

Both Horses and Riders need a “WARM-UP” before beginning to **work**.

What does a warm-up do for YOU and your horse?



1. Loosens-up the **muscles**
2. Strengthens the **muscles**
3. Stretches the **muscles**.
4. Makes the **muscles** more supple
5. Improves **circulation**
6. mentally prepares horse and rider to be calm and alert



Why does this matter? **to prevent soreness and/or injury**



**b**

A warm up is essential for EVERY ride – whether working on **flat** or **jumping**.



But especially important in **cold weather**, for **older horses**, and for horse kept in a **stall**.

A good warm-up should last **15 to 20 minutes**



## HORSE Warm-up



Start on the ground with a good grooming with brushes and massage with your hands, particularly around the **back** muscles.



**10** minutes walking on loose rein.



*then*

**5** minutes trotting



post the trot at first (don't sit trot until the horse's back muscles are warmed up)

*then*

**3** minutes cantering



AT ALL GAITS, TRY THESE MOVEMENTS:

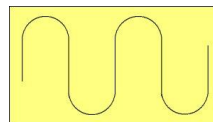
Change **directions** to supple both sides of the horse.

Do **circles**

**half** circles

**figure 8's**

**serpentine**



Use frequent **transitions** to improve the horse's attention and response to aids.

## RIDER warm-up:

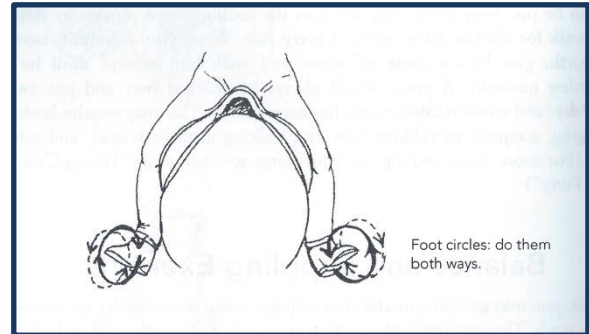


Do these during the first part of your mounted warm-up, at either the walk or halt.

Caution: If you are a new rider, or on an unfamiliar horse, have someone hold the horse while you practice these exercises.

### Foot circles:

- both feet out of stirrups
- draw circles in the air with your toes
- do this in both directions

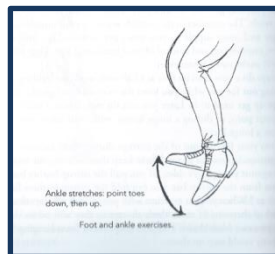


### Arm Circles

- stretch out arms to the side
- make 10 air circles
- change direction, make 10 more

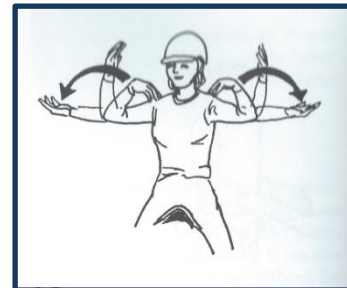
### Ankle stretches

- both feet out of stirrups
- point toes down, then up.
- Repeat several times.



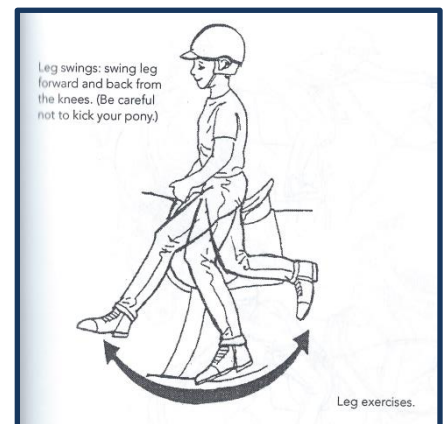
### Arm Swings

- stretch out arms to the side with palms up
- bend at elbow and touch your shoulders
- stretch arms back out, turn palms down
- return arms to side
- repeat

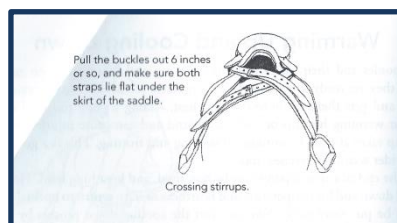


### Leg Swings (cross stirrups over withers)

- both feet out of stirrups
- swing one leg forward and the other leg back
- swing from below the knee
- be careful not to kick your horse



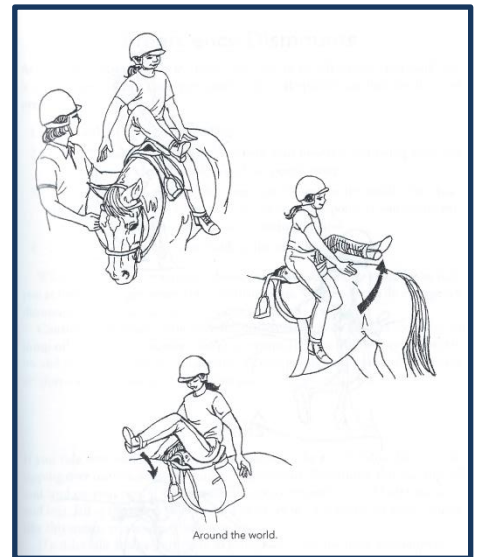
Note: To cross your stirrups...



## **Around the world (cross stirrups over withers)**

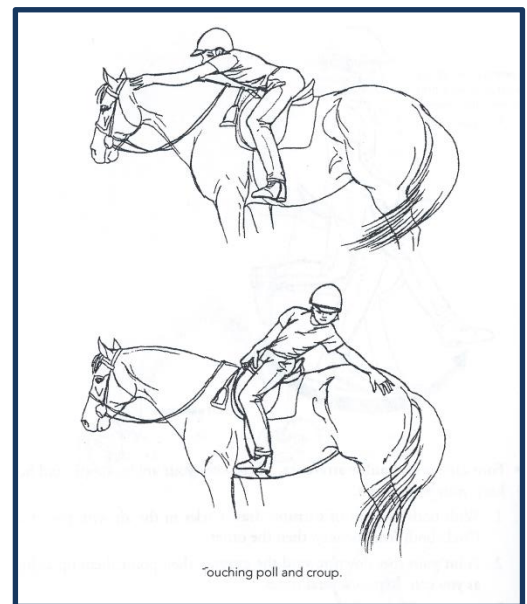
- Have a helper hold your horse
- both feet out of the stirrups
- swing right leg over horse's neck and sit sideways
- then swing left leg over horse's rump and sit backwards
- then swing right leg over rump and sit sideways again
- then swing left leg over nick and your back "home"

Bonus: try it with no hands!



## **Poll/Croup touches**

- keep feet in stirrups
- lean and reach forward with one hand and try to touch the horse's poll.
- then sit up
- stretch same arm over your head
- lean back (without turning around) and try to touch as far back on his croup as you can.
- the other arm stays in front of you.
- then sit up without using your hands to pull you up
- repeat with the other arm



### **What do you need to know for your Ratings?**

**D3:** Perform balancing and suppling exercises for rider at halt and walk and discuss one or two reasons for doing this.

**D3:** A) Demonstrate mount's warm-up routine for everyday work under examiner supervision. B) Perform balancing and suppling exercises for rider at walk and trot. C) Discuss at least three reasons for doing balancing/suppling exercises.

**C1:** A) Demonstrate suppling exercises for rider without stirrups at walk. B) Demonstrate mount's warm-up routine for everyday work. C) Discuss candidate's warm-up for both rider and mount with examiner using terms and understanding from the training pyramid.