

Barkour Canine Fitness Exercises List by Level

Beginner Level:

Beginner:

- Two 0.25-mile walks per week for three consecutive weeks on a soft surface
 - All six Beginner Barkour exercises
1. **Four Feet On** an obstacle wrist height for at least 5 seconds.
 2. **Two Feet On** an obstacle from one-half elbow height to elbow height for at least 5 seconds. If the ground surface is hard, then assist the dog down.
 3. **Under** an obstacle that is head height or lower. Leash may be dropped or detached if in a safe area.
 4. **In** an obstacle with four sides for at least 5 seconds.
 5. **Creativity** – Perform two different Beginner behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
 6. **Two Obstacle Sequence** – Perform two different Beginner behaviors on two new obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Starter Levels:

Starter 1:

- One 0.25-mile and 0.5-mile walk/run per week for three consecutive weeks
- Eight (your choice, no repeats) of the Starter Barkour exercises
- At least one of the obstacles must be Natural or Urban

Starter 2:

- Two 0.5-mile walks/runs per week for three consecutive weeks
- All ten Starter Barkour exercises
- At least two of the obstacles must be Natural or Urban

1. **Four Feet On** an obstacle elbow height to shoulder height for at least 5 seconds; dog may climb or jump onto it. If the ground surface is hard, assist the dog down.
2. **Four Feet On** an obstacle below elbow height for at least 5 seconds.
3. **Two Feet On** an obstacle elbow height or higher for at least 5 seconds.
4. **Under** an obstacle shoulder height or lower. Leash may be dropped or detached if in a safe area.
5. **In** an obstacle where all four sides measure the dog's wrist height to one-half elbow height for at least 5 seconds.
6. **Through** – Dog must pass between two obstacles at least half the dog's body length long that are no wider than twice the dog's shoulder width apart. Dog must pass completely through without hesitating or turning around.
7. **Around** – Starting near either of the handler's sides, the dog must travel at least two body lengths away and make at least a 180-degree turn around an object in either direction before returning to the handler. Leash may be detached if in a safe area.
8. **Balance** – Dog walks on an obstacle at least two body lengths long, no wider than twice the dog's width at the shoulders, at wrist height to one-half elbow height. Dog must complete the obstacle in one attempt without stepping off.
9. **Creativity** – Perform two different Starter behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
10. **Three Obstacle Sequence** – Perform a minimum of two different Starter behaviors on three obstacles in a row; no two behaviors may be repeated back-to-back. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Novice Levels:

Novice 1:

- One 0.5-mile and one 1-mile walks/runs per week for four weeks
- Ten (your choice, no repeats) of the Novice Barkour exercises
- At least three of the obstacles must be Natural or Urban

Novice 2:

- Two 1-mile walks/runs per week for four weeks
- All twelve Novice Barkour exercises
- At least four of the obstacles must be Natural or Urban

1. **Four Feet On** an obstacle elbow height to shoulder height for at least 5 seconds; dog may climb or jump onto it. If the ground surface is hard, assist the dog down.
2. **Four Feet On** an obstacle shoulder height or higher for at least 5 seconds; dog may climb or jump onto it. You must assist the dog down regardless of ground surface.
3. **Two Feet On** an obstacle shoulder height or higher for at least 5 seconds. If the ground surface is hard, assist the dog down.
4. **Under** an obstacle shoulder height or lower. Leash may be dropped or detached if in a safe area.
5. **In** an obstacle where all four sides measure approximately one-half the dog's elbow height for at least 5 seconds.
6. **Through** – Dog must pass between two obstacles at least the dog's body length long that are no wider than twice the dog's shoulder width apart. Dog must pass completely through without hesitating or turning around.
7. **Balance** – Dog walks on an obstacle at least three body lengths long, no wider than the dog's width at the shoulders, at one-half elbow height to elbow height. Dog must complete the obstacle in one attempt without stepping off.
8. **Around (Both Directions)** – Starting near either of the handler's sides, the dog must travel at least two body lengths away and make at least a 180-degree turn around an object in either direction before returning to the handler. This must be completed in both clockwise and counter-clockwise directions, but can be done at separate times and edited into one sequence. Leash may be detached if in a safe area.
9. **Over** – Dog jumps over an obstacle one-half elbow height to elbow height. Landing surface must be soft.
10. **Moving Obstacle** – Dog must place at least two feet on an obstacle elbow height or lower that moves under their weight for at least 3 seconds.
11. **Creativity** – Perform three different Novice behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
12. **Three Obstacle Sequence** – Perform three different Novice behaviors on three obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Intermediate Levels:

Intermediate 1:

- One 1-mile and one 1.5-mile walks/runs per week for four weeks
- Ten (your choice, no repeats) of the Intermediate Barkour exercises
- At least four of the obstacles must be Natural or Urban

Intermediate 2:

- Two 1.5-mile walks/runs per week for four weeks
 - All twelve Intermediate Barkour exercises
 - At least five of the obstacles must be Natural or Urban
1. **Four Feet On** an obstacle shoulder height or higher for at least 5 seconds; dog may climb or jump onto it. You must assist the dog down regardless of ground surface.
 2. **Two Feet On** an obstacle shoulder height or higher for at least 5 seconds. If the ground surface is hard, assist the dog down.
 3. **In** an obstacle where all four sides measure approximately one-half the dog's elbow height for at least 5 seconds.
 4. **Balance** – Dog walks on an obstacle at least four body lengths long, no wider than the dog's width at the shoulders, at elbow height. Dog must complete the obstacle in one attempt without stepping off.
 5. **Over (Different Surfaces)** – Dog jumps over an obstacle at least elbow height tall. The surfaces on each side of the jump must be different, and the landing surface must be soft. Leash may be detached if in a safe area.
 6. **Moving Obstacle** – Dog must place all four feet on an obstacle wrist height to elbow height that moves under their weight for at least 3 seconds.
 7. **Straddle** – Dog places front two feet on one obstacle and back two feet on another obstacle for at least 3 seconds. Obstacles must be the same height, wrist height to one-half elbow height, and placed at least one-third the dog's body length apart.
 8. **Wait** – Dog places all four feet on an obstacle wrist height to elbow height for at least 10 seconds.
 9. **Back up on to Low Obstacle** – Dog starts at least one body length away from an obstacle no higher than wrist height and backs up to stand with two hind feet on the obstacle for at least 3 seconds.
 10. **Gap Jump** – Dog jumps from one obstacle to another; obstacles must be the same height, wrist height to one-half elbow height, and at least two-thirds the dog's body length apart. Leash may be detached if in a safe area.
 11. **Creativity** – Perform two different Intermediate behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
 12. **Three Obstacle Sequence** – Perform three different Intermediate behaviors on three obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Advanced Levels:

Advanced 1:

- Two 1.5-mile walks/runs per week for four weeks
- Eight (your choice, no repeats) of the Advanced Barkour exercises
- At least four of the obstacles must be Natural or Urban

Advanced 2:

- Three 1-mile walks/runs per week for four weeks
 - All ten Advanced Barkour exercises
 - At least five of the obstacles must be Natural or Urban
1. **Four Feet on a Small Obstacle** – Dog places all four feet on an obstacle where the width and length measure less than the dog's body length for at least 5 seconds.
 2. **Two Feet on a Vertical Surface** – Dog places two front feet on a vertical surface such as a wall and stays in position for at least 3 seconds.
 3. **Crawl** – Dog goes under a low obstacle that requires them to crawl; harness and leash not required if performed in a safe area.
 4. **In** an obstacle where all four sides measure approximately the dog's elbow height for at least 5 seconds.
 5. **Narrow Balance** – Dog walks on an obstacle at least three body lengths long, no wider than one-half the dog's width at the shoulders, at elbow height. Dog must complete the obstacle in one attempt without stepping off.
 6. **Long and Narrow Through** – Dog must pass between two obstacles at least four body lengths long that are no wider than 1.5 times the dog's shoulder width apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area.
 7. **Send** – Dog goes directly to an obstacle of elbow height or below at least three body lengths away, puts all four feet on the obstacle, and stays for at least 3 seconds.
 8. **Pivot** – Dog places two feet on an obstacle and makes a complete 360-degree pivot in each direction. This must be completed in both clockwise and counter-clockwise directions, but can be done at separate times and edited into one sequence. There is no restriction on handler movement.
 9. **Creativity** – Perform two different Barkour behaviors on a single new obstacle; may be one Intermediate and one Advanced behavior or two Advanced behaviors. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
 10. **Three Obstacle Sequence** – Perform three different Advanced behaviors on three obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Excellent Levels:

Excellent 1:

- Two 2-mile walks/runs per week for four weeks
- Ten (your choice, no repeats) of the Excellent Barkour exercises
- At least five of the obstacles must be Natural or Urban

Excellent 2:

- Three 2-mile walks/runs per week for four weeks
 - All fourteen Excellent Barkour exercises
 - At least seven of the obstacles must be Natural or Urban
1. **Split Balance** – Dog walks on adjacent obstacles at least one-half the dog’s width at the shoulders apart, for at least three body lengths, between wrist height to elbow height high. Obstacles must be approximately the same height, but there are no width requirements. Dog must complete in one attempt without stepping off.
 2. **Two Feet On Sideways Walking** – Dog puts two front feet on an obstacle and moves sideways with two back feet on the ground for at least five steps. Dog must complete in one attempt without stepping off.
 3. **Command Discrimination** – Pick two different from the following exercises and perform them on a single obstacle in succession; no height, length, or width rules apply. No more than one command per exercise is allowed and must be one unedited video sequence; all spotting and assistance rules apply. Leash may be detached if in a safe area. Choose from: Two Feet On, Four Feet On, Under, Around (one direction), Through, Balance, In, and Over.
 4. **Backwards Through** – Dog walks backwards between two obstacles at least one-half body length long and no more than two body widths apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area. Exercise is not complete until the dog’s nose is past both obstacles; no restrictions on handler’s body position.
 5. **Balance (Two 180-Degree Turns)** – Dog walks on an obstacle at least three body lengths long, no wider than the dog’s width at the shoulders, and at elbow height. Dog must perform two 180-degree turns (one in each direction) and complete the obstacle in one attempt without stepping off.
 6. **In (Small)** – Dog climbs or jumps in an obstacle where all four sides measure approximately one-half the dog’s elbow height or higher, where the width and length measure less than the dog’s body length for at least 5 seconds.
 7. **Weaves** – Dog travels at least 180-degrees around six obstacles in a straight line each no further than 9 feet (3 meters) apart, alternating sides. This must be done in one attempt; handler may move along with dog but cannot switch sides of the obstacles. Obstacles need not be all the same distance apart, but agility weave poles **cannot** be used. Obstacles may be separate (for example, a line of shrubs) or part of one larger obstacle (for example, posts that are all part of the same split rail fence).
 8. **Figure 8** – Starting in approximately the center between two obstacles, the dog makes approximately a 360-degree loop and returns to the starting location for each obstacle. Obstacles must be no further than 9 feet (3 meters) apart, and need not be the same type. This

must be done in one attempt; handler may move along with dog but cannot switch sides of the obstacles.

9. **Rebound Jump (Tic-Tac)** – Dog leaps quickly on a stable, slanted (45 degrees or more) or vertical object and immediately bounces off in a tight turn similar to a flyball box turn. All four paws must touch the obstacle once and not the ground until completed. Only one direction is required, and training props (jump, cone, etc.) may not be used. Leash must be detached for this exercise.
10. **Back up on to High Obstacle** – Dog starts at least three body lengths away from an obstacle one-half elbow height to elbow height and backs up to stand with two hind feet on the obstacle for at least 3 seconds.
11. **Balance (Two 360-Degree Turns)** – Dog walks on an obstacle at least three body lengths long, no wider than the dog's width at the shoulders, at elbow height. Dog must perform two 360-degree turns, one in each direction, and complete the obstacle in one attempt without stepping off.
12. **Two Feet On Split** – Dog places each front foot on separate obstacles where the width and length are no longer than one paw length for at least five seconds. Obstacles must be one-half elbow height to elbow height high, and no more than 1.5 times the dog's width at the shoulders apart.
13. **Creativity** – Perform three different Barkour behaviors on a single new obstacle; may be one Advanced and two Excellent behaviors or three Excellent behaviors. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
14. **Three Obstacle Sequence** – Perform three different Excellent behaviors on three obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

Superb Levels:

Superb Bronze:

- Three 2.5-mile walks/runs per week for four weeks
- Ten (your choice, no repeats) of the Superb Barkour exercises

Superb Silver:

- Two 3.1-mile (5k) walks/runs per week for four weeks
- Twelve (your choice, no repeats) Superb Barkour exercises.

Superb Gold:

- Three 3.1-mile (5k) walks/runs per week for three weeks
- Fifteen (your choice, no repeats) Superb Barkour exercises.

Superb Platinum:

- One 6.2-mile (10k) and one 3.1-mile (5k) walk/run per week for three weeks plus all twenty Superb Barkour exercises

1. **Two Obstacle Sequence Excellent Natural** – Pick any two Excellent exercises and perform them in a row using two Natural obstacles. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
2. **Two Obstacle Sequence Excellent Urban** – Pick any two Excellent exercises and perform them in a row using two Urban obstacles. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
3. **Sequential Arouds** – Starting near either of the handler's sides, the dog must travel at least three body lengths away and make at least a 180-degree turn around an obstacle in either direction before returning to the handler. This must immediately be repeated twice more with two additional obstacles in one unedited video sequence. All three obstacles must be Natural or Urban or a mix thereof; leash may be detached if in a safe area.
4. **In (Tiny)** – Dog climbs or jumps in an obstacle where all four sides measure approximately one-half the dog's elbow height or lower, where the width and length measure one-half the dog's body length or less for at least 3 seconds.
5. **4 Feet on a Tiny Obstacle** – Dog places all four feet on a Natural or Urban obstacle where both the width and length measure less than the one-half dog's body length for at least 3 seconds.
6. **Rebound Jumps (Tic Tacs)** – Dog leaps quickly on a stable, slanted (45 degrees or more) or vertical object and immediately bounces off in a tight turn similar to a flyball box turn. All four paws must touch the obstacle once and not the ground until completed. Both directions are required in one unedited video sequence, and training props (jump, cone, etc.) may not be used. Leash must be detached for this exercise.
7. **Command Discrimination** – Pick three different from the following exercises and perform them on a single Natural or Urban obstacle in succession; no height, length, or width rules apply. No more than one command per exercise is allowed and must be one unedited video sequence; all

spotting and assistance rules apply. Leash may be detached if in a safe area. Choose from: Two Feet On, Four Feet On, Under, Around (one direction), Through, Balance, In, and Over.

8. **Backwards Through** – Dog walks backwards between two Natural or Urban obstacles at least one body length long and no more than two body widths apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area. Exercise is not complete until the dog's nose is past both obstacles; no restrictions on handler's body position.
9. **Double Pivot** – Dog places two feet on a Natural or Urban obstacle and makes a complete 360-degree pivot in each direction in succession. Both directions are required in one unedited video sequence; handler must remain in position and not move with or across from the dog.
10. **Split Moving Obstacles** – Dog places each front foot on two separate obstacles that move under the dog's weight for at least 5 seconds. Obstacles need not be the same but both must be one-half elbow height to elbow height high.
11. **Long Under (Closed Sides)** – Dog passes underneath an obstacle shoulder height or lower that is at least one body length long where the sides are primarily closed. Leash may be dropped or detached if in a safe area.
12. **Moving Straddle** – Dog places two front feet on one obstacle and two back feet on another for at least 5 seconds; both obstacles must move under the dog's weight. Obstacles need not be the same but both must be one-half elbow height to elbow height high, and cannot be the same as those used in Exercise 11 – Split Moving Obstacles.
13. **Natural Creativity** – Perform three different Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural obstacle. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
14. **Urban Creativity** – Perform three different Advanced, Excellent, and/or Superb Barkour behaviors on a single new Urban obstacle. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
15. **Color Creativity (Yellow)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% yellow in color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
16. **Color Creativity (Blue)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% blue in color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
17. **Color Creativity (Red)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% red in

color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

18. **Texture Creativity (Concrete and/or Stone)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is primarily (75% or greater) or entirely made of concrete. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
19. **Texture Creativity (Wood)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is primarily (75% or greater) or entirely made of wood. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
20. **Texture Creativity (Plastic)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Urban obstacle that is primarily (75% or greater) or entirely made of plastic. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.