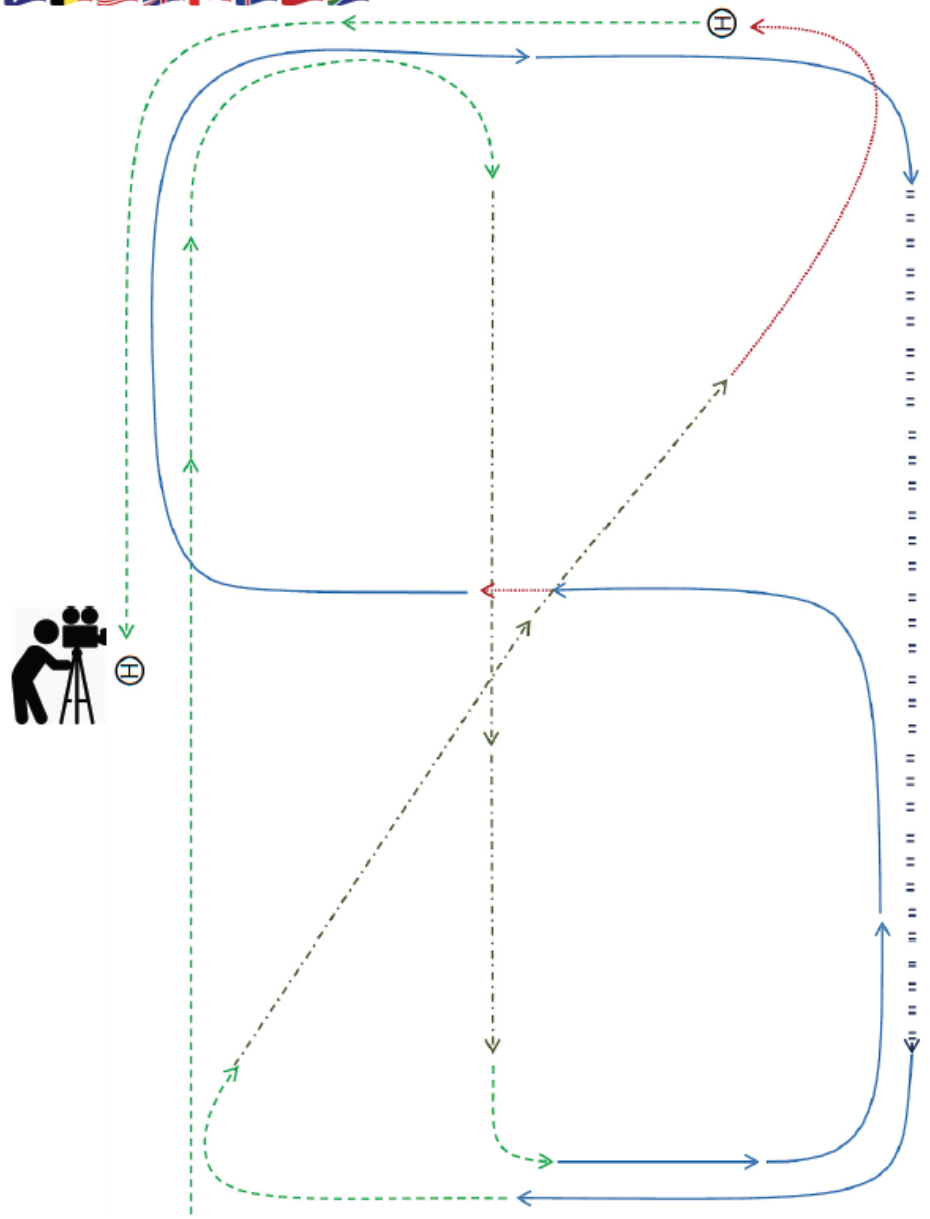
Showdown International

WORKOUT I Ridden

Halt
Walk
Trot
Lengthened Trot
Canter
Lengthened Canter



Details:

- Enter arena at trot, trot past the camera.
- At end, turn right, then turn right across the centre
- Lengthened trot across arena to the end.
- Working trot left. Canter to top, turn left, then turn left down centre.
- Change canter lead through walk – walk 4x strides
- At camera, canter right
- Lengthened canter along the long side of the arena opposite camera.
- Working canter at the corner
- Trot at centre.
- At corner turn right.
- Walk 8-10 strides to camera.
- Lengthened trot across diagonal, before corner walk 8-10 strides to top corner. Turn left. Halt 4x seconds.
- Trot to camera. Halt.