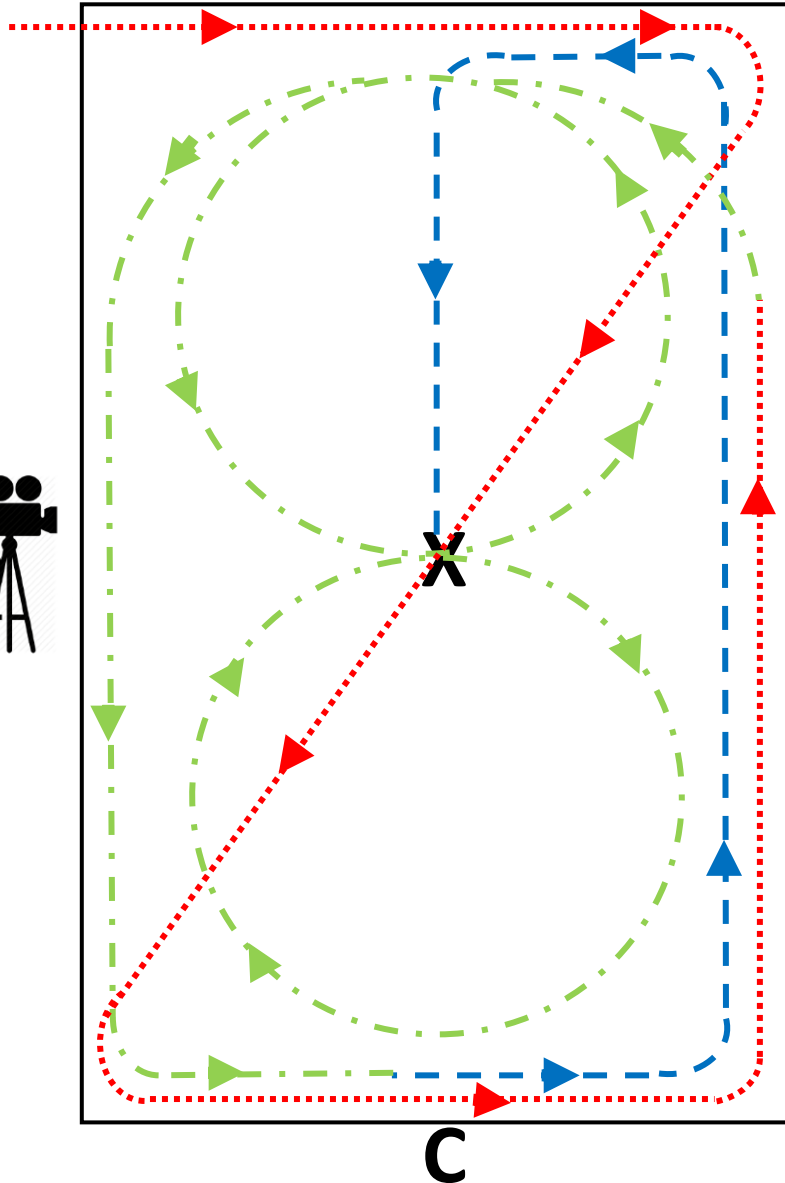


WORKOUT Q Ridden

KEY	
Trot
Walk	- - - -
Canter	- . - .



Details:

- Enter arena at trot
- At top of arena turn right across the long diagonal. Show some lengthened trot strides.
- At end, turn left, trot to end, turn left
- After centre of long side, canter left.
- Canter a figure of eight with 15 metre diameter circles – change canter lead through trot over X (i.e. canter ½ circle 15 metre diameter left, change canter lead over X, canter 15 metre diameter circle right, change canter lead over X, canter ½ circle 15 metre diameter left)
- After finishing figure of eight, continue round in canter to long side - show some lengthened canter strides along the long side. Come back to working canter before the corner.
- Before centre of short side, transition to medium walk.
- Walk to corner, turn left.
- Turn left at end of arena
- Walk to centre of short side and turn left down centre line
- Walk to X.
- Halt 6x seconds
- Leave arena at free walk