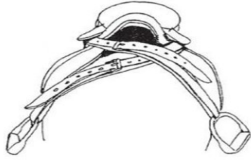
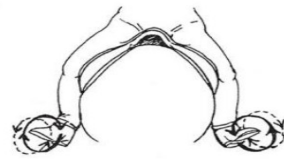


Horse Riding Posture



Pull the buckles out 6 inches or so, and make sure both straps lie flat under the skirt of the saddle.

Foot circles: do them both ways



Ankle stretches: point toes down, then up

Leg swings: swing leg forward and back from the knees. (Be careful not to kick your pony)

