

20 Fabulous Flexion/Suppling exercises

- EXERCISE #1: Direct rein flexion around cone
- EXERCISE #2: Direct flexion & Leg Yield on Serpentine
- EXERCISE #3: The "Snake"; a Figure 8 with change of direct flexion
- EXERCISE #4: Hip Out/ Shoulder Over (180)/Shoulder Over (90)
- EXERCISE #5: Inside rein to diagonal (outside) shoulder
- EXERCISE #6: Direct/Reverse flexion on a straight line
- EXERCISE #7: Hip out on circle with direct and/or reverse flexion
- EXERCISE # 8: Hip in on circle with direct and/or reverse flexion
- EXERCISE #9: Nominating a front leg
- EXERCISE #10: Extending the jog
- EXERCISE #11: The "Spur Stop"; Riding into a soft halt
- EXERCISE #12: Runway & Barricade exercise (Rollback)
- EXERCISE #13: Shoulder off outside leg (riding corners/squares)
- EXERCISE #14: The 'slow down/head down & soften up' cue
- EXERCISE 15: Slow down cue to spur stop to rein back
- EXERCISE #16: Hip in/Shoulder in on straight line
- EXERCISE # 17: Back/Sidepass/Shoulder over
- EXERCISE # 18: Hip to cone/Shoulder to cone on figure 8
- EXERCISE # 19: Transitions on the 'cloverleaf' pattern
- EXERCISE # 20: Shoulder out off inside leg/Shoulder in off outside leg (on circle)