



Clean Run Exercise Sourcebook (Intermediate & Advanced Jumping, Weaving, and Contact Exercises, 231 exercises)

Compiled by Pamela Green

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Have you gone out to the back yard with the few agility obstacles you have available and realized that you didn't have any more ideas? Are you an agility instructor and need a resource to quickly find exercises at multiple levels? As home trainers, we know what we need to train, but few of us have the time or inclination to design our own agility training sequences. As instructors, we sometimes just need a little help. The Clean Run Exercise Sourcebook has been designed with you in mind. The exercises were developed by top agility handlers, trainers, and instructors and have appeared in Clean Run magazine over the years. They've been organized in the book into three sections -- jumping, weaving, and contacts -- each with sequences at both intermediate and advanced levels. All 231 exercises included in this book will fit within a 60' x 80' training area. 96 pages.

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