

101 Exercises From Top Riders

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Exercise 88 Turns on a Serpentine Everybody hates the walk pirouette, but I think it is one of the best exercises of all time because it has wonderful effect on closing the horses hind legs. The exercise • This exercise can be as simple or as complicated as required, according to the level of the horse.

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101 Jumping Exercises Part One: This article has appeared previously with Equestrian Life. To see what is in our latest issue, please click here. By Linda L Allen. Riding and jumping, like most other activities are best learned by doing. Practice is as essential for riders as ongoing training is for horses, no matter their current level.

Equestrian Life - 101 Jumping Exercises Part One

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Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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101 Jumping Exercises for Horse Rider by Linda L. Allen

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