

Posture Exercise

Hello Riders! Let's work on those riding muscles!

Riders sit on the edge of a chair, on a bouncy (exercise) ball, a barrel or bolster.



Put both feet on the ground and push down to the ground as you grow tall through your core. Think of your riding position!



Can you reach 2 hands up to the sky while balancing?

Can you do that and count to 5 or even 10? Maybe sing a silly song?

Can you reach down and touch your toes? How about with the other hand?



Now stand up (or push up as much as you can), sit back down and try it again!