

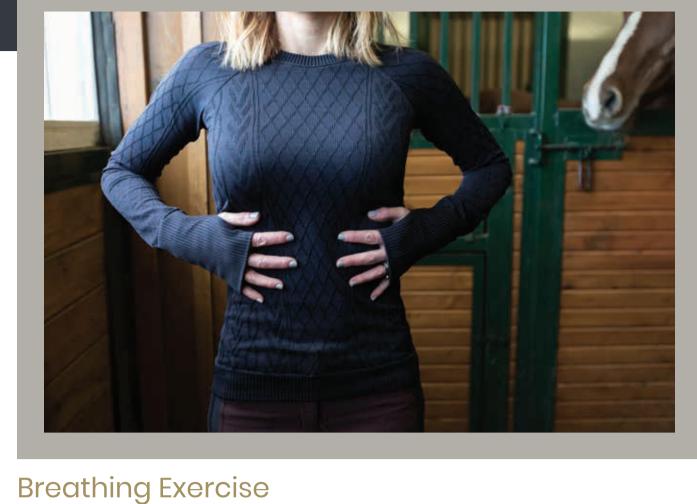
5 POSES yourTRAINER

WANTS you TO DO

BEFORE

y o u r RIDE

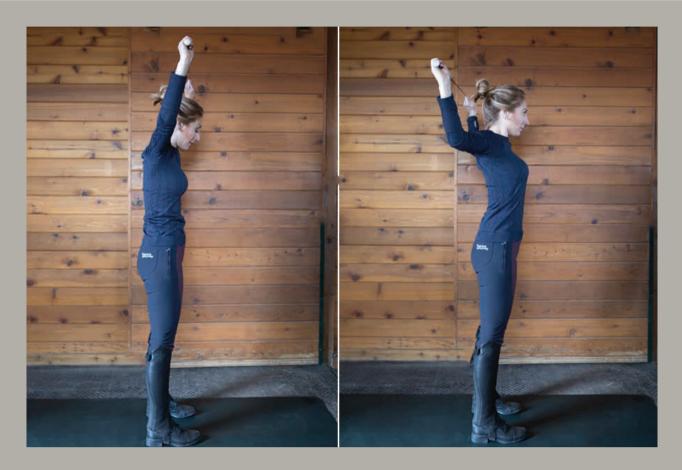
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Benefit to your ride:

- Improves your focus

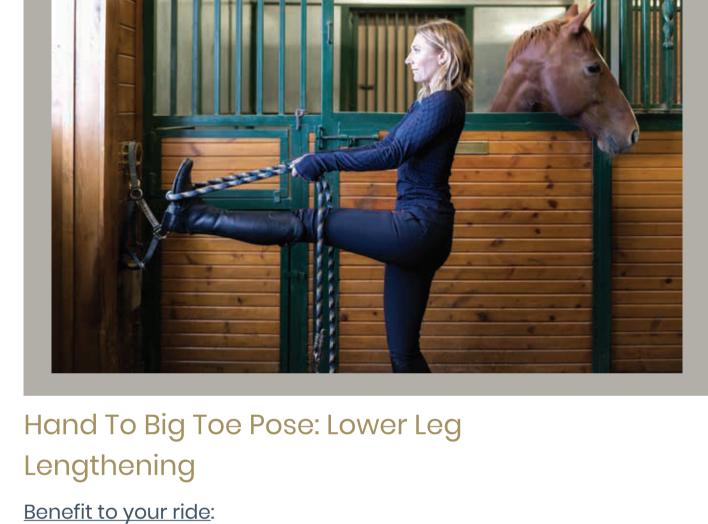
- Increases coordination
- Promotes relaxation



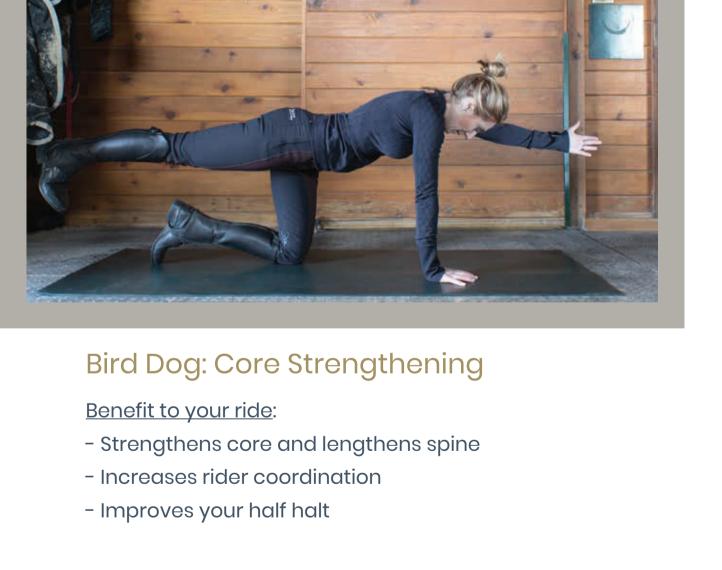
Benefit to your ride: - Allows you to sit tall and hold your shoulder

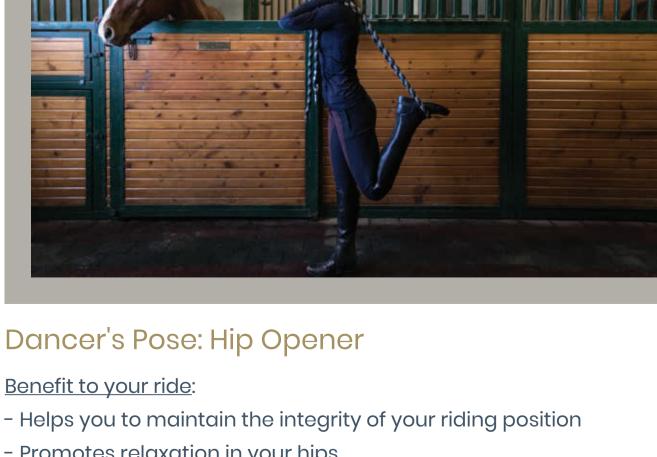
Standing Backbend: Shoulder Opener

- Encourages you to ride inside leg to outside rein
- Relaxes your upper body



- Prepares you for heels down riding position - Lengthens your lower leg - Stretches your lower back in preparation for sitting trot





- Promotes relaxation in your hips
- Enhances your ability to use your seat aid more effectively

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For more in-depth instruction on these postures,