

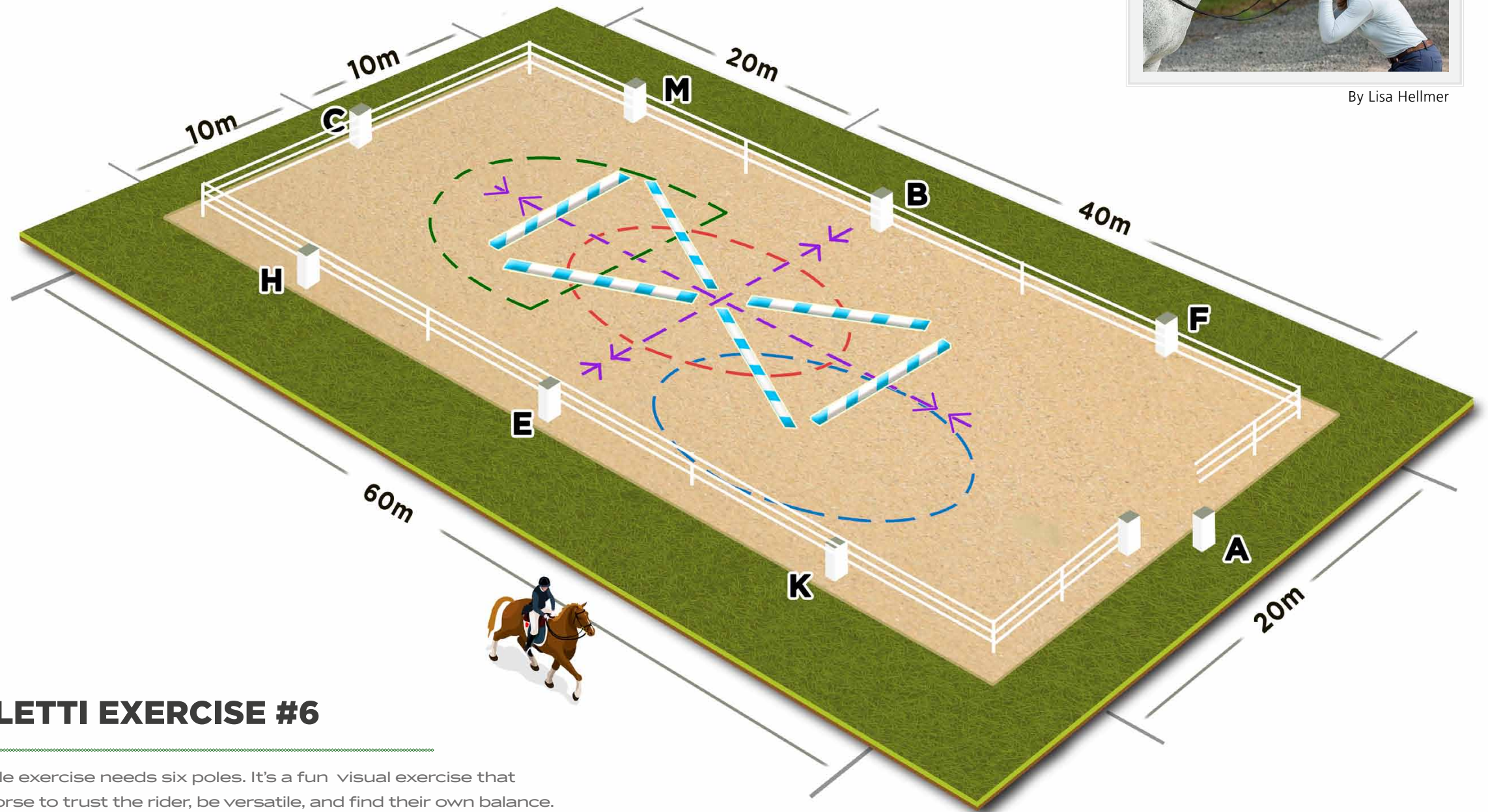


# CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



## CAVALETTI EXERCISE #6

This triangle exercise needs six poles. It's a fun visual exercise that asks the horse to trust the rider, be versatile, and find their own balance.

Simply set up two triangles facing each other and ride through the various approaches. This exercise asks the horse to find their striding and either lengthen or shorten strides to step over poles. I like putting some of the poles on risers and leaving others on the ground. This makes it even more fun and creates a visual challenge that builds confidence. This exercise can be ridden at walk, trot, and canter as you and your horse get more comfortable. Mix it up and have fun!