









WORKOUT K 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 top corner turn right.
- Lengthened trot across diagonal of arena to the end. Canter left.
- Canter a 3 loop serpentine – change canter lead through walk after first loop. Change canter lead through trot 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. At top turn left.
- Lengthened trot across diagonal of arena. Working trot.
- Turn left. Walk 8-10 strides to centre.
- Halt 4x seconds
- Leave arena at trot

