



JADE HUNTER

Equine coach

Warm up:

This week I want you to choose your own warm up, then let me know why you did what you did and why :)

I'm interested to see what you have learnt over the last 2-3 weeks of practicing the exercises at home! Send me a video, voice note or message with what you did and why. There are no right or wrong answers, it's about tailoring it to suit you and your pony.

As a starting point think carefully about what you want to achieve in the main part of your session...

- Slow down your trot?
- Get your pony to go more forward?
- Ride smoother transitions with less 'booting kicks'?
- Stay forward in the canter without falling back into trot after a few strides?

Whatever it may be, try and plan your warmup around this ☺

That's the only clue I'm giving you - I am excited to see and hear what you chose!

Exercise:

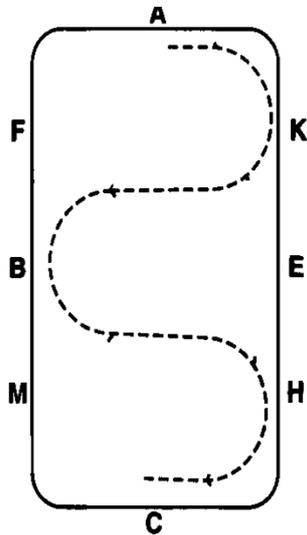
Serpentines!

If you have regular lessons, you will know just how much I love a serpentine. They are so good for your balance, practicing turns and keeping an even rhythm.

Key rules of a serpentine:

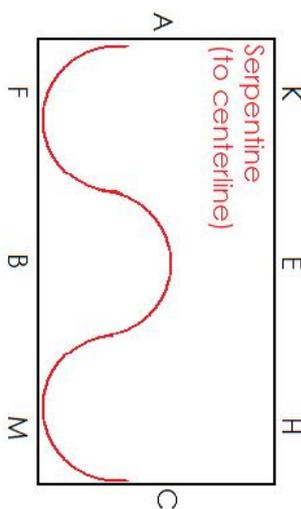
- All 3 loops stay the same size
- It's a 3 loop not 3 squares, so keep your turns lovely and round
- Use the whole of the school/space, no chopping off corners
- Your walk, trot or canter should stay the same speed/rhythm all the way through

1: The first part of the exercise starts off as a normal 3 loop serpentine down the school/field. If you are using a field or empty space it's maybe useful to use something to mark out the 4 corners of your 'arena' so it gives you something to aim for, otherwise your loops will get bigger or smaller without realising.



Think about how you are going to turn – eyes and head look where you are going, shoulders turn and your inside leg squeezes round the corner. Your outside leg is then used to stop your ponies bum swinging round. Do this exercise two or three times, both up and down the school.

2: This time you're going to add a transition down to halt or walk every time you cross the centre line. But with very little hand movement. See if you can use your body to sit deep and ask for the transition! Elbows nice and bent, eyes looking up, bums in saddles.



3: The third part of the exercise is making 2 smaller serpentines down your 'arena'. Only using half of the school to the centre line. This will be quite tricky, particular for stronger speedy ponies so try and use your even, slower rise to keep the trot together.

4: Can you try exercise 1 in Canter? You will need to change leg every time you cross the centre line, so think strong pizza belly! This is quite tricky but I'm super confident that you can manage. Same as I said for exercise two – try to use as little hands as possible! Tummy's strong, bums deep in the saddle, heels down :)