

# WORKOUT M



- Ensure that the horse and rider can be fully seen in the video at all times.
- Enter in walk from the left.
- In walk, circle left 20 metres diameter
- Immediately, circle right 20 metres diameter
- Stand your horse up. Ensure that the video clearly shows each side of the horse – slowly pan the video along each side.
- Trot away from the camera in a straight line.
- Walk
- Turn through 180 degrees and immediately trot back towards the camera in a straight line.
- Pass the camera, trotting around a bend.
- Walk.
- Halt, immobility, salute.
- Leave the arena at walk.
  
- (2 minutes max)