

# The Pendulum

## How do I ride this?

**1** At the walk, with your feet in the stirrups, stretch from the waist and lean your whole torso to the left. Lean as far as possible without coming out of your seat.

**2** Come back to center for two strides and then lean to the right.

**3** Keep your seat bones evenly in the saddle as you lean — do not lift them.

**4** Keep your shoulders aligned with each other, without dropping one. Face forward and open your upper body.

**5** Repeat for several minutes.

## Keep in mind

Stable legs are the foundation for your upper-body movements. Keep your legs closed, with good contact around your horse's barrel, for support throughout the exercise.

As a variation, bend from front to back as far as possible without rocking or tilting on your seat bones.