

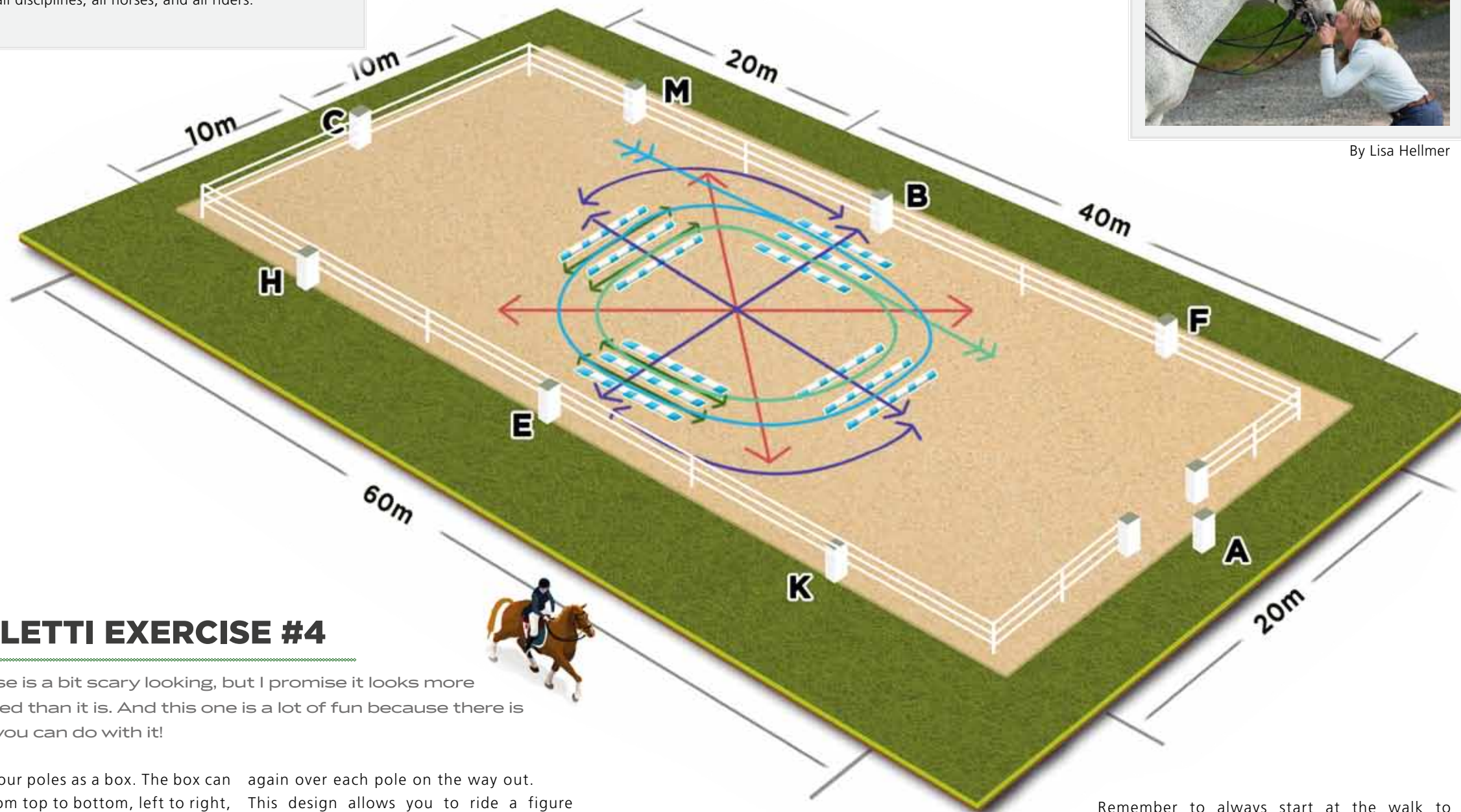


CAVALETTI CROSSFIT

For all disciplines, all horses, and all riders.



By Lisa Hellmer



CAVALETTI EXERCISE #4

This course is a bit scary looking, but I promise it looks more complicated than it is. And this one is a lot of fun because there is so much you can do with it!

Begin with four poles as a box. The box can be ridden from top to bottom, left to right, or across the diagonal over the corners. You can also use the box to practice upward and downward transitions: see if you can make the transition in the box before exiting. Once you've mastered those options, expand the course by adding as many poles as you have available to build out the box. Set the poles so that you ride one stride over the poles into the box, two strides through the box, and one stride

again over each pole on the way out. This design allows you to ride a figure eight, as well as diagonal lines through the box to improve steering and balance. You can also ride in between the poles to use them as "lanes" for circles to work on shoulder control and/or straight lines to work on straightness. You can also mix them by riding straight line lanes into and out of a circle to work on straightness, shoulder control, and bending all in one exercise!

Remember to always start at the walk to familiarize both you and your horse with the course, then ride a few exercises at the trot. When you feel confident that you have it figured out, you can put everything together as much as you want to at the trot. That's what's so great about this course: you can make it as simple or as challenging for you and your horse as you'd like. It's up to you, so give it a try and have fun with your fancy footwork!