Luring the Stand Cue

Steps:

1. Stock your pocket/pouch with the dog's favorite treats. Go to a quiet area the dog is comfortable in. Make sure there are no distractions. Put a pea-sized treat in your palm and close your fingers over it.
2. With the dog in the Down or Sit position, Place your hand on their nose.
3. Slowly begin pulling your hand backward and in an upward angle luring them to stand up.
4. Once the dog is standing on all four feet, say "Stand." When they stand, say "yes" followed by a reward.
5. Give the Release cue before they move out of the Stand position. Generously praise and pet them once they move. Practice 10 times or until your dog is reliably standing from a sit or down.

Frequency:

1. After pairing the cue right before the lured behavior 10 times in a row, say the cue and wait for the dog to perform the behavior. It may take a few seconds for them to think through the process; be patient. Note: If the dog does not stand immediately, do not repeat the cue. Try waiting several seconds, give them a chance to think. Say "oops" if you must. If the dog does not Stand within 5 seconds, go back to the previous step.

2. Practice until the dog will stand upon hearing the verbal Stand cue automatically and wait to be released at least 90 percent of the time. Proceed to puppy pushups.

Hand Signals: Start with your arm beside your hip, palm facing forward, and move it straight backward, away from your dog.

Verbal Cue: "Stand"

Puppy Push-ups

Give your puppy the following cues: Sit, Stand, Sit. In the beginning, you need to click and reward each correct response to each cue. Once your puppy responds to each cue correctly 100 percent of the time, you can start saying "yes" and rewarding the entire behavior chain with a treat jackpot. Note: You need to say the next cue as your puppy is performing the first cue. Be sure to randomize the cue order to prevent your puppy from expecting the same behavior chain. For example, do not always ask for Sit, Stand, or Down. Mix it up by next asking for Sit, Down, Stand and then a Down, Sit, Stand or a Down, Sit, Down, Stand.