

Do you enjoy bouncing?

An inexpensive tool that can help you 'bounce' your way to a better ride!

I love bouncing. Seriously, give me a trampoline, bouncy castle, horse...

If you are like me, which if you ride horses I think you are, this week's bonus tip is right up your alley.

This week I am giving you full permission to go shopping... for none other than a trusty exercise ball. Really, these little beauties are one of the most helpful things you can have in your 'improve my riding' tool kit... And you can use it while watching your favorite program on Netflix :-)

However, words of warning before you brave the local fitness store... Not all exercise balls are made equal, and we are specifically going to be sitting on ours, so make sure you invest in a good quality ball that is the correct size (height) for you. If you are unsure, any sales person worth their fitness stripes will be able to guide you to the right decision.

Once you have your ball, and its fully inflated (very important!) you can begin by just sitting it on it and, you guessed, bouncing! So much fun from such an inexpensive item :-)

Make sure that while you are bouncing, you are holding your posture and position just like you would on a horse, weight into the heel, sitting on your seat-bones, equally. Lifting up through your body, and looking up and ahead.

Of course, once you get the hang of that, the sky is the limit for exercises you can do with your exercise ball...

Happy bouncing!

Lorna