

Strong Legs

How do I ride this?

- 1 Shorten your stirrups one hole.
- 2 Proceed in active rising trot (you need a lively trot for this exercise to be useful).
- 3 Post for eight strides.
- 4 Come into half-seat for eight strides.
- 5 Transition back and forth between rising trot and half-seat every eight paces without changing the rhythm of the trot in the slightest.
- 6 Continue alternating in both directions for several minutes.

Keep in mind

When in half-seat, drop your weight deep into your heels and close your legs more snugly against your horse. It is crucial that you not support your weight by just standing in the stirrups to keep your seat above the saddle. You should feel all the muscles in each leg strain a little to maintain your position.

When most riders begin this exercise, they tend to wobble around a little bit and lose their balance in the half-seat. That's fine. Keep at it; your legs will be stronger for it!