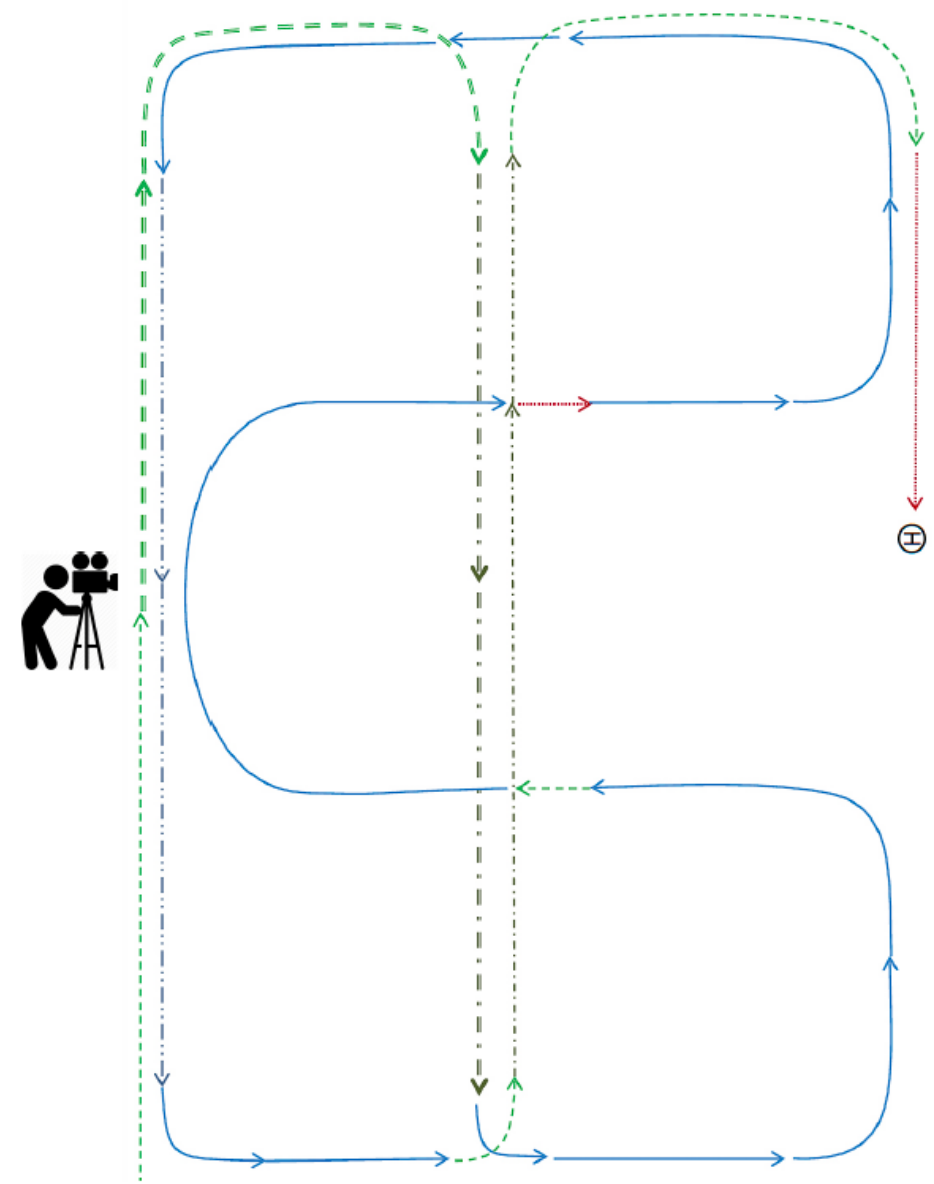
Showdown International

WORKOUT J Ridden



Halt
Walk
Trot (rising)
Lengthened Trot
Trot
Lengthened Trot
Canter
Lengthened Canter

Details:

- Enter arena at trot.
- Trot to end, turn right.
- At the centre turn right.
- Lengthened trot across arena to the end.
- Canter left, turn 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 bottom of arena
- Turn left. Show lengthened canter along the long side of the arena, past the camera.
- 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 8-10 strides to centre.
- Halt 4x seconds
- Leave arena at trot