



## MASTER CLASS:

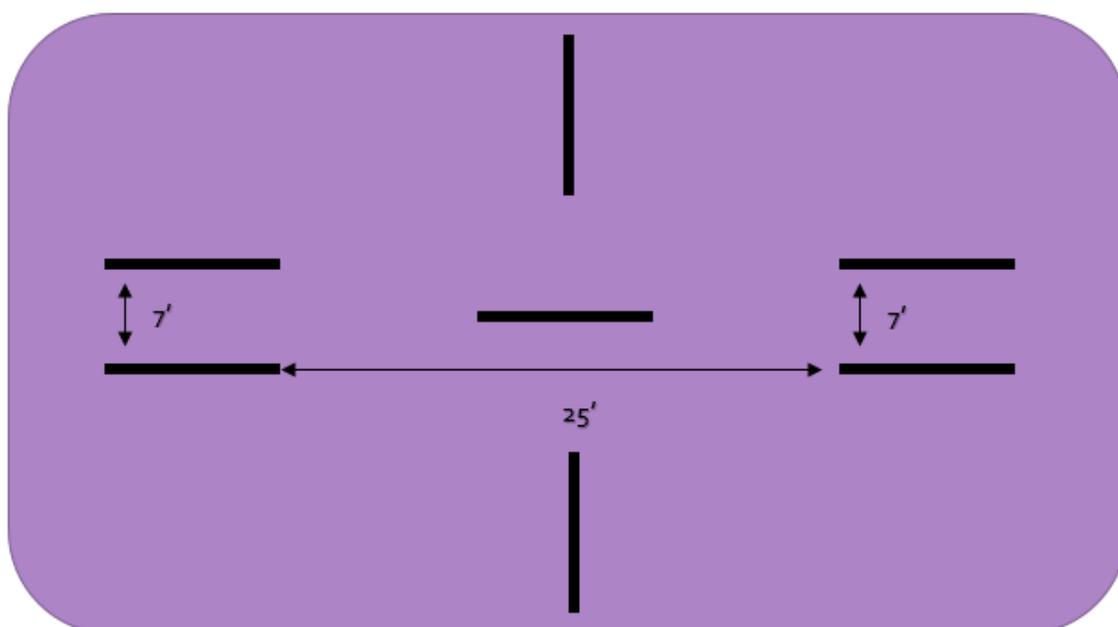
# USING CAVALETTI TO BUILD CORE STRENGTH IN HORSES

### OVERVIEW

Cavaletti are a great way to build core strength in horses and keep the work interesting. The exercises in this demonstration will help to get the horse stronger behind and better through their backs. This work is important regardless of whether your horse suffers from kissing spine or other back issues. Cavaletti also help to build proprioception in horses- the awareness they have of their own body and the precise placement of their legs. This becomes increasingly important as horses move up the levels and the questions become more challenging- both in dressage and in jumping.

### EXERCISE #1: [WWW.FACEBOOK.COM/SALLYCOUSINSEVENTING/VIDEOS/2258544714258056/](http://WWW.FACEBOOK.COM/SALLYCOUSINSEVENTING/VIDEOS/2258544714258056/)

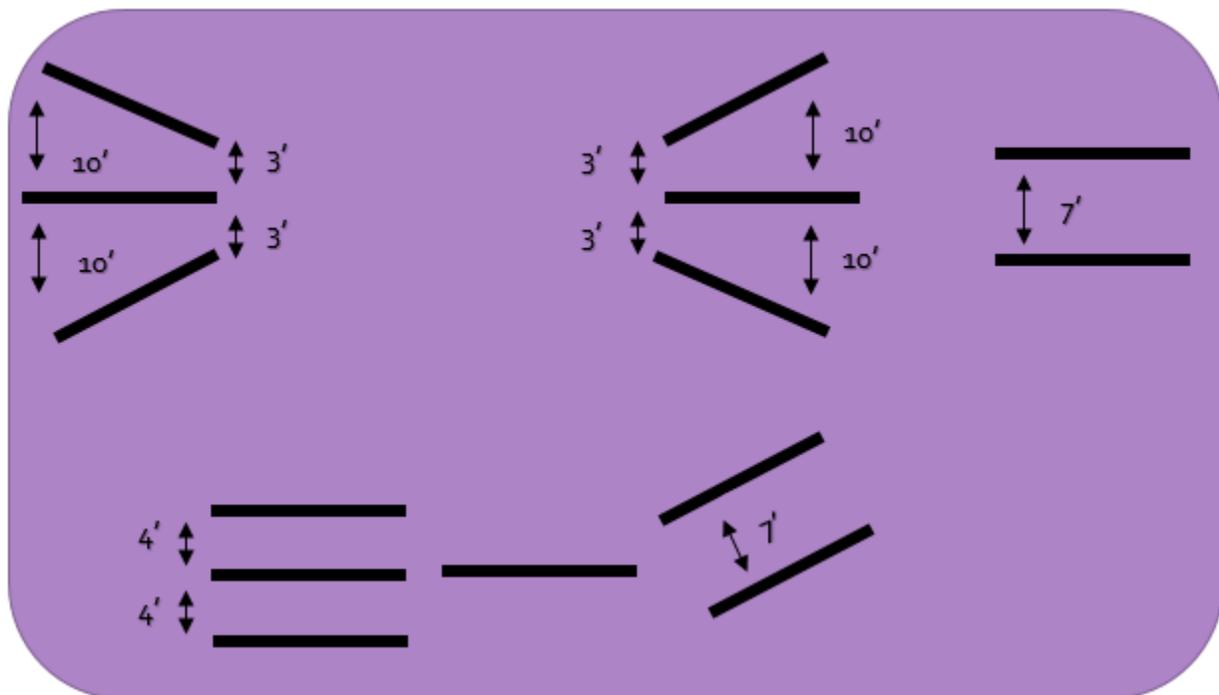
This is a wonderful exercise for strengthening horses on the flat and also preparing them to jump. It's a very versatile exercise in that it teaches bending, straightness, angling, lengthening, and collection- all of which are critical for jumping courses well. It's also a great exercise for encouraging you to ride in different seats- both two-point and three-point. You can make this exercise more difficult for horses further along in their training by making the circles smaller. This exercise can be very challenging in the beginning- stick with it and it'll get easier for both you and your horse!





## EXERCISE #2: [HTTPS://YOUTU.BE/GIFGEDRMPJQ](https://youtu.be/GIFGEDRMPJQ)

Cavaletti set on bending lines encourage the horse to hold their weight on the outside hind leg. For this reason, it's important to do this exercise going in both directions in order to evenly develop the pushing power of both hind legs. The transitions incorporated throughout this exercise also help to make the horse stronger. For horses that are further along in their training, you can ask for flying changes instead of simple changes.



## MORE INFORMATION

Sally Cousins is an FEI 5\* eventer based in Oxford, PA and Aiken, SC. She was the USEA Leading Lady Rider in 2008, 2009, 2010, 2011, and 2012 and continues to be an active competitor at both national and international level events. She genuinely enjoys the teaching process with both horses and riders and draws on her experience riding with Mike Plumb, Bruce Davidson, and Torrance Watkins. In addition to leading an active teaching and competition program, she also runs the **Sally Cousins Eventing Training Club**, an online forum dedicated to collaboration, education, and training. Through membership in the training club, you'll gain access to Sally's private Facebook group with videos and commentary on training exercises, behind-the-scenes insights at how Sally prepares her horses for events, and much more! For more information, please visit [www.sallycousins.com](http://www.sallycousins.com) or email Sally at [sallycousins@aol.com](mailto:sallycousins@aol.com).