



CANINE CONDITIONING FITNESS TITLE



INSTRUCTIONS: There are four CCF title levels. **Earn each title by demonstrating all of the listed skills for a certified Canine Conditioning Fitness Coach (CCFC).** Skills are explained in Kyra's *Canine Conditioning* book. Dog is evaluated that he understands the exercise, actively participates, challenges himself, and improves. The CCF title is not awarded because a dog is a great athlete; it is awarded because a dog tries. The CCF title is awarded to the dog only; any handler may work the dog. If a particular skill is unfeasible due to physical or behavioral difficulties, the coach may specify a substitution. Video submissions are accepted through our Facebook Spark teams or by our staff CCFC. Submit this form via mail, fax, or online. Your coach will be contacted for verification.

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

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

SUBMIT APPLICATION:

Online: <http://shop.domorewithyourdog.com>

Mail: Do More With Your Dog!®
44503 16th St. W. Suite 101
Lancaster, CA 93534

Fax: (206) 600-6852 Tel: (661) 942-2429

Email: application@domorewithyourdog.com



APPLICATION FEE (includes certificate & medal): **\$25** plus \$5 shipping

☐ Credit Card or PayPal: <http://shop.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 (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				
	2-on/2-off Peanut				
BALANCE	Stacking Pools				
	Hydrotherapy				
STABILITY	Cavalettis: Irregular				
	Barrel Roll				
COORDINATION	Back-up Chute				
	Side-Step Drill				
	Rainbow Ladder: Back Paws Only				
STRENGTH	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				
	Scooting				
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!

Canine Conditioning Fitness is practiced in pursuit of peak performance, injury prevention, coordination, flexibility, and rehabilitation.

Earn your Canine Conditioning Fitness title and performance medal by demonstrating skills in the five fitness components for a certified Canine Conditioning Fitness Coach (CCFC). Video submissions accepted. Four title levels to achieve. Find a CCFC coach or free Facebook Spark team at: **DoMoreWithYourDog.com**



MASTER CLASS *Online Courses*

Want help getting started?

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. Level 1 course includes free kit shown here. \$149/\$115



Free course preview:
Learn.DoMoreWithYourDog.com

Earn your title in

CANINE CONDITIONING FITNESS



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

