

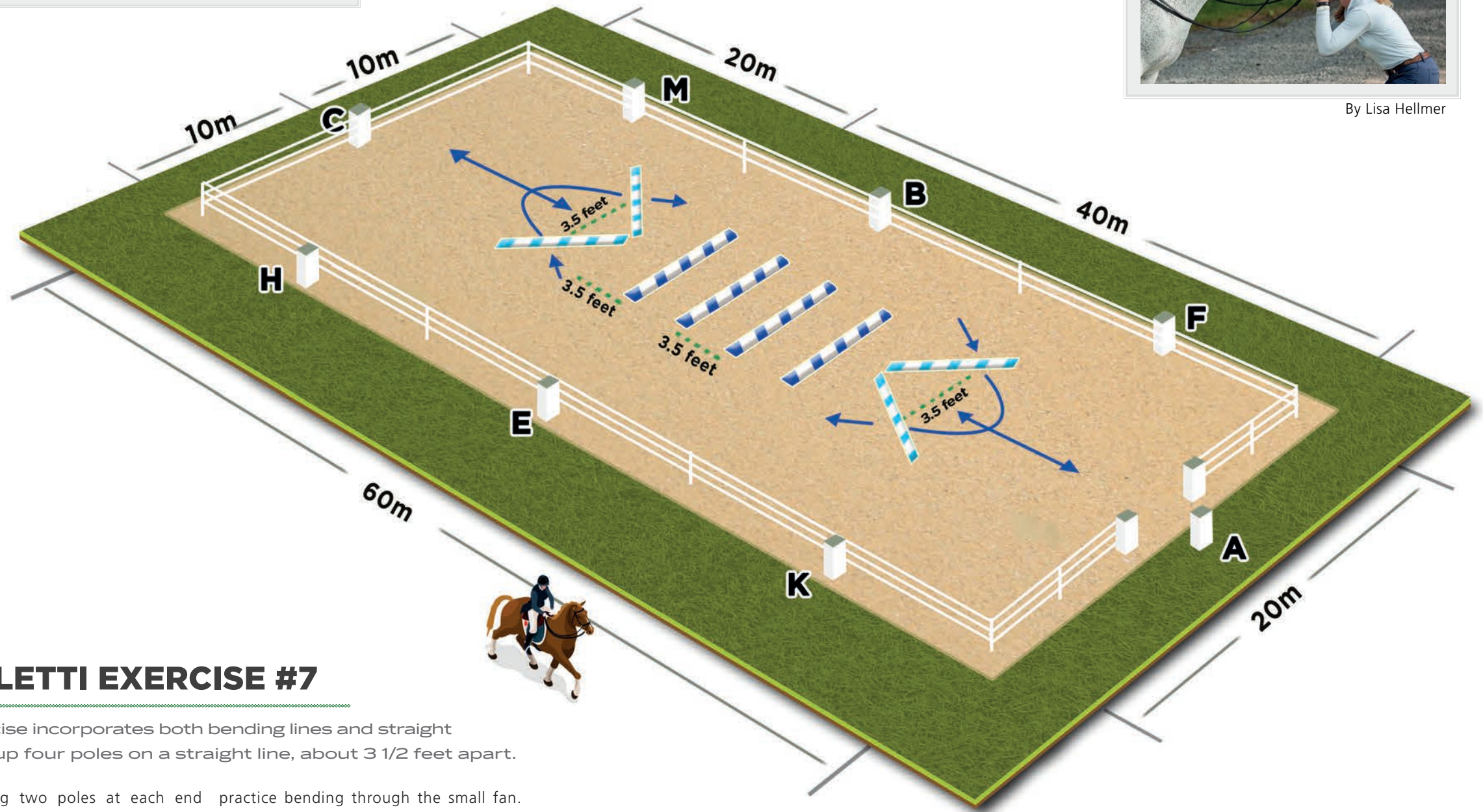


CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



CAVALETTI EXERCISE #7

This exercise incorporates both bending lines and straight lines. Set up four poles on a straight line, about 3 1/2 feet apart.

Then using two poles at each end create a "V" formation to act like a chute aiming the horse and rider towards the center of the four poles. This funnel will help aim you to the center of the line of four cavaletti (you can use more or less poles on the centerline as you like). You can also ride through the V formation along the outside of the center poles to

practice bending through the small fan. Set the fan to be about 3 1/2 feet at the midline and then you can play with either lengthening or shortening the stride depending on how far in or how far out of the fan you make your approach. The centerline can be ridden at the walk and trot, the V formation can be ridden at the walk, trot, and even canter. Have fun!