

RIDER POSITION

A solid, stable riding position relies on three things: independent movement of body parts, core strength, and body awareness. This chapter includes exercises to address each aspect of rider position. They are most effective if you can have a helper longe your horse while you ride, allowing you to

really focus on your body without having to control your horse. Without a ground person, though, you can use a small, enclosed area like a round pen to practice them on your own.

These fairly simple exercises will strengthen your seat in the right places. They also serve to highlight

your degree of flexibility, any unevenness in your seat, and areas that need strengthening. Don't just work through the chapter once and forget about your position. Incorporate these exercises into your daily workouts.



Riders should always seek a straight alignment from ear to shoulder, elbow, and heel.