



# WARM UP

Walk stretch for 5 mins, check tack - ask riders to adjust if needed, welfare check horse and rider

Warm the horses up independently walk trot (and canter if safe) on both reins

Talk through session plan

Make minor adjustments to horse/rider - feedback on way of going

For rider warm up, put all riders on circle around you at X, maintaining safe spacing

Change rein between exercises

## HEAD

Chin to chest, look up x6  
Ear to shoulder L/R x6  
Look L/R x6



## Breathing:

Put on a track they all know the words to and get them to sing as a group while riding

## SHOULDERS

Up & down x6  
Circle forward/backward x6

## ARMS

Circle backward/forward each side x6

Arm into middle and trot if safe

