

Review:

Clean Run Exercise Sourcebook

Compiled by Pamela Green

By Angelica Steinker, M.Ed.



Need the perfect little exercise reference book to slip into your training bag? Look no further.

Need the perfect little exercise reference book to slip into your training bag? Look no further. Clean Run has published a new book that contains jumping, weaving, and contact sequences for backyard agility trainers, instructors, or anyone addicted to the sport of agility.

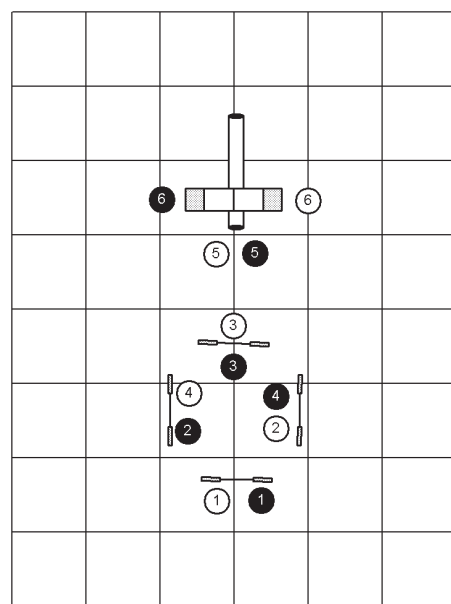
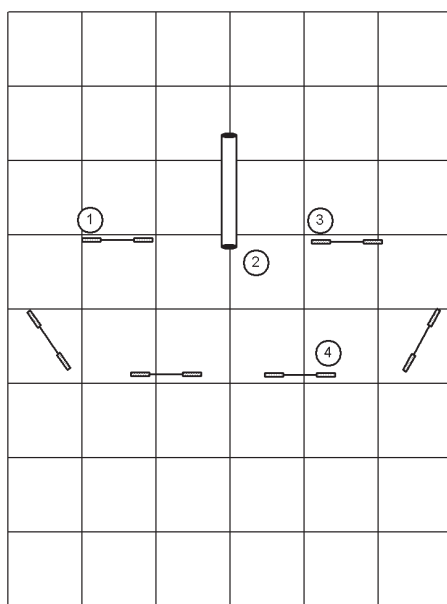
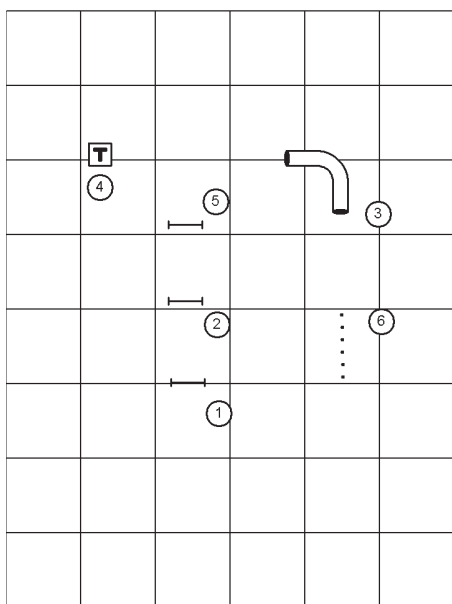
You're giving a private lesson in 10-minutes and don't know what to set up? Check out the sourcebook and it will have exercises to inspire you. Only have a couple of jumps and a tunnel? The sourcebook is filled with exercises that require just a few obstacles.

This book is well organized. Finding an exercise that you had glanced at earlier only takes a matter of seconds. The spiral binding makes the book easy to flip through and ready to take with you onto the agility field.

Pamela Green has done a great job of lumping exercises into two levels of difficulty, intermediate and advanced. Exercises are clearly labeled and many have tips listed next to them authored by different highly respected agility competitors, such as Linda Mecklenburg and Marq Cheek.

Exercises included vary from simple sequences that allow lots of flow, to twisty turny stuff that makes Linda Mecklenburg's "Judge Dread Exercises" look like cream puffs. If you ever find yourself needing ideas or inspiration, this sourcebook will be a necessary addition to your agility library.

Angelica Steinker, M.Ed., CBBC, CPDT, owns and operates Courteous Canine, Inc. in Lutz, Florida. She is the author of Agility Success and the co-author, with Nadine Schramm, of her second agility book, which will be published by clicker training great, Karen Pryor.



The Clean Run Exercise Sourcebook provides sequences in jumping, weaving and contacts—all at both intermediate and advanced levels!