

Leg Flippers A

How do I ride this?

- 1** Moving at a walk, drop your stirrup irons and fully straighten your knees.
- 2** Open both legs out from the sides of your horse as far as you can.
- 3** Lift your legs from your hips, straight out to the sides, with minimal bend in your knees. Try to lift not only your lower leg but your thigh, too.
- 4** Open your legs as wide as possible and hold for a count of two before closing them softly against the side of your horse.
- 5** Repeat the exercise in a steady rhythm — open-close-open-close — as long as you can.

Keep in mind

Do some walk work without irons to loosen your hips and prepare for the leg-stretching action of this exercise. It is ideal if you can ride this on a longe line.

If you begin to tip forward in the saddle or rock back, hold the pommel for stability.