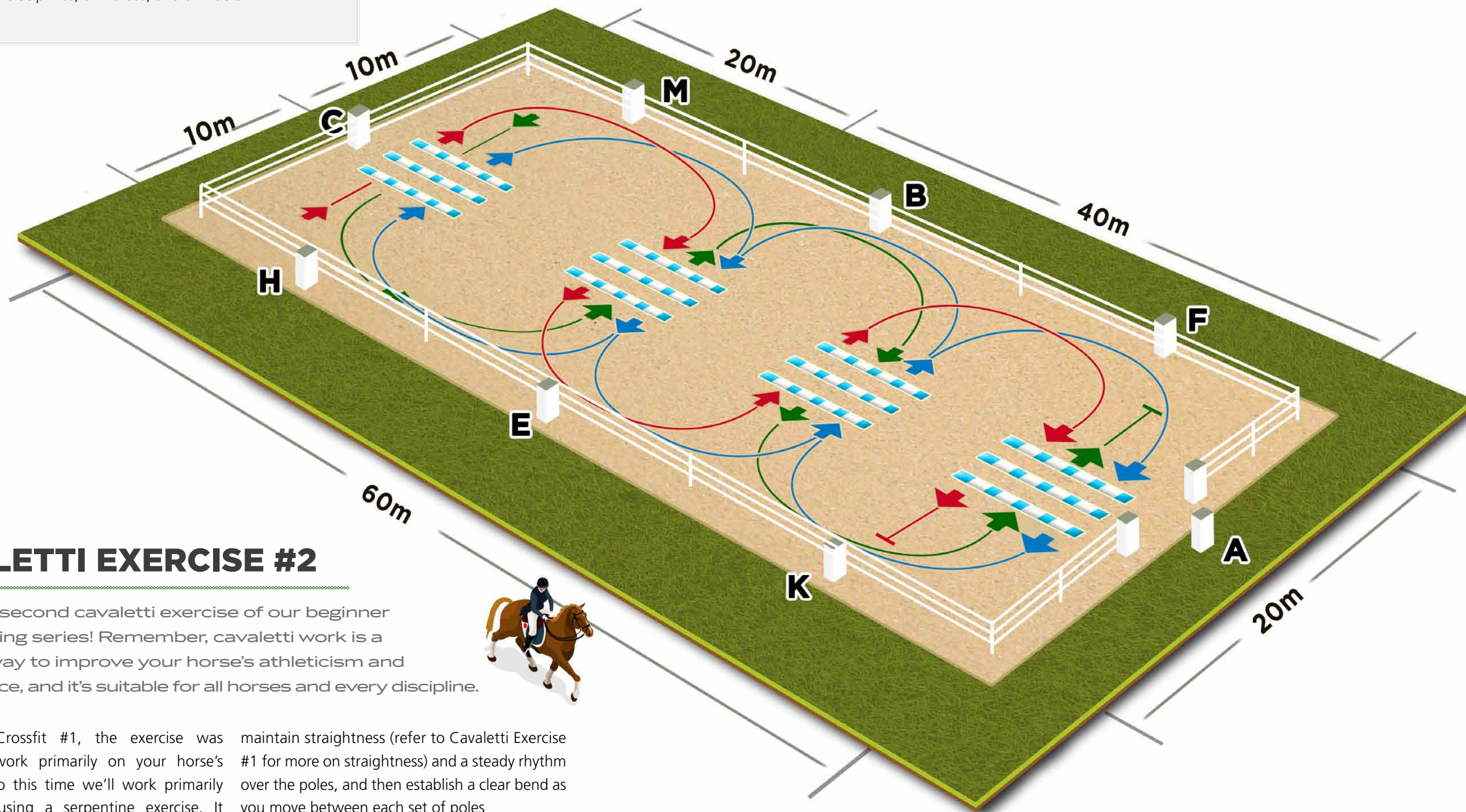




# CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



## CAVALETTI EXERCISE #2

This is the second cavaletti exercise of our beginner cross training series! Remember, cavaletti work is a fantastic way to improve your horse's athleticism and performance, and it's suitable for all horses and every discipline.

In Cavaletti Crossfit #1, the exercise was designed to work primarily on your horse's straightness, so this time we'll work primarily on bending—using a serpentine exercise. It may look a little complicated, but it's not and there are many ways to modify the degree of difficulty up or down, as needed. This exercise is suitable for walk and trot work. Have fun and be creative!

**HOW TO DO IT:** Begin at the top of the arena and loop your way down the centerline, changing direction over the poles so you bend to approach them from both directions. Work to

maintain straightness (refer to Cavaletti Exercise #1 for more on straightness) and a steady rhythm over the poles, and then establish a clear bend as you move between each set of poles

Start simple: track right over the first set of three poles, then turn left and ride over the third set—skip one set of poles so your turns aren't so sharp. Then turn right and make your way back to the top. In this first version, you skip two sets of poles and ride a simple two loop serpentine over the other two sets of poles. If this seems too difficult, you can stay on a 20m circle (for now) to ride just two sets of poles.

Build up to a three-loop serpentine, then when you feel comfortable riding all four sets of poles, change direction in-between the sets so you snake your way up and down the centerline riding a full six-loop serpentine. This helps balance your horse in the bend and adds a cardio component for your both!

If you overshoot a set because your turns are too wide, don't stress— just go around. Take your time; focus on your rhythm until the serpentine flows. And have fun!