

Schedule

Week 1

- It's Yer Choice and Special Delivery
- Rear Foot Awareness
- High Stepping

Week 2

- Shift Back
- Pop Up
- Rear Foot Targeting

Week 3

- Random Balance with Weight Shift
- Back Up and Back Up Over
- Rear Foot Targeting Progression

Week 4

- Pivot and Pivot Over
- Pivot to "Find It"
- Shift Back to Pop Up
- Back Down the Stairs

Week 5

- Moving Pop Ups
- Pivot with Front Feet Elevated
- Sit - Shift back - Pop Up