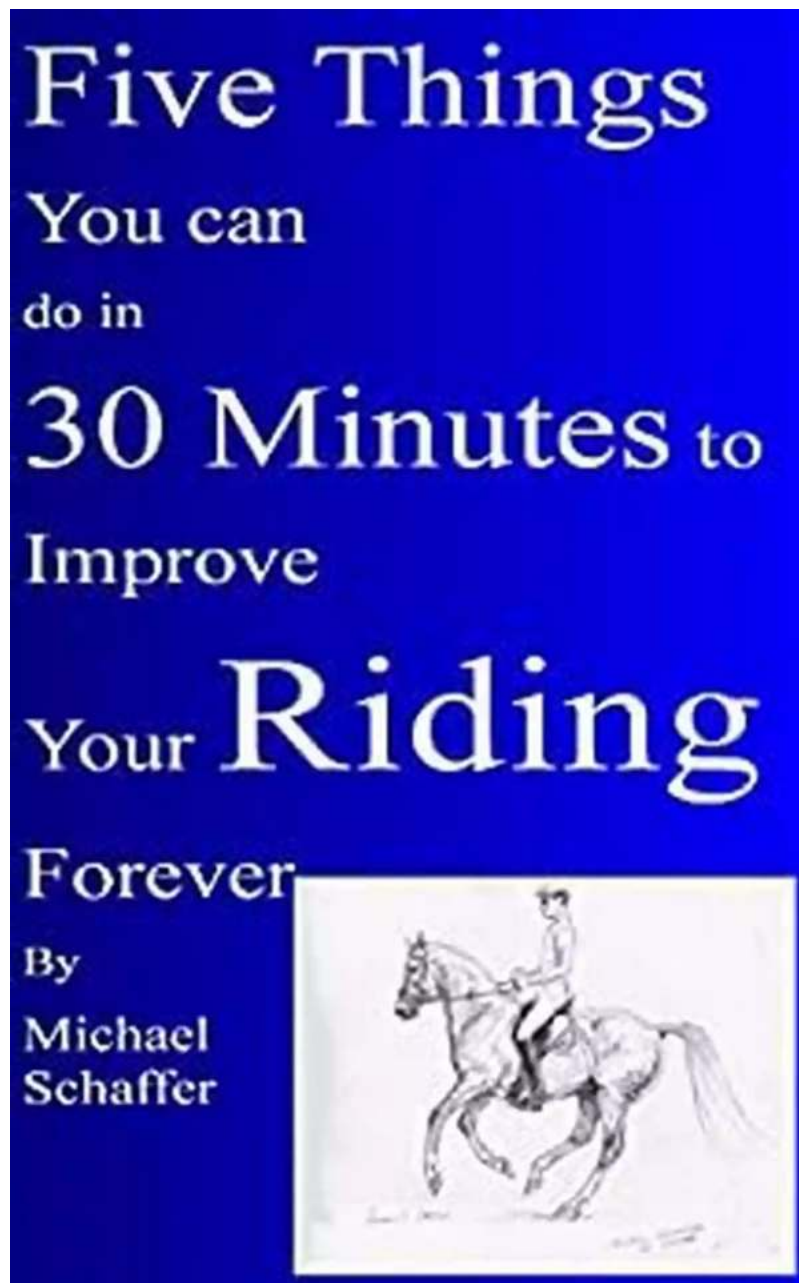


Five Things You Can Do In 30 Minutes To Improve Your Riding Forever



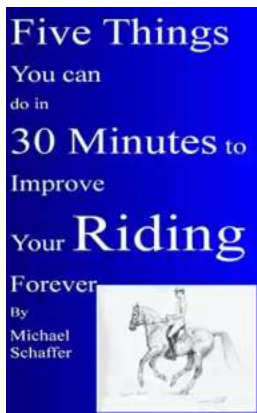
Riding a horse is an amazing experience that can bring both joy and challenges. Whether you are a beginner or an experienced rider, continuous improvement is crucial to becoming a better equestrian. In this article, we will discuss five things

you can do in just 30 minutes to enhance your riding skills and achieve a deeper connection with your equine companion.

1. Warm-Up Exercises

Before starting any training session, it's essential to warm up your body and your horse. Spend a few minutes performing simple stretching exercises to improve flexibility and loosen up muscles. These exercises will not only prevent injuries but also help you develop a better seat and balance while on the horse.

Remember to also warm up your horse by walking or trotting in circles and incorporating lateral movements.



Five Things You Can Do in 30 Minutes to Improve Your Riding Forever by Michael Schaffer(Kindle Edition)

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3541 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 40 pages
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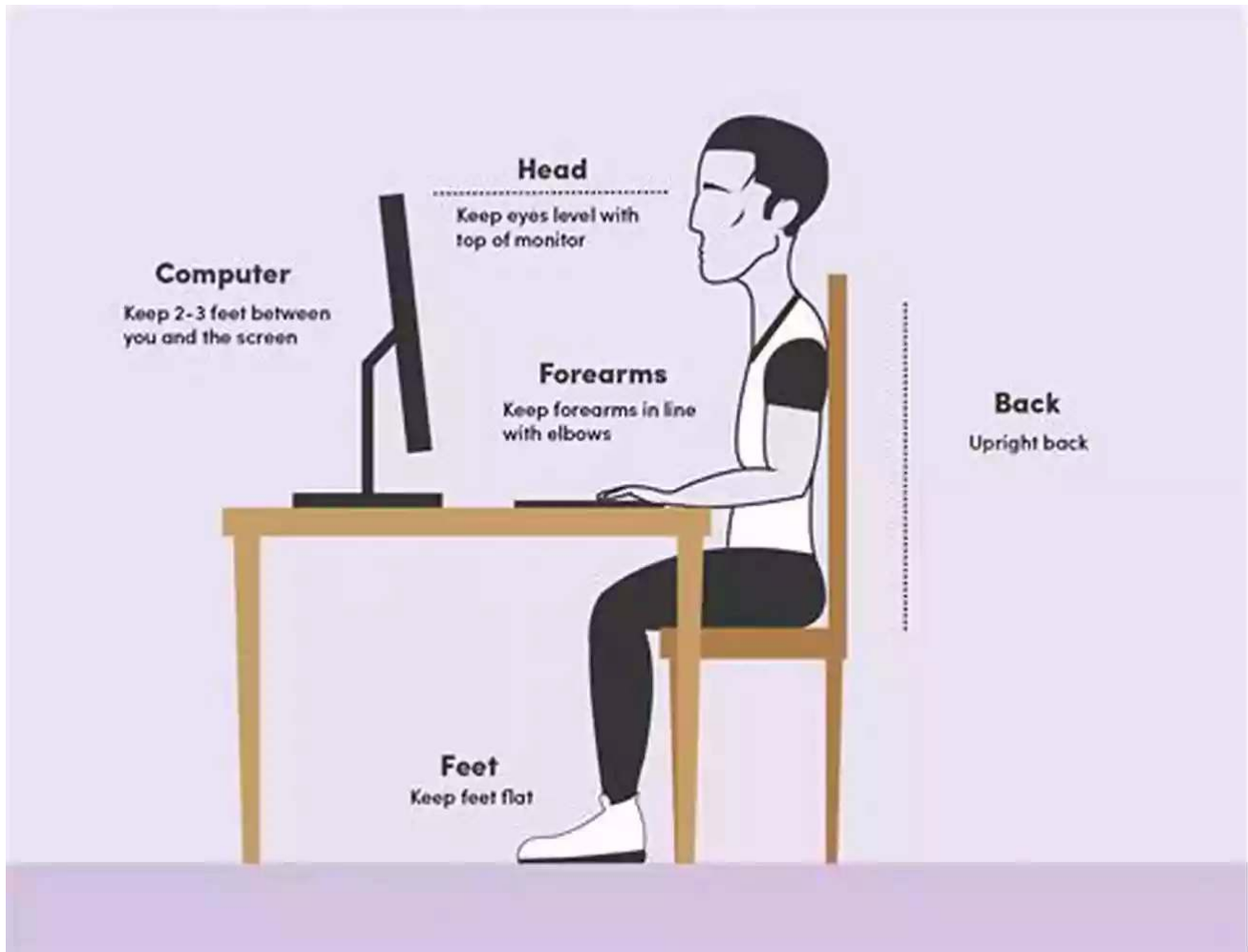
30 Minute Warm Up

Before you ride



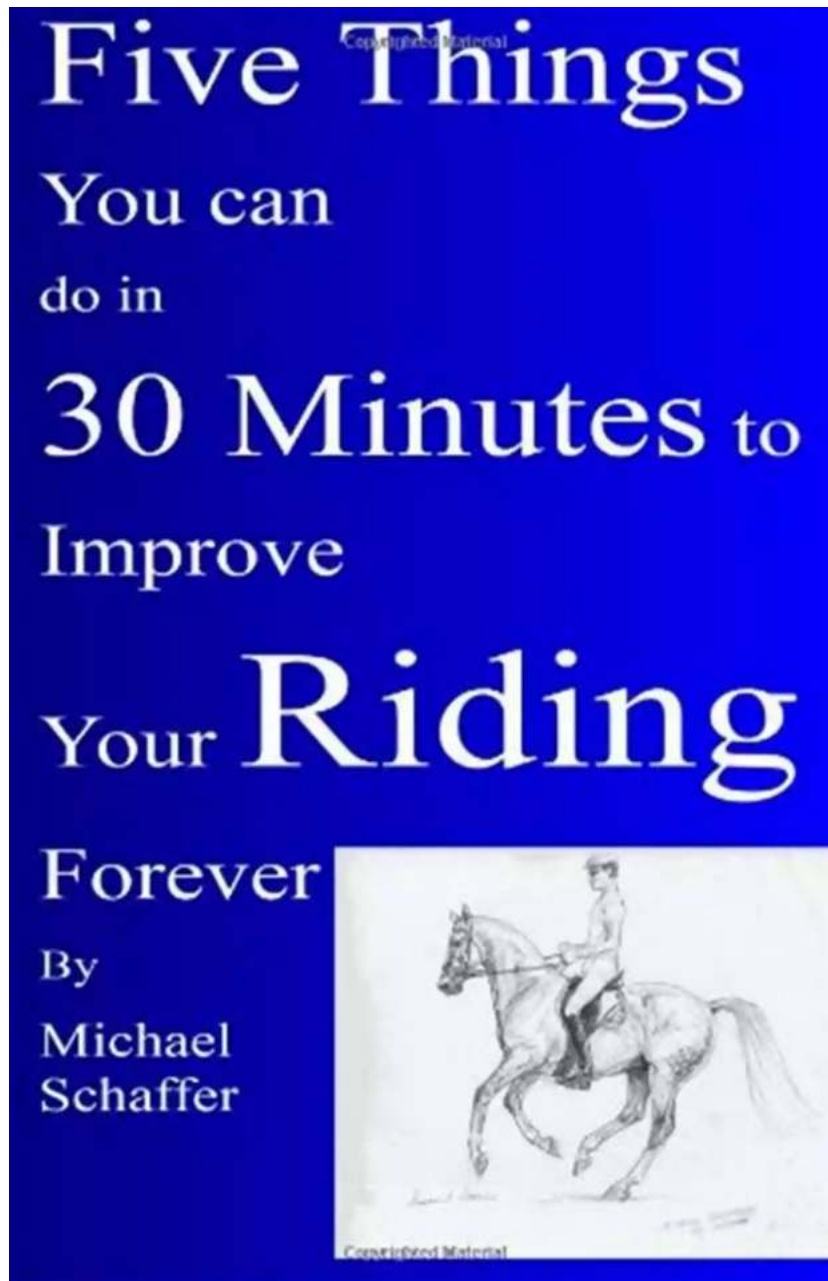
2. Work on Your Position

Proper position and posture are key elements in becoming an effective rider. Use your 30-minute training session to focus on specific aspects of your position, such as keeping your heels down, maintaining a straight line from shoulder to hip to heel, and having soft and supple arms. Practice exercises like two-point position, posting trot, or sitting trot to strengthen your core and improve your overall balance.



3. Practice Transitions

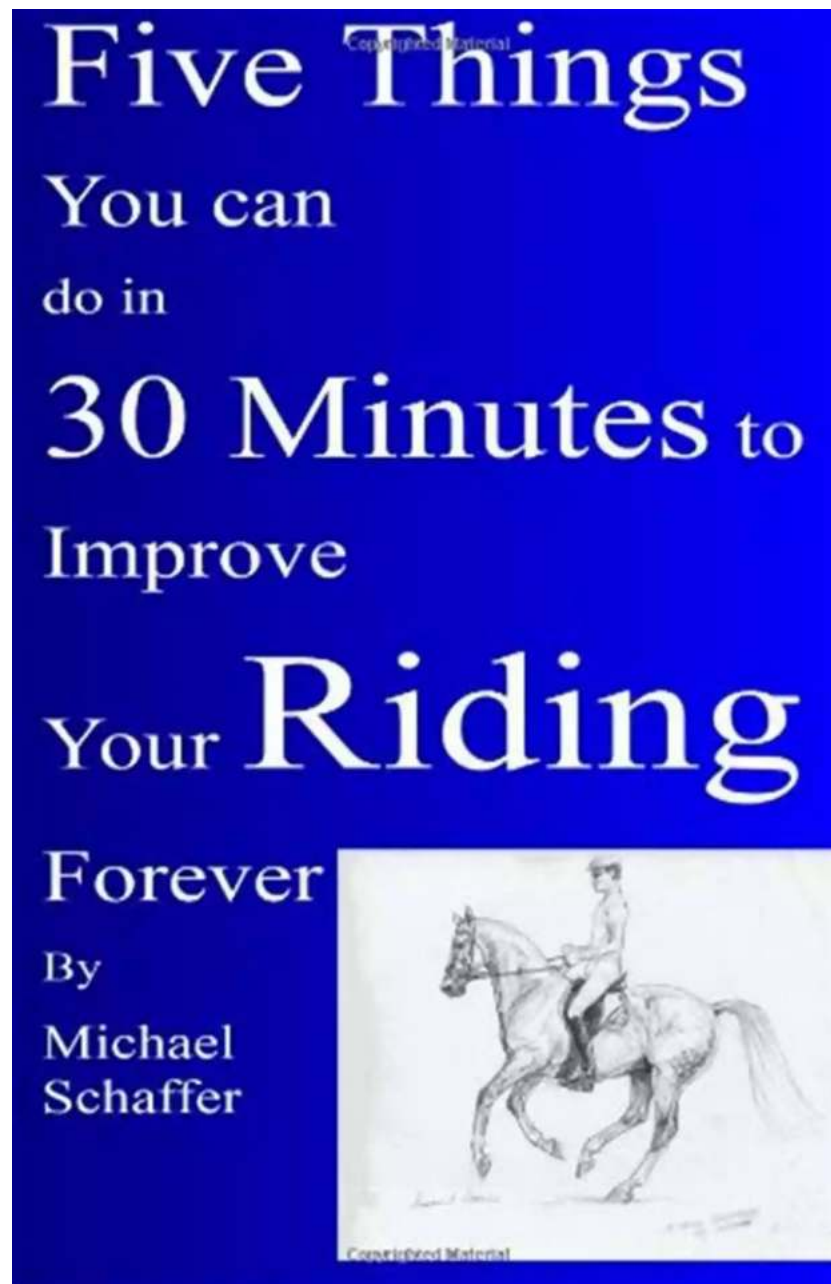
Transitions are fundamental in horse riding as they help develop communication, balance, and engagement with your horse. Spend some time practicing smooth transitions between gaits and within gaits. Start with simple walk-to-trot or trot-to-canter transitions, gradually working on more advanced ones. Focus on maintaining a consistent rhythm, keeping your aids clear and precise, and using appropriate half-halts.



4. Improve Your Impulsion

Impulsion refers to the energy and propulsion you create with your horse. Developing impulsion will enhance your horse's responsiveness and engagement, making your rides more enjoyable and productive. Use half of your 30-minute session to work on improving impulsion through exercises like leg yielding, shoulder-in, or lengthening and shortening strides. By doing so, you will

encourage your horse to step under their body and engage their hindquarters more effectively.



5. Cool Down and Reflect

As your 30-minute training session comes to an end, it's crucial to cool down your horse and reflect on your ride. Walk your horse for a few minutes to allow their body temperature to regulate and their heart rate to gradually decrease. Reflect

on what went well during the session, what you struggled with, and how you can improve in the future. This reflection will help you identify areas for growth and set goals for upcoming rides.


THE COOL Down Spot




1. Set the timer.



2. Think about what happened and what might be a better choice for next time.



3. Draw a picture or write to think about your choices.

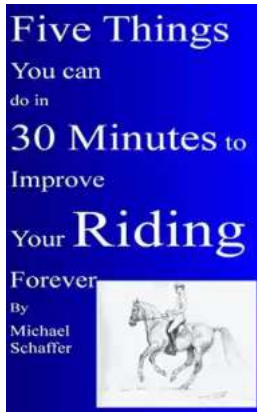


4. Come and join the class when you are done thinking.

once upon a
LEARNING ADVENTURE

Dedicating just 30 minutes to focused and purposeful training can make a significant difference in your riding. Remember to warm up, work on your position, practice transitions, improve impulsion, and cool down and reflect after each ride. By incorporating these five essential elements into your routine, you will witness

continuous improvement and develop a stronger bond with your horse. So grab your helmet, hop on your steed, and let your 30-minute journey to riding improvement begin!



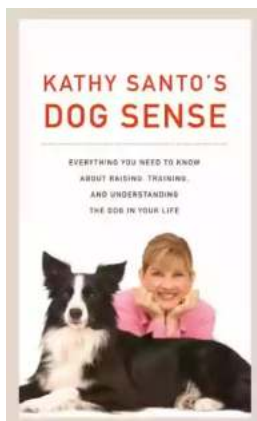
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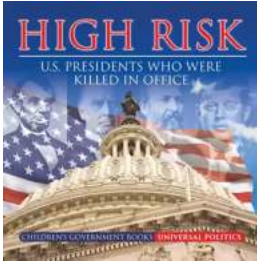


A short little booklet (36 pages) that shows you how to correct the five most common errors in riding - how to balance your saddle, how to sit in it correctly, how to hold your hands so you sit better, how to ask your horse to go without wearing yourself out, and how to ask him to stop without pulling. Think of this as a bag of treats that never runs out.



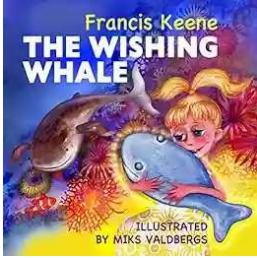
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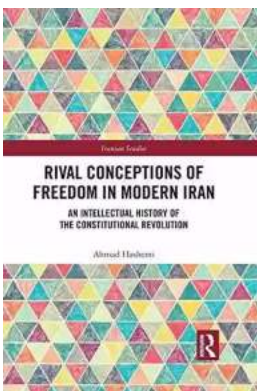
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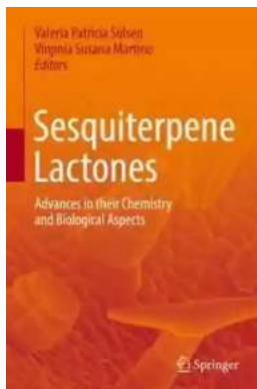
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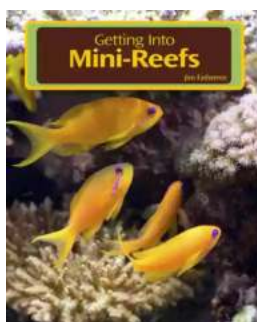
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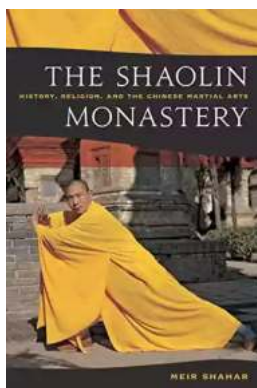
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