

BRONZE LEVEL WORKBOOK & ROUTINE CHECKLIST

FLEXBLOXING BY FLEXINESS



FLEXBLOXING®
CANINE FITNESS CHALLENGE

BRONZE LEVEL WORKBOOK

ROUTINES



VIDEOS

SCAN THE QR CODE TO ACCESS THE VIDEOS.



CHAMPION

IN ORDER TO BECOME A CERTIFIED FLEXBLOX CHAMPION, THE FOLLOWING REQUIREMENTS MUST BE MET:

- Attendance of the respective workshop or participation in the online course.
- There you will learn the required routines/choreos that need to be learned, permitted equipment and what is taken into account during the exam.
- For multi-dog owners, of course, this only needs to be done once per level.
- You determine the duration of the training phase yourself.
- Registration for the examination (Dog has to be 12 month or older).

You can only register for a title examination if the above points are fulfilled.
The series of levels must also be adhered to.

EXAMINATION

- The examination takes place either live in our studio, live online via Zoom or via submitted video.
- Routines have to be made on Flexiness®FlexBlox equipment.
- Between the routines there will be pauses.
- Acceptance/testing is carried out by a certified FlexBlox expert.

TITLE

If you passed you will receive a certificate (PDF & printout) and a medal after the title has been awarded.

BRONZE LEVEL WORKBOOK

ROUTINE 1

front up / BACK UP

.....

.....



1

FRONTUP
HOLD POSITION
15 SECONDS



BACKWARDS
BACKUP



REARUP
HOLD POSITION
15 SECONDS



BRONZE LEVEL WORKBOOK

ROUTINE 1

front up / BACK UP



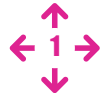
ROUTINE

- FRONT UP - 15 SECONDS
- BACKWARDS
- BACK UP - 15 SECONDS

REPEATITIONS



DIRECTIONS



CHALLENGE

- HOLDING THE POSITION FOR 15 SECONDS WITHOUT MOVING
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 1

DOG:

DATE:



FRONT UP



NOTES

BEHAVIOUR / CUE

☐☐☐☐☐

POSTURE

☐☐☐☐☐

DURATION

☐☐☐☐☐

HANDLING

☐☐☐☐☐☐☐☐☐☐

IN TOTAL

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BACKWARDS



NOTES

BEHAVIOUR / CUE

☐☐☐☐☐

POSTURE

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DURATION

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HANDLING

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IN TOTAL

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BACKUP



NOTES

BEHAVIOUR / CUE

☐☐☐☐☐

POSTURE

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DURATION

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HANDLING

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IN TOTAL

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BRONZE LEVEL WORKBOOK

ROUTINE 1



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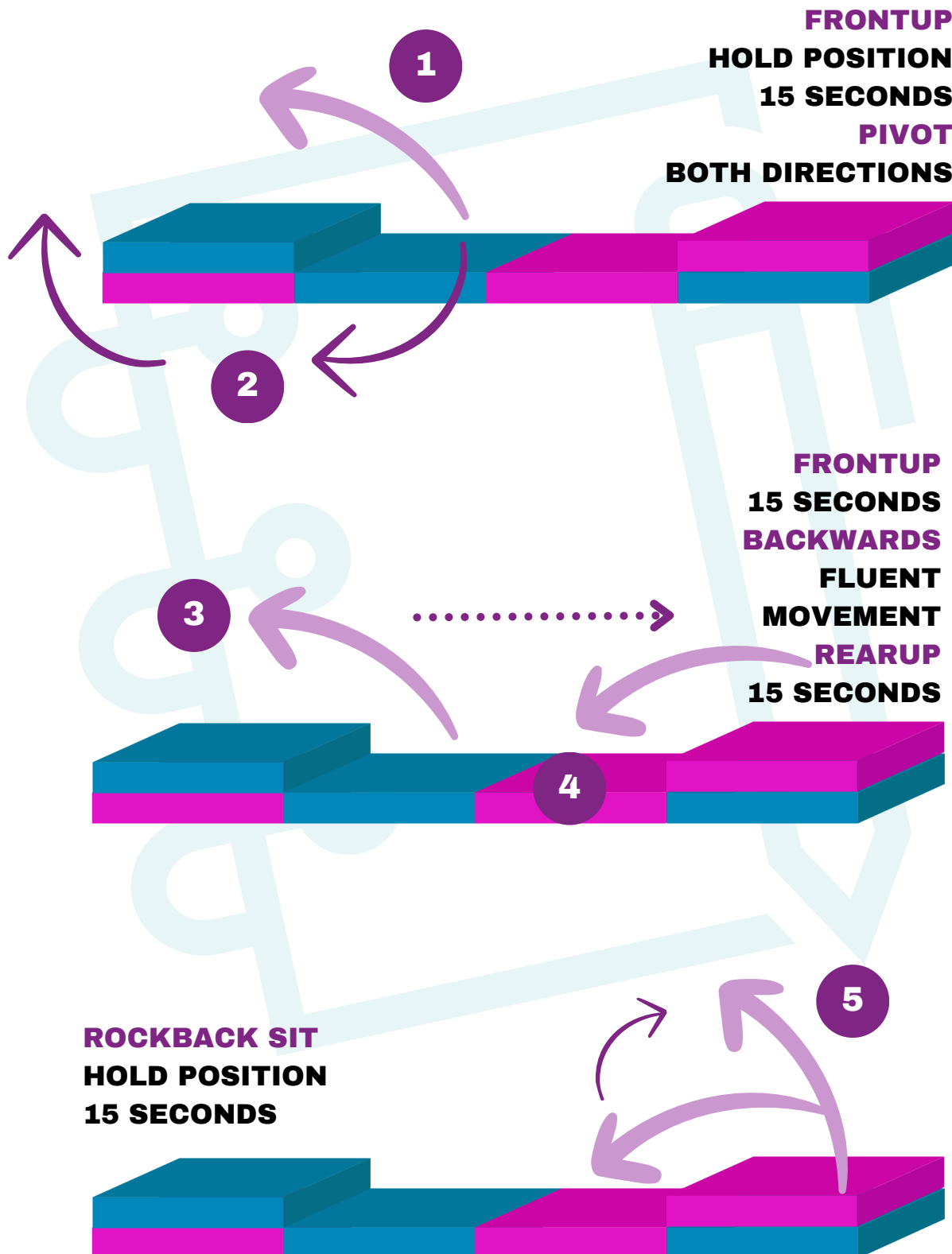
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A large grid of dots for sketching, with a faint, light blue watermark of a dog's head and neck overlaid diagonally across the center.

BRONZE LEVEL WORKBOOK

ROUTINE 2

front up / pivot / rear up / sit



BRONZE LEVEL WORKBOOK

ROUTINE 2

front up / pivot / rear up / sit



ROUTINE

- FRONT UP - 15 SECONDS
- PIVOT 360° (BOTH DIRECTIONS)
- REAR UP - 15 SECONDS
- ROCKBACK SIT - 15 SECONDS

REPEATITIONS

DIRECTIONS

CHALLENGE

- HOLDING THE POSITION FOR 15 SECONDS WITHOUT MOVING
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 2

DOG:

DATE:



FRONT UP	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BACKWARDS	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BACKUP	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
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IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL CHECKLIST

ROUTINE 2

DOG:

DATE:



PIVOT LEFT



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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PIVOT RIGHT



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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ROCKBACK SIT



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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BRONZE LEVEL WORKBOOK

ROUTINE 2



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BRONZE LEVEL WORKBOOK

ROUTINE 3

FRONT UP / REAR TAP



1

FRONTUP
HOLD POSITION
5 SECONDS



TAP DOWN LEFT
ONE PAW
HOLD 5 SECONDS
TAP BACK UP LEFT
ONE PAW
HOLD 5 SECONDS



2

3

TAP DOWN RIGH
ONE PAW
HOLD 5 SECONDS
TAP BACK UP RIGH
ONE PAW
HOLD 5 SECONDS



5

BRONZE LEVEL WORKBOOK

ROUTINE 3

FRONT UP / REAR TAP



ROUTINE

- FRONT UP - 5 SECONDS
- TAP DOWN LEFT (ONE PAW) - 5 SECONDS THEN TAP BACK UP
- FRONT UP - 5 SECONDS
- TAP DOWN RIGHT (ONE PAW) - 5 SECONDS THEN TAP BACK UP

REPEATITIONS

DIRECTIONS

CHALLENGE

- HOLDING EACH POSITION FOR 5 SECONDS WITHOUT MOVING
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 3

DOG:

DATE:



FRONT UP



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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TAP RIGHT



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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TAP LEFT



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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BRONZE LEVEL WORKBOOK

ROUTINE 3



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A large grid of dots for sketching, with a faint, light blue watermark of a dog's silhouette overlaid diagonally across the center.

BRONZE LEVEL WORKBOOK

ROUTINE 4

SIDESTEP & PIVOT - 2 DIRECTIONS



FRONTUP

HOLD 5 SECONDS

SIDESTEP

FRONT/REAR ON ONE LEVEL

STAND

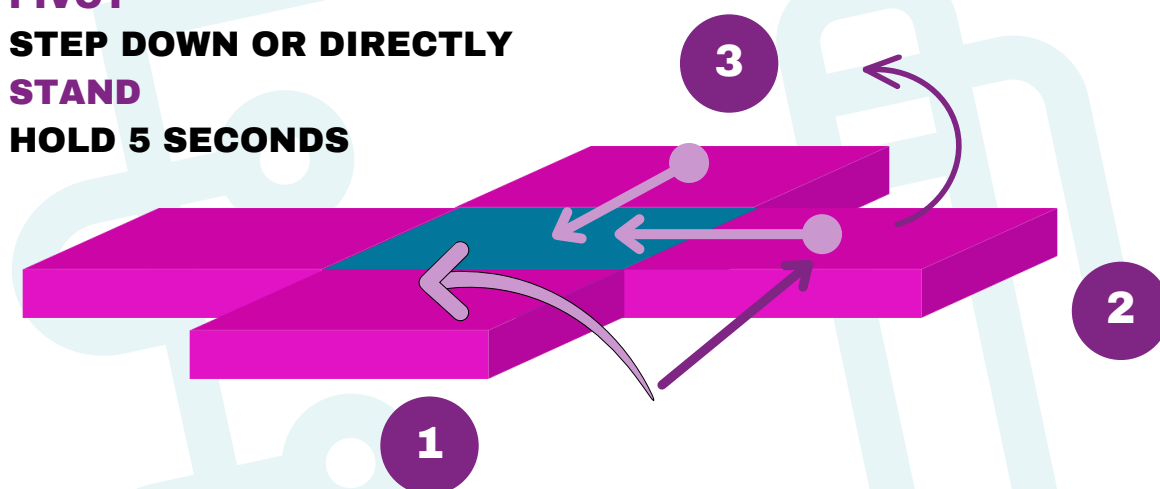
HOLD 5 SECONDS

PIVOT

STEP DOWN OR DIRECTLY

STAND

HOLD 5 SECONDS



PIVOT
STEP DOWN OR DIRECTLY

STAND

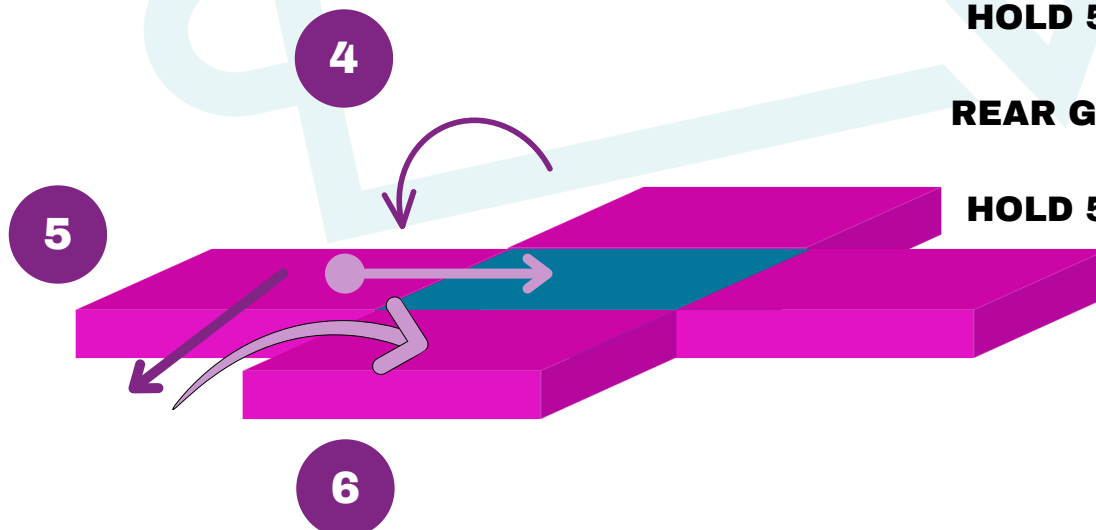
HOLD 5 SECONDS

SIDESTEP

REAR GOES DOWN

FRONTUP

HOLD 5 SECONDS

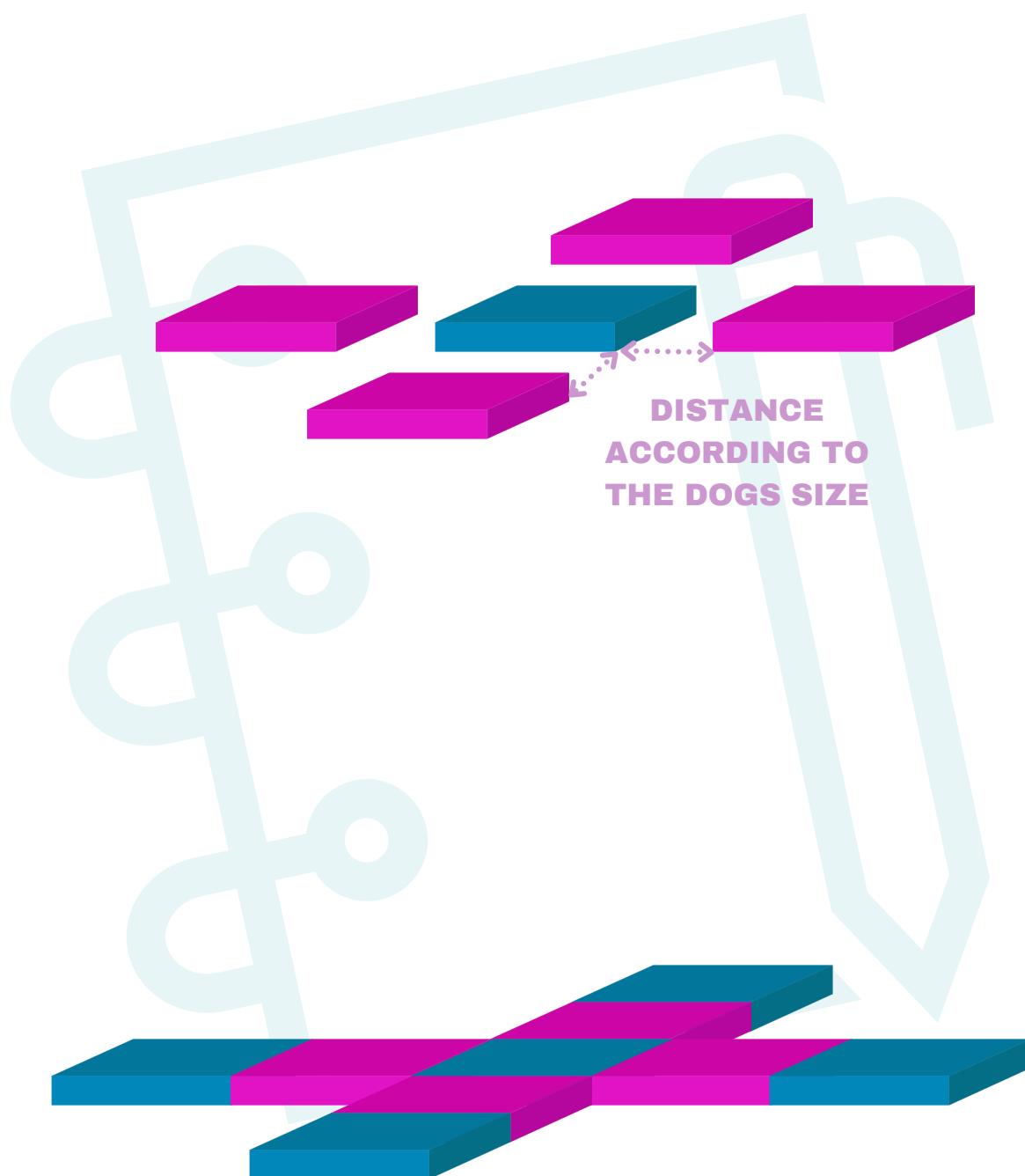


BRONZE LEVEL WORKBOOK

ROUTINE 4

SIDESTEP & PIVOT - 2 DIRECTIONS

setup OPTIONS LARGE DOGS



BRONZE LEVEL WORKBOOK

ROUTINE 4

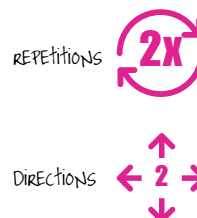
SIDESTEP & PIVOT - 2 DIRECTIONS

SETUP OPTIONS LARGE DOGS



ROUTINE

- FRONT UP - 5 SECONDS
- SIDESTEP (REAR GOES UP) INTO A STAND - 5 SECONDS
- 90° PIVOT INTO A STAND - 5 SECONDS
- 90° PIVOT INTO A STAND - 5 SECONDS
- SIDESTEP (REAR GOES DOWN) INTO A STAND - 5 SECONDS



CHALLENGE

- HOLDING EACH POSITION FOR 5 SECONDS WITHOUT MOVING
- PIVOTING FOR ONLY 90° (THE DOG CAN GO DIRECTLY ON THE SAME LEVEL OR STEP DOWN AND UP)
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 4

DOG:

DATE:



FRONT UP	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

STEP UP LEFT	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

PIVOT LEFT	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL CHECKLIST

ROUTINE 4

DOG:

DATE:



STEP DOWN L	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

STEP UP RIGHT	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

PIVOT RIGHT	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
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IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL CHECKLIST

ROUTINE 4

DOG:

DATE:



STEP DOWN R	☹️	😐	😊	😊	😊	NOTES
Behaviour / cue	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
Duration	☐	☐	☐	☐	☐	
Handling	☐	☐	☐	☐	☐	
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In TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL WORKBOOK

ROUTINE 4



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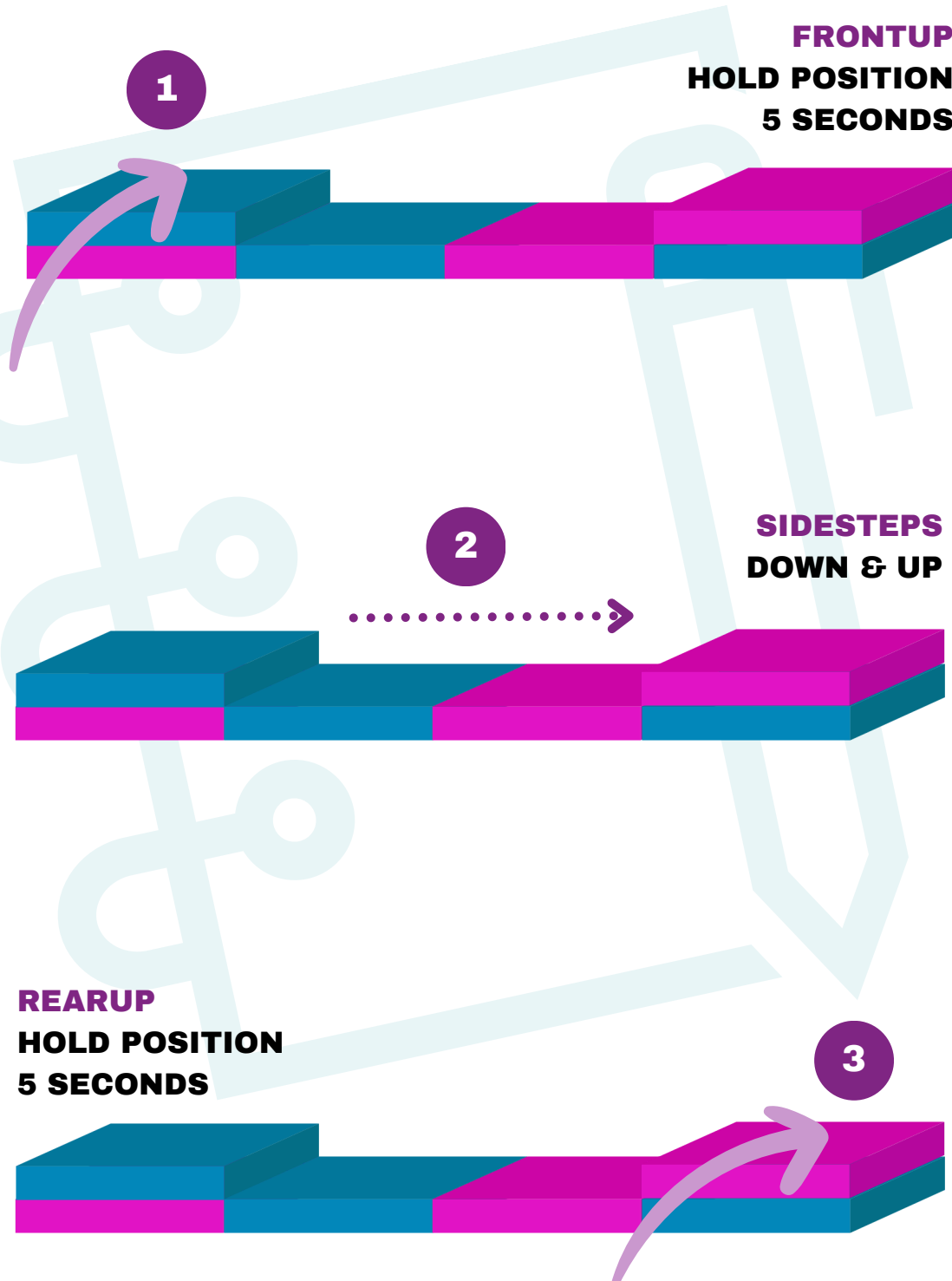
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A large grid of dots for sketching, with a faint, light blue watermark of a dog's head and neck overlaid diagonally across the center.

BRONZE LEVEL WORKBOOK

ROUTINE 5

front up / sidestep - 2 directions



BRONZE LEVEL WORKBOOK

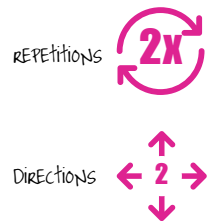
ROUTINE 5

front up / SIDESTEP - 2 DIRECTIONS



ROUTINE

- FRONT UP - 5 SECONDS
- SIDESTEP DOWN (NO JUMPING ACTION)
- SIDESTEPPING
- SIDESTEP UP (NO JUMPING ACTION)
- FRONT UP - 5 SECONDS



CHALLENGE

- HOLDING EACH POSITION FOR 5 SECONDS WITHOUT MOVING
- NICE PARALLEL STEPS
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 5

DOG:

DATE:



FRONT UP	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

STEP DOWN R	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

SIDESTEPS R	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL CHECKLIST

ROUTINE 5

DOG:

DATE:



STEP UP R



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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STEP DOWN L



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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SIDESTEPS L



NOTES

BEHAVIOUR / CUE

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POSTURE

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DURATION

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HANDLING

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IN TOTAL

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BRONZE LEVEL CHECKLIST

ROUTINE 5

DOG:

DATE:



STEP UP L



NOTES

Behaviour / cue

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Posture

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Duration

☐	☐	☐	☐	☐
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Handling

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In total

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BRONZE LEVEL WORKBOOK

ROUTINE 5



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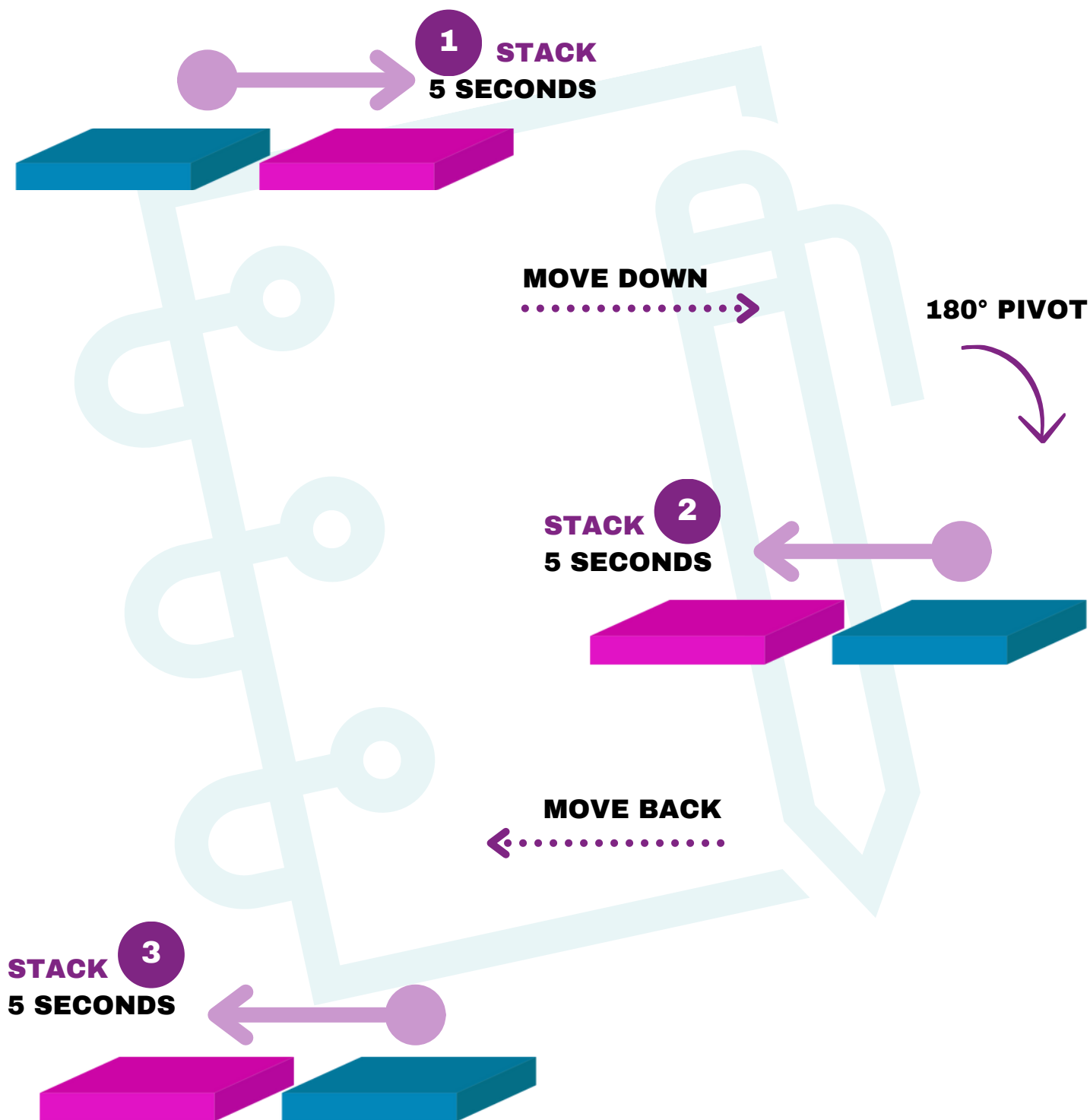
A large grid of dots for sketching, with a faint, light blue watermark of a dog's silhouette overlaid diagonally across the center.

BRONZE LEVEL WORKBOOK

ROUTINE 6

STACK, DOWN & BACK - 2 DIRECTIONS

1ST FLEXBLOX DYNAMIX ROUTINE



BRONZE LEVEL WORKBOOK

ROUTINE 6

STACK, DOWN & BACK - 2 DIRECTIONS

1ST FLEXBLOX DYNAMIX ROUTINE



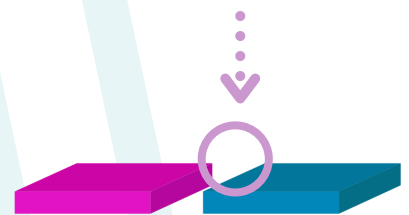
ACCORDING TO
THE DOGS SIZE



ACCORDING TO
SKILL LEVEL



ACCORDING TO
THE DOGS SIZE



SETUP:
ADJUST THE DISTANCES



ACCORDING TO
SKILL LEVEL



ACCORDING TO
THE DOGS SIZE

BRONZE LEVEL WORKBOOK

ROUTINE 6

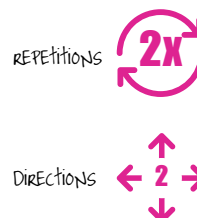
STACK, DOWN & BACK - 2 DIRECTIONS

1ST FLEXBLOX DYNAMIX ROUTINE



ROUTINE

- STACK - 5 SECONDS
- MOVE DOWN (TROT OR WALK) - 180° PIVOT
- STACK - 5 SECONDS
- MOVE BACK (TROT OR WALK)
- STACK - 5 SECONDS



CHALLENGE

- HOLDING EACH POSITION FOR 5 SECONDS WITHOUT MOVING
- HANDLING
- TO MAINTAIN PROPER FORM

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HERADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 6

DOG:

DATE:



STACK	☹️	😞	😐	😊	☺️	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

MOVE & PIVOT	☹️	😞	😐	😊	☺️	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

MOVE	☹️	😞	😐	😊	☺️	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL WORKBOOK

ROUTINE 6



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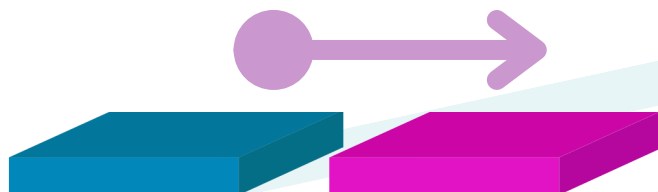
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A large grid of dots for sketching, with a faint, light blue watermark of a dog's silhouette overlaid diagonally across the center.

BRONZE LEVEL WORKBOOK

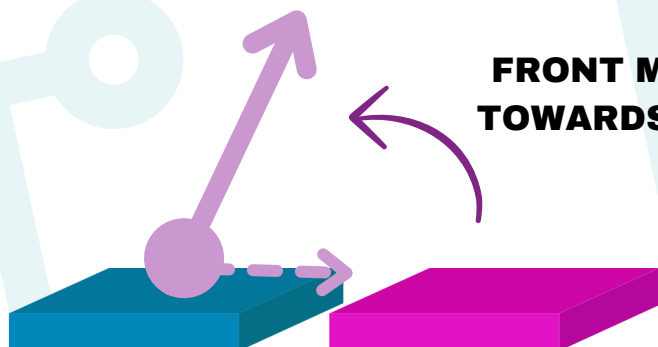
ROUTINE 7

STACK / ROCKBACK SIT / KICKBACK /
FRONT UP



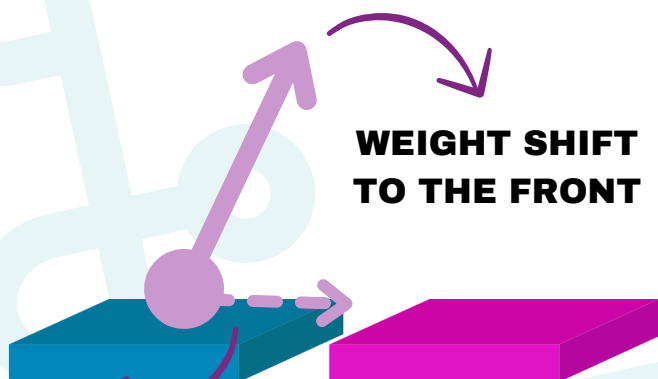
STACK
10 SECONDS

1



ROCKBACK SIT
10 SECONDS

2



**KICKBACK TO
FRONTUP**
JUMP OR STEP

3



FRONT UP
10 SECONDS

4

BRONZE LEVEL WORKBOOK

ROUTINE 7

STACK / ROCKBACK SIT / KICKBACK /
FRONT UP



ROUTINE

- STACK - 5 SECONDS
- ROCKBACK SIT (FRONT MOVES TOWARDS REAR)
- KICKBACK STAND (STEP OR JUMP)
- FRONT UP - 5 SECONDS

REPEATITIONS



DIRECTIONS



CHALLENGE

- HOLDING EACH POSITION FOR 5 SECONDS WITHOUT MOVING
- TO MAINTAIN PROPER FORM
 - SQUARE SIT
 - PROPER KICKBACK

FAULTS

- MANHANDLING
 - DO NOT TOUCH THE DOG UNLESS THE ROUTINE IS ASKING FOR IT
- INCORRECT EXECUTION
 - ORDER OF EXERCISES / MOVEMENT
 - MISSTEPS
 - NOT ADHERING TO THE TIMELIMIT

PROPER FORM

- STRAIGHT TOPLINE
- VERTICAL FRONT
- VERTICAL REAR PASTERNS
- HEADPOSITION NEUTRAL

BRONZE LEVEL CHECKLIST

ROUTINE 7

DOG:

DATE:



STACK	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

ROCKBACK SIT	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

KICKBACK	☹️	😞	😐	🙂	😊	NOTES
BEHAVIOUR / CUE	☐	☐	☐	☐	☐	
Posture	☐	☐	☐	☐	☐	
DURATION	☐	☐	☐	☐	☐	
HANDLING	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
IN TOTAL	☐	☐	☐	☐	☐	

BRONZE LEVEL WORKBOOK

ROUTINE 7



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A large grid of dots for sketching, with a faint, light blue watermark of a dog's head and neck overlaid on it.



FLEXBLOXING®

CANINE FITNESS CHALLENGE



FLEXINESS®
CANINE FITNESS EQUIPMENT



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