



PRE-RIDE ACTIVATION PROTOCOL

Activation prepares your neuromuscular system for the exact demands of your sport. It signals your body to stabilise, react and coordinate from the very first minute, helping you perform at your best and deliver clearer more consistent aids to your horse.



THE FLOW



TAP EACH EXERCISE FOR A VIDEO DEMO

1 MOBILITY



CAT COW	10 REPS
THREAD THE NEEDLE	10 / SIDE
ADDUCTOR ROCKS	5 / SIDE
SEATED INTERNAL KNEE DROPS	5 / SIDE

2 MUSCLE ACTIVATION



BIRD DOG	5 / SIDE
LATERAL BEAR CRAWLS	5 / SIDE
GLUTE BRIDGE	10 REPS



3 MOVEMENT PATTERNS

HIP AIRPLANES	5 / SIDE
BW STEP AND OVERHEAD REACH	5 / SIDE



4 REACTION CONTROL (CHOOSE ONE)

FLATWORK

LATERAL LUNGE TO
HIGH KNEE BALANCE
5 / SIDE

ARENA JUMPING

SLINKY MINI
POGOS
10 REPS

CROSS COUNTRY

POGO X 3 INTO
SPLIT SQUAT
3 / SIDE

READY TO TAKE YOUR RIDING FURTHER?
JOIN THE HERD

JOIN THE HERD

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