

Heavenly Horses Homework

Physical exercise is an essential part of excelling as a rider. At Heavenly Horses we ask that all riders complete several exercises each week to improve their abilities on horseback. From range of motion to leg strength and reflexes spending some time exercising each day will make a huge difference over time!

Ball Work

Should be completed three days a week, three times per day (not on the day you ride):

1. A tennis ball in the upper groin area
2. A kickball in the thigh and calve area
 - Each ball should be squeezed individually
 - Beginner riders should do 600 in total per week
 - Intermediate riders should do 1200 in total per week
 - Jumping students should be doing a minimum of 2000 in total per week
 - Advanced 3 should be doing 3000 in total per week

Parents should sign the ball homework. Homework should be turned into your instructor at the start of your lesson each week.

Date	Upper Groin	Thigh	Calves	Parents Signature
Total				

Other Homework

This homework is recommended for all riders especially those with common riding problems.

1. **Heel Walking**- walking on your heels and stretching your heels down and your toes up will help in keeping your heels down when riding
2. **Water Cup Jumping Jacks**- Holding two full cups of water do jumping jacks without the motion in your hands. This will help you disassociate your legs from your hands and help you kick without pulling back. You can also hold only one cup at a time and do the arm motions with the other. This will help you disassociate your hands from one another so you can pull in one direction without pulling in the other.
3. **Broom Assisted Posture**- This will help you work on sitting up and with your shoulders back. Place the broom behind your back and use your elbows to hold it there. Do this on the edge of a couch or chair.

There are all sorts of books, websites and videos with other exercise ideas that help improve a rider's fitness and performance in the saddle. Ask your instructor for specific suggestions!

Updated 12-15 (JG)