

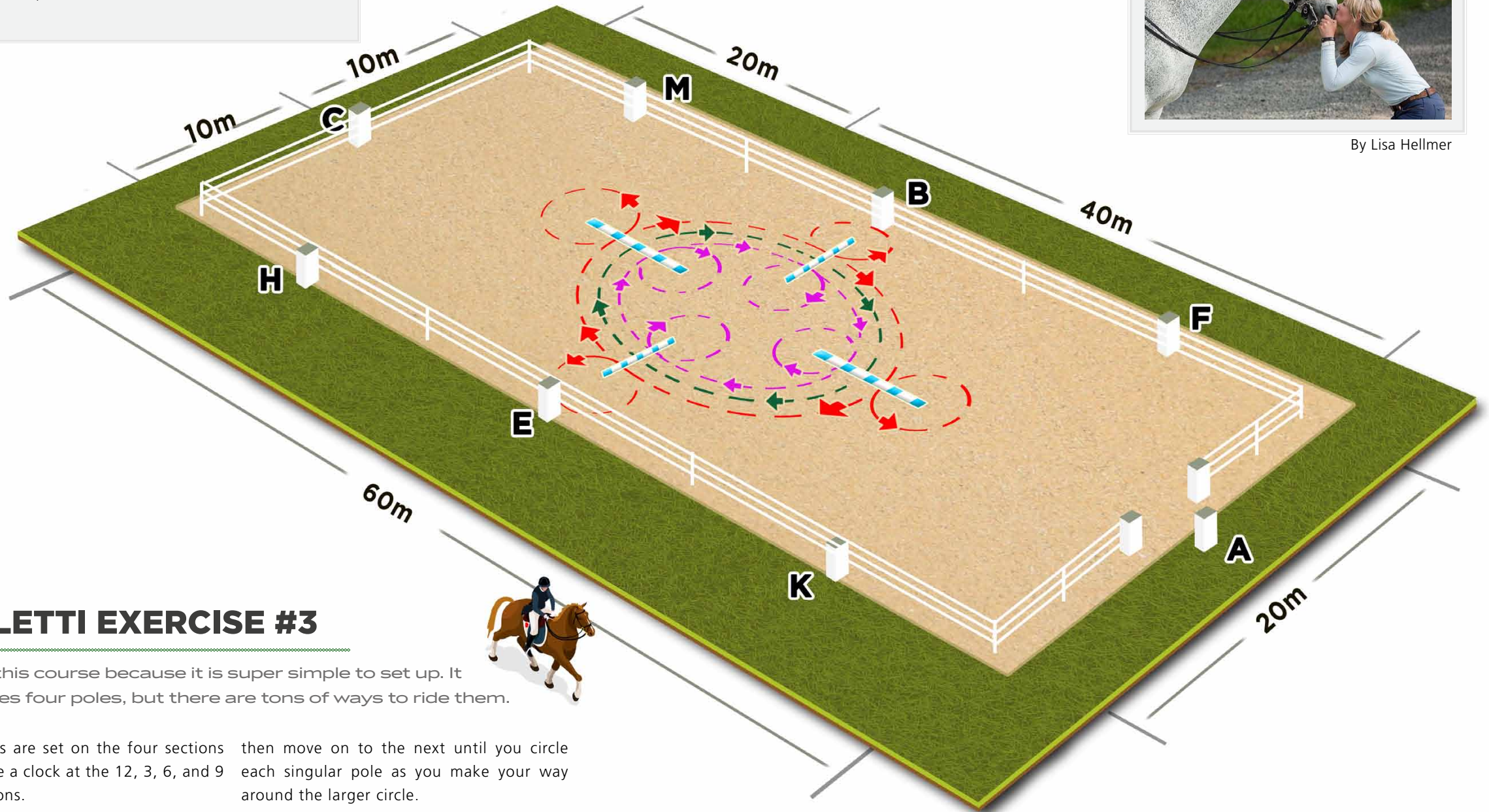


CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



CAVALETTI EXERCISE #3

You'll love this course because it is super simple to set up. It only requires four poles, but there are tons of ways to ride them.

The four poles are set on the four sections of a circle, like a clock at the 12, 3, 6, and 9 o'clock positions.

The first exercise is the easiest, which is to ride a circle over each pole at 12, 3, 6, and 9. This can be done at walk, trot, and when you are comfortable, even canter. The poles can be on the ground or on risers.

The second pattern also uses all four poles. Begin by riding the full circle towards the first pole, make a smaller circle around it,

then move on to the next until you circle each singular pole as you make your way around the larger circle.

The next pattern has the same idea, but you circle to the inside of each pole so the circles are smaller and tighter. This is harder, with more bend throughout.

Finally, ride every other pole. I like this "weave" pattern when I'm cantering over the poles for the first time. It's fun, and weaving to the outside to skip a pole can be challenging.

The best part of this exercise is that it's so easy to set up. The distance between the poles can vary because it asks the horses to adjust and develops a spacial eye. It can be ridden at walk, trot, or canter. For advanced riders, flying changes can be added at the canter if you circle inside or outside over the poles. The variations are endless, so have fun!