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Pamela Green

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(Pdf free) Clean Run Exercise Sourcebook: Intermediate,Advanced,Jumping,Weaving and Contacts

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Pamela Green : Clean Run Exercise Sourcebook: Intermediate,Advanced,Jumping,Weaving and Contacts
before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Run Exercise Sourcebook: Intermediate,Advanced,Jumping,Weaving and Contacts:

Subtitle: Intermediate Advanced Jumping, Weaving, and Contact Exercises Compiled By: Pamela Green Format: Soft cover, wire-o Length: 96 pages Release Date: 2003 Have you gone out to the backyard 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 at-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 into three sections-jumping, weaving, and contacts-each with sequences at both intermediate and advanced levels. All 300 exercises included in this book will fit within a 60' x 80' training area.