck: Push a Fit Ball				
	Sit up High				
	Roll Over (if dog permits)				
	Assisted Upright Walking				

CANINE CONDITIONING FITNESS 4 (CCF4)					
	SKILL	UNDERSTANDS	PARTICIPATES	CHALLENGES	IMPROVES
FLEXIBILITY	2-on/2-off off Extreme Bow				
	Slant Board Swimmer's Turn				
BALANCE	Moon Bounce Peanuts				
	Teeter-Totter				
STABILITY	Balance on a Block				
	Scootering				
COORDINATION	Rear Leg Hike				
	Barrel Roll: 4 Feet				
	Side-Step Drill: Ball/Disc				
STRENGTH	Balance Beam: Double Rail				
	Rainbow Ladder: Step Backward				
	2-on/2-off Pull Back on				
	Handstand				
	Paw Swipe at Muzzle				

DOG INFO:

Dog Owner: _____

Dog's Full or Registered Name: _____

Dog's Call Name: _____

Breed: _____

Mailing Address: _____

City/State/Zip: _____

Email: _____

Date the last skill was performed: _____

CERTIFIED CANINE CONDITIONING FITNESS COACH (CCFC):

Julie Michaud, CCFC

Your CCFC coach or Facebook Spark team

Please have a staff CCFC coach evaluate my video (\$20 additional)

SUBMIT APPLICATION:

Julie Michaud, CCFC
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