

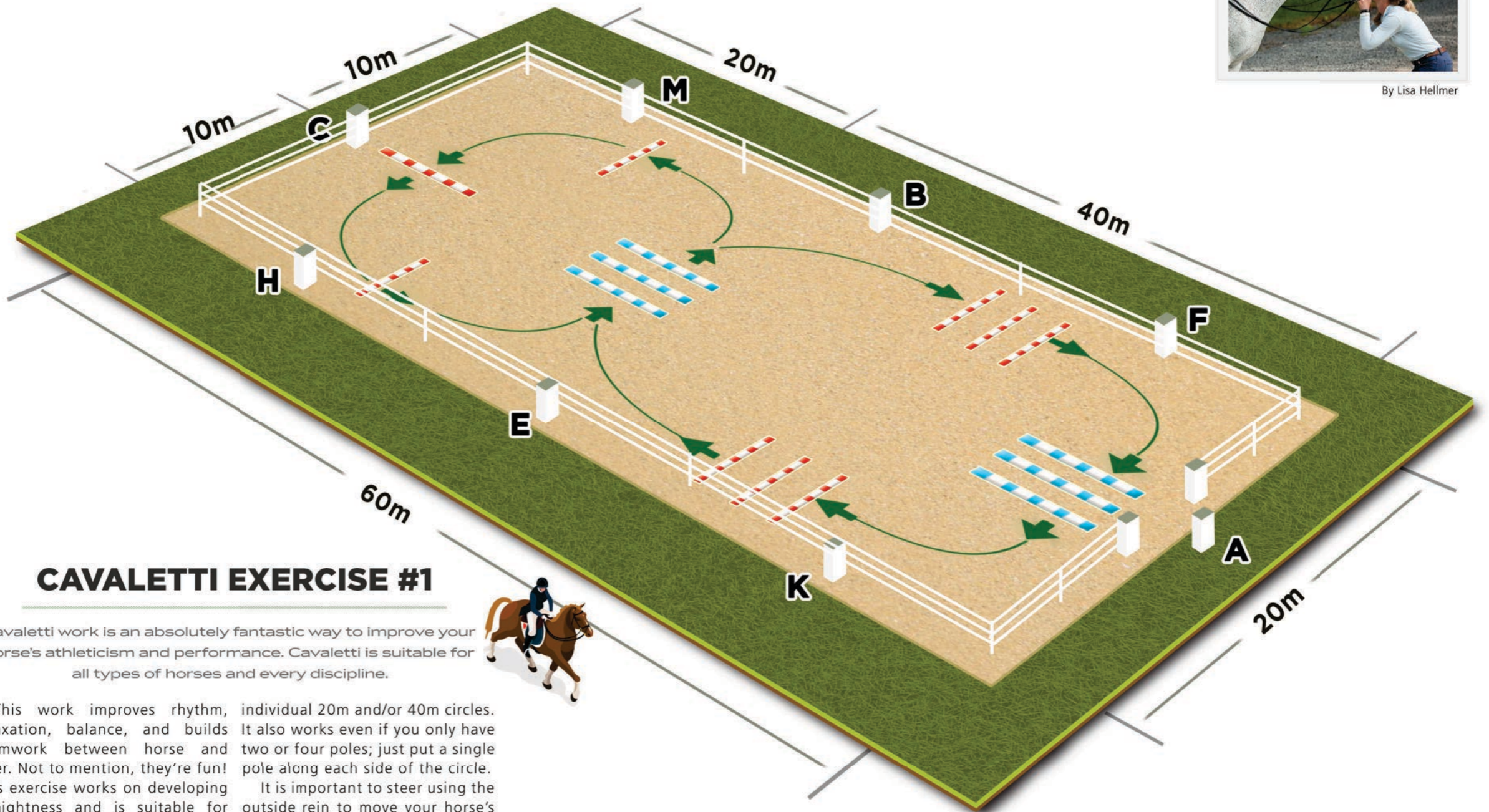


CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



CAVALETTI EXERCISE #1

Cavaletti work is an absolutely fantastic way to improve your horse's athleticism and performance. Cavaletti is suitable for all types of horses and every discipline.

This work improves rhythm, relaxation, balance, and builds teamwork between horse and rider. Not to mention, they're fun! This exercise works on developing straightness and is suitable for both walk and trot work.

HOW TO DO IT: This is a perfect starting exercise for those new to cavaletties and can be simplified or made more difficult depending on whether you choose to follow a figure-8 pattern or stick to

individual 20m and/or 40m circles. It also works even if you only have two or four poles; just put a single pole along each side of the circle.

It is important to steer using the outside rein to move your horse's shoulders as you circle through the poles. Riders can develop bending in between the poles from their inside leg, and then need to make their horses straight again over each pole. This helps the horse lift its back and belly as it trots over the poles.

Once you complete this cavaletti course in one direction, turn and complete it in the other direction to ensure your horse receives balanced exercise on both sides of their body.