



Warm-Up for Horse & Rider

USPC D Manual, 2nd Edition, p53-55 & 176 and C Manual, 2nd Edition, p3-4



Both Horses and Riders need a "WARM-UP" before beginning to _____.

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



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



Why does this matter? _____



A warm up is essential for EVERY ride – whether working on _____ or _____.

b



But especially important in _____ weather, for _____ horses, and for a horse kept in a _____.

A good warm-up should last _____ to _____ minutes



HORSE Warm-up



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



_____ minutes walking on loose rein.



then

_____ minutes trotting



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

then

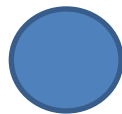
_____ minutes cantering



AT ALL GAITS, TRY THESE MOVEMENTS:

Change _____ to supple both sides of the horse.

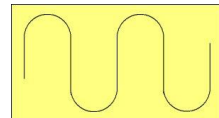
Do _____



_____ circles



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

RIDER warm-up:

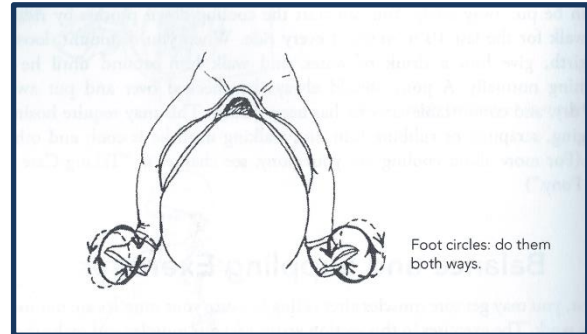


Do these during the first part of your mounted warm-up, at either the walk or halt.

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

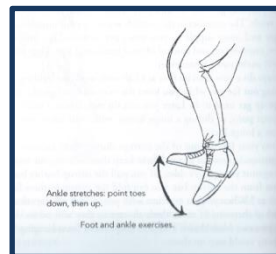
_____:

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

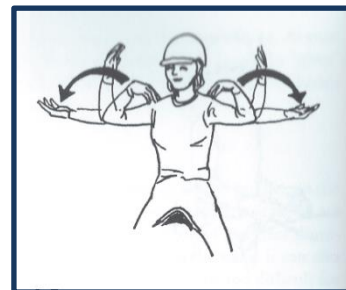


- stretch out arms to the side
- make 10 air circles
- change direction, make 10 more

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



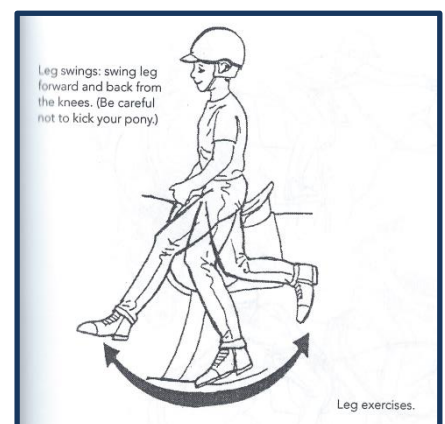
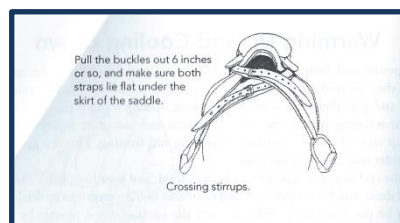
- stretch out arms to the side with palms up
- bend at elbow and touch your shoulders
- stretch arms back out, turn palms down
- return arms to side
- repeat



(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

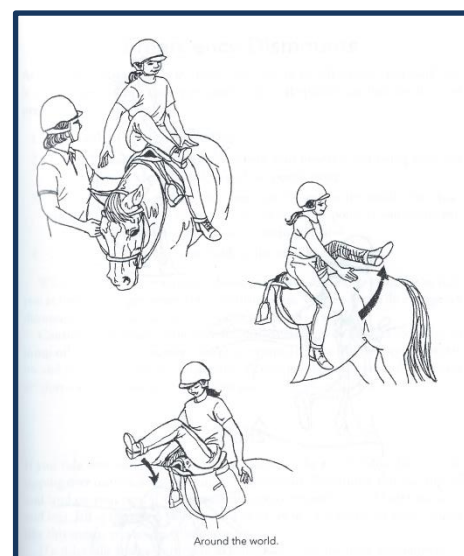
Note: To cross your stirrups...



(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!



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- 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?

D2: 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.

