

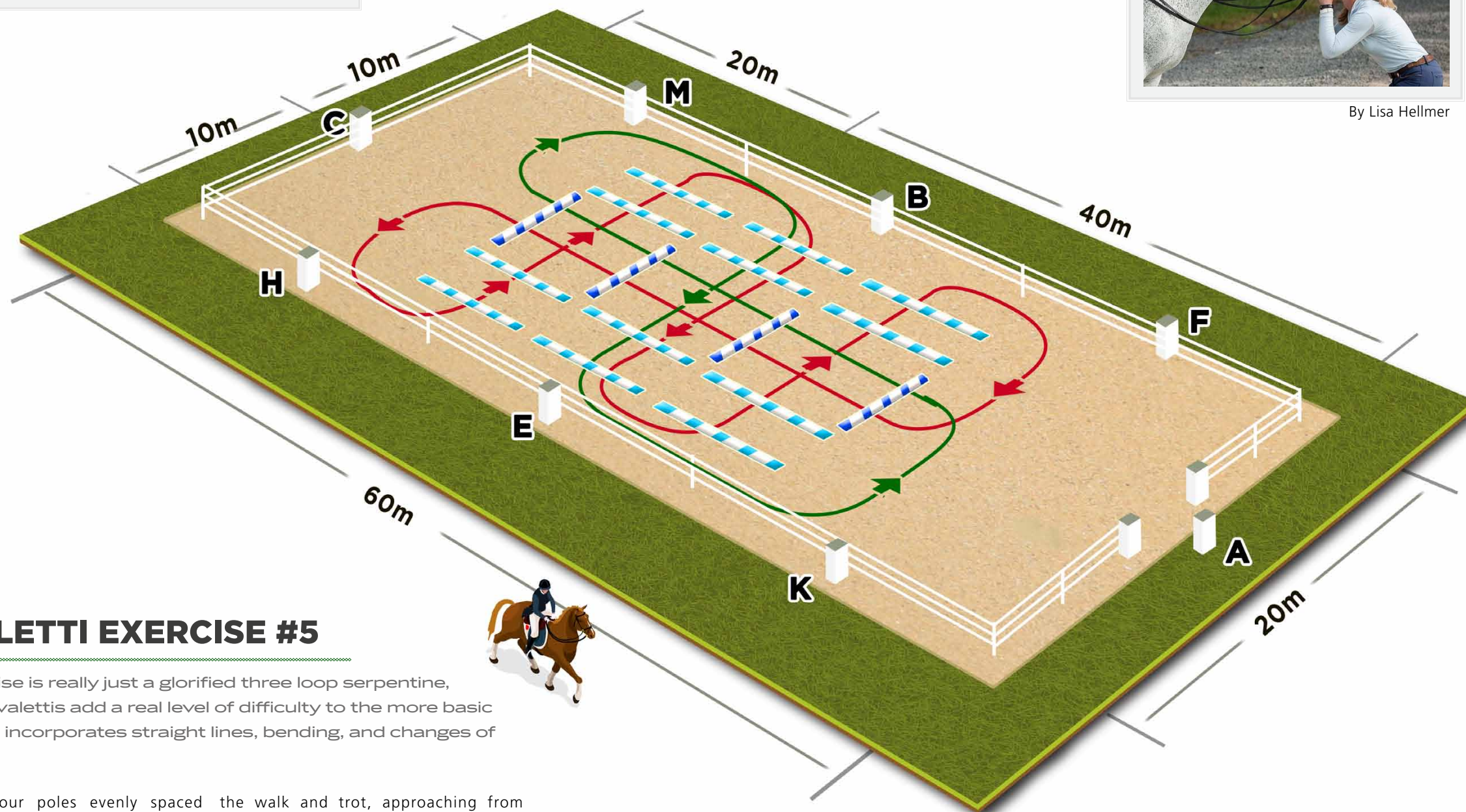


CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



CAVALETTI EXERCISE #5

This exercise is really just a glorified three loop serpentine, but the cavalettis add a real level of difficulty to the more basic exercise. It incorporates straight lines, bending, and changes of direction.

Set up four poles evenly spaced down the center line. On each side of the distance between the poles, place one or two poles (depending on how many you have available and how difficult you want to make this course).

Begin by riding down centerline, down the middle of the four poles you've set up. Do this a few times at

the walk and trot, approaching from both directions (A and C). Then try to ride down centerline and turn left and continue through the middle section, then right, and then back up centerline (two-loop serpentine). This is a nice introduction before attempting the three-loop serpentine. Do this in both directions.

Once you have mastered the two-loop serpentine to the point where it feels easy, go ahead and try the three loops! Be sure to ride over all the poles straight and through the middle, and add correct bending in the turns. Ride the course in both directions and enjoy this fun suppling exercise!