

# Let's Practice Getting On!

Riders, we miss you!

Can you work your mounting muscles?

Standing to the left of a chair, stool, barrel, bolster or ball, put your body so your right hand can touch the chair,

Give it a pat!

What a good horse!



Have the back of the chair positioned to be the horse's head.

Bring your chest down low and lift your right leg up high, swing around and sit down gently with eyes ahead.



Can you hold your leg in the air for the count of 4?

Can you hold your weight on 1 leg for the count of 4 before you sit?

Practice that a few times then switch to the other side.

Repeat the process but stand on the left side of your object and lift your left leg up and over. We don't often mount with the left leg lifting, but give it a try!

