



CANINE CONDITIONING FITNESS (CCF) TITLE

INSTRUCTIONS: There are four CCF title levels. **Earn each title by demonstrating all of the listed skills, live or by video, for a Canine Conditioning Fitness Coach (CCFC).** Dog is evaluated that he understands the exercise, actively participates, challenges himself, and improves. If a particular skill is unfeasible due to physical or behavioral difficulties, the coach may specify a substitution.

Not sure what an exercise is? Reference the book or our free online fit-tionary:
domorewithyourdog.com



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):

Your CCFC coach or Facebook Spark team (coach will be contacted)

☐ Please have a staff CCFC coach evaluate my video (USD\$10 additional)

SUBMIT APPLICATION:

Online: domorewithyourdog.com

Mail: Do More With Your Dog!®
40089 98th St. West
Leona Valley, CA 93551

Tel/Text/WhatsApp: (661) 803-5829

Email: application@domorewithyourdog.com



APPLICATION FEE: USD\$24 (certificate & medal options: see online)

☐ Credit Card or PayPal: domorewithyourdog.com

☐ Check (U.S. only): payable to: Do More With Your Dog!

Every checkbox must be checked.

CANINE CONDITIONING FITNESS 1 (CCF1)

	SKILL	UNDERSTANDS	PARTICIPATES	CHALLENGES	IMPROVES
FLEXIBILITY	Passive Range of Motion (optional, if dog permits)				
	Static Stretch: Front Limbs (optional, if dog permits)				
	Static Stretch: Hind Limbs (optional, if dog permits)				
BALANCE	Paws up on a Pedestal				
	Paws up on Balance Disc				
	Fit Bones				
COORDINATION	Treadmill				
	Scattered Sticks				
	Walk Line of Platforms				
STRENGTH	Targeting: Nose-Touch Your Hand				
	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				
	Balance Beam				
COORDINATION	Weight Pull				
	Targeting: Touch Pad				
	Cavalettis				
STRENGTH	Tight Circle				
	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				
	2-on/2-off Peanut				
BALANCE	Stacking Pods				
	Hydrotherapy (or substitution)				
	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 (optional, 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				
	Moon Bounce Peanuts				
BALANCE	Teeter-Totter				
	Balance on a Block				
	Scooting (or substitution)				
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				



Earn Your Medals!

Three Simple Steps to Earn Your Canine Conditioning Fitness Title:

1. Practice Level 1 exercises with your dog. See video of each exercise in our online Fit-tionary: domorewithyourdog.com
2. Show your exercises to a Canine Conditioning Fitness Coach (CCFC). Live, or via pre-recorded video in our free Facebook Spark Team. Find a coach at domorewithyourdog.com under menu "Certified Evaluators".
3. Pay/submit your application. Submit online at domorewithyourdog.com. Your dog just earned their first fitness title!



MASTERC LASS *Online Courses*

Want More Instruction?

Learn the right way to practice canine conditioning with online, self-paced, step-by-step video curriculum presented by canine fitness expert, Kyra Sundance.



Four course levels are geared toward teaching you the skills to earn your titles, or to becoming certified as a Canine Conditioning Fitness Coach. Includes workbook and gift pack. Payment plans USD\$42/mo.



Free course preview:

Learn.DoMoreWithYourDog.com

Earn your title in

CANINE CONDITIONING FITNESS



Do More With Your Dog!® is the official sanctioning body for Canine Fitness.

DoMoreWithYourDog.com

