

10 Days In...

Go You!

Well done, not only are you showing commitment and dedication to following through on your initial goal, you should also be beginning to see those little changes in your body now.

Better mood, more energy, sleeping better... Just a better version of you :-)

So the past week and a half we have been focusing on improving our core strength, which as you most probably know and realize, is paramount to being a better rider.

Today, we are going to add something different into the mix... Muscle memory. I want you to begin by standing with your legs apart, wide apart, about the width of your horse; yes that wide! Bend your knees, as though you are in the saddle. With the squats you have been doing the past 10 days, this should be easy enough for you to do. Now, have a quick glance down... do you have a correct alignment, Head, Shoulder, Hip, Heel? If so, perfect! If not, correct it.

Okay, so we are sitting pretty on our imaginary horses. Now, I want you to go into your jumping position. So, firstly your backside must come up and back in the 'saddle'. As your bum goes back, your hips will fold your upper body down. While doing this you are paying attention to the fact that your knees are remaining bent, your back is straight and your shoulders and chest are opened and not slouched down. The last piece of your 'position' is your arms and hands... They must follow your 'horses' head forward.

Do this a few times, going in and out of the jumping position. Stand in front of a mirror if necessary and make sure that you are remaining balanced, using your core to support your upper body.

Fantastic :-) If you have time, add this exercise in to your daily routine and, trust me, it really helps when you actually get to a fence on your horse.

Happy Riding!

Lorna