

Gymnasticising [Expanded]

Cavaletti Exercises

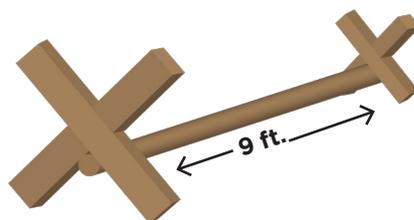
From Issue 2, Athleticism

Gymnastic exercises are great training tools to help your horse build strength and work on balance, and offer an alternative to your standard training routine. Expand your gymnasticising by adding in some cavaletti's to increase the complexity.

Building a Cavaletti

It's really quite easy to build a cavaletti, and its a great tool to add to your training tool box. Essentially, a cavaletti is just a pole attached to two end pieces. Most standard cavalettis can be rotated, giving you multiple height options for your exercises.

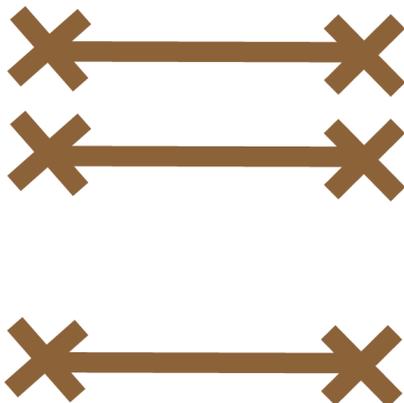
Your cavaletti should be at least 9 ft. wide. Sizing on the end "X" can vary, but should be between 25 - 35 inches. Your cavaletti rail can be round or square.



Volume 2
No. 1

Cavaletti Exercises

The Single/Line



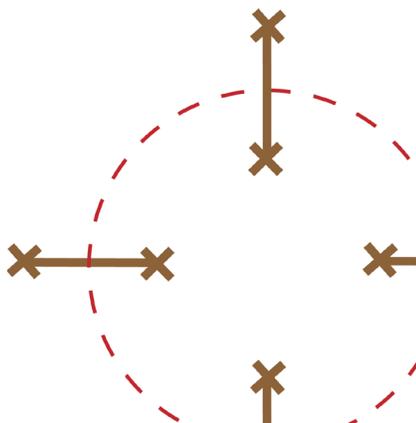
To set up:

- Place a single cavaletti somewhere in the arena

Use this exercise to:

- Encourage articulation by making your horse pick up his feet
- Work on approach to fences (spacing and pace)
- Try incorporating it into circles and serpentines on the flat
- Add additional single cavalettis to form a line for an extra challenge

The Circle



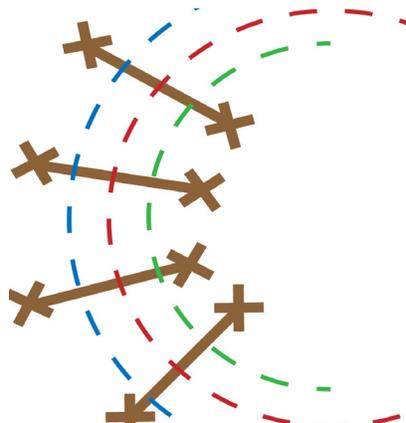
To set up:

- Arrange cavalettis on a circle (place on the quarter lines of the circle)
- Start with two cavaletti's then add more as your horse gets used to the exercise

Use this exercise to:

- Encourage articulation in the joints
- Keep your horse supple and balanced, and engaging the hind end
- Work on spacing and pacing

The Fan



To set up:

- Arrange 4 poles in a fan pattern
- This exercise is a step up from the circle, and is more complex for the horse to navigate

Use this exercise to:

- Work on extension and collection of the gaits
- By riding where the space is smaller your horse must collect his gait, where it is wider the horse must extend
- Encourage use and engagement of the hind end