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# 50 Best Arena Exercises And Patterns: Essential Schooling For English And Western Riders



## Synopsis

Like other hobbies, sports, and passions, riding and training horses inevitably involves a certain amount of repetition in order to improve. This means a well-designed plan of lessons and exercises is indispensable, both for keeping horse and rider interested in what they're doing together and for advancing their fitness and ability level. Riders, trainers, and instructors of all disciplines are always looking for ways to keep boredom at bay; and that's where this handy guide can save the day. *50 Best Arena Exercises and Patterns* provides a terrific collection of upbeat ideas for essential schooling, adding variety and challenge to everyday workouts. Exercises are organized in easy-to-reference sections, including: improving the rider's seat, learning to dance with the basic foundation movements, increasing mobility with gymnastics, finding rhythm, getting supple and relaxed, achieving connection and softness, activating the hindquarters, traveling straight, and achieving collection. In addition, two chapters provide fun alternatives to supplement any lesson. Whether an English or Western rider, any equestrian looking for tools to use in creating a balanced, correct seat, and a supple, gymnasticized horse will relish this infinitely useful collection of practice routines.

## Book Information

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## Customer Reviews

"This book is an arena boredom buster for riders and instructors alike and must have in your barn's tack room or viewing area." Equine Journal, April 2017

Ann Katrin Querbach is a certified instructor with the German Riding Federation (FN) in both English

and Western riding.

Very helpful and motivational to get me working with my horse, simple to understand instructions

I love how Ann Katrin explains how the pole work is helping the horse. The exercises teach both horse and rider.

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