



Love My Pup!

Tired of being stuck inside this winter? Time to have some **red hot** fun and teach your dog skills in the great indoors! Introducing Love My Pup, Barkour Canine Fitness' newest Valentine-themed Specialty Title designed to bust boredom with activities that can all be done indoors while the weather outside is frightful. Through a combination of scavenger hunt, trick training, and canine parkour, your dog will be exercising their brain and body when taking them for a long walk or run is out of the question. Compete the requirements via video to earn a title certificate and Valentine-themed title charm (price is \$20, shipping included in continental US only). Please remember to show the entire exercise from start (before interacting with the obstacle) to finish (after interacting with the obstacle) and ensure at least your hands are visible in the video. Open through March 31st.

1. **Wait** – Four Feet On something **red** for 10 seconds.
2. **Moving Obstacle** – Dog places four feet on a moving obstacle for 5 consecutive seconds. Bonus if the obstacle is **red**.
3. **Interact** with a **red** heart for 5 seconds.
4. **Back Up** – Dog backs up while standing for at least **two** body lengths. A target is optional but may be used. While the exercise may end with the dog in a sit, they must walk backwards for the entire two body lengths.
5. **Over** something **red** at least wrist height tall.
6. **Use Your Nose** – Pack a food-stuffable toy with something that has an odor (peanut butter, squeeze cheese, canned dog food, etc.) and let your dog sniff but not have it yet. Then hide it in an area with multiple objects and encourage them to find it. You may have to leave the toy in sight at first, but with several repetitions, your dog will learn to use their nose and become an expert hunter!
7. **Crawl** – Dog goes under a low obstacle that requires them to crawl.
8. **Send** – Dog goes directly to an obstacle of elbow height or lower at least **three** body lengths away, puts all four feet on the obstacle, and stays for at least 3 seconds. Handler must remain where the dog started and not follow them to the obstacle.
9. **Pivot (Both Directions)** – Dog places two feet on a **red** 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.
10. **Two Feet On Sideways Walking** – Dog puts two front feet on an obstacle at least wrist height and moves sideways with two back feet on the ground for at least five steps. Dog must complete in one attempt without stepping off; there is no restriction on handler movement.
11. **Creativity** – Perform **four** different parkour behaviors on a single new **red** obstacle. No height/width/length restrictions apply. 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** – Choose from the following and perform three different behaviors on three new obstacles in a row; at least one of the obstacles must be **red**: Send (At Least Two Body Lengths), In, Over, Under, Around (One Direction), Pivot (360 One Direction), Back Up on to Low, Two Feet On Sideways Walking. No height/width/length restrictions apply.
13. **Bonus** – Take a picture of your pup(s) dressed in **red** or with a **red** heart.