

WORKOUT F Ridden

Details:

Ⓜ	Halt
⋯	Walk
- - -	Trot (rising)
- · - · -	Lengthened Trot
==	Trot
- - - -	Lengthened Trot
—	Canter
- · - · -	Lengthened Canter

- Enter arena at trot to end
- Turn right.
- At top, turn right, trot to end, turn right
- At centre, turn right.
- Lengthened trot across arena.
- Working trot, turn left and then canter left.
- Canter a 3 loop serpentine – change canter lead through trot after first loop. Change canter lead through walk after second loop.
- Continue to canter to top of arena
- Turn left. Show lengthened canter along the long side of the arena.
- Working canter at the corner, then trot.
- At centre turn left.
- Lengthened trot across arena.
- Turn right. Trot to end of arena, turn right.
- Walk.
- Walk 8-10 strides to camera.
- Halt 4x seconds
- Leave arena at trot

