



## EQUINE POLE WORK EXERCISES

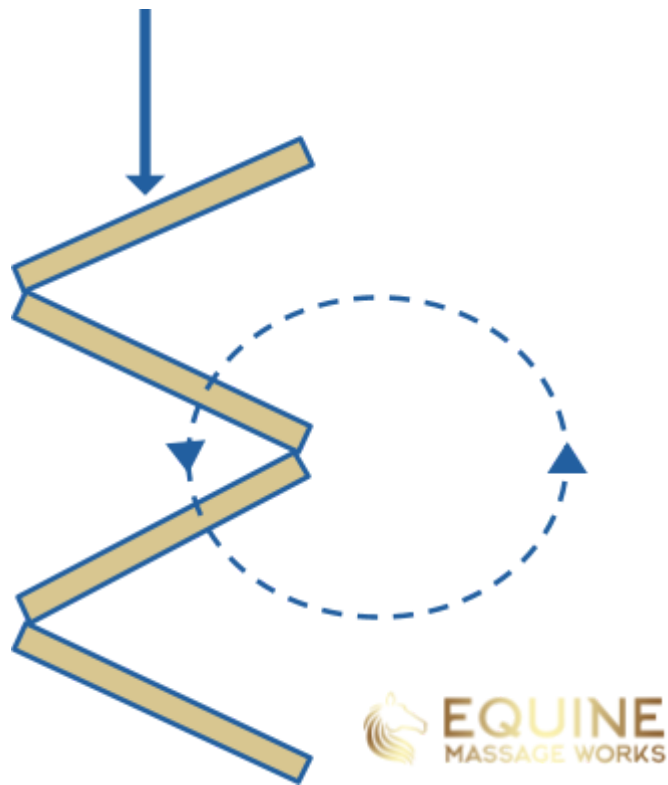
### **The simple 20 meter circle**

This exercise is great for balance and rhythm and can be done in walk, trot and canter. If your horse is new to pole work you can introduce 1-2 poles placed on the circle to start with.



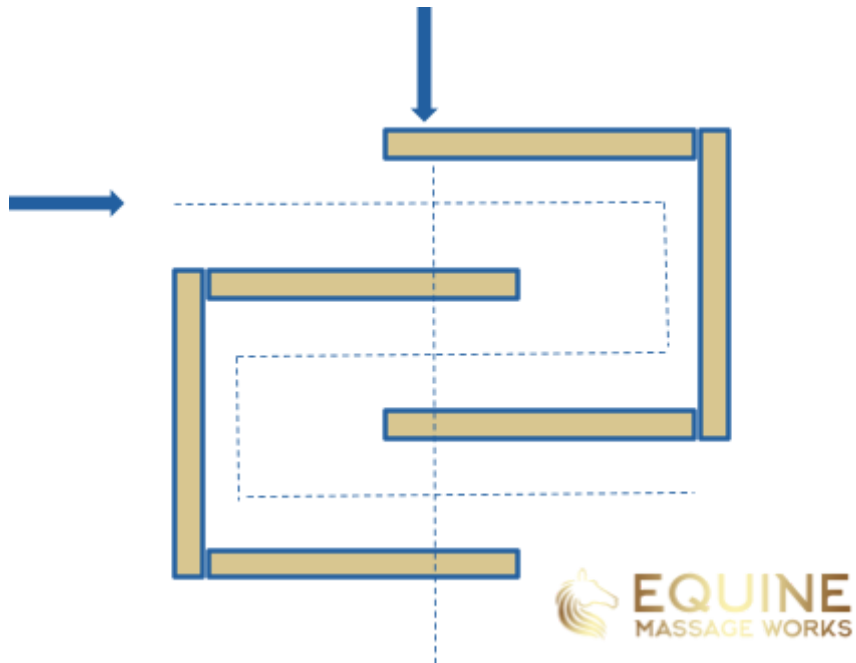
## The zig-zig and circle

This is a great exercise to do in trot and will help engage your horse's hind end and improve hoof placement (proprioception). To increase the difficulty, raise alternative ends of the poles.



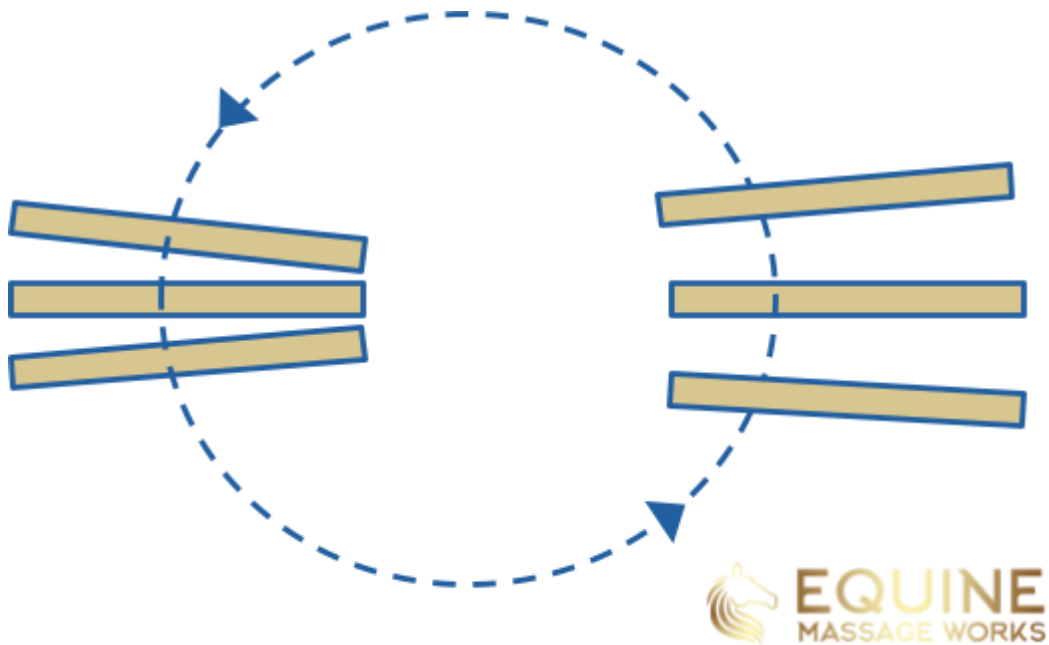
## The S-bend

This exercise is best done in walk and trot and will help to improve suppleness and straightness. Ensure you are using the correct weight aids through the s-bends and work on riding straight down through the poles.



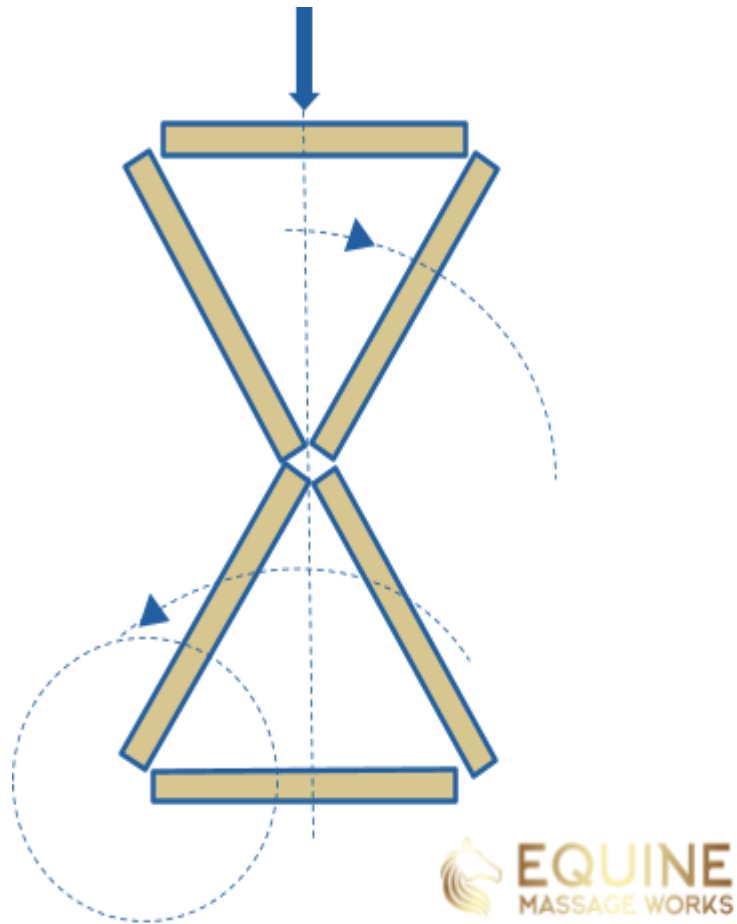
## The transition circle

This exercise can be done in 2 gaits, for example over one half of the circle the poles should be spaced for walking and the other the poles should be spaced equally for trot. Concentrate on your upwards and downwards transitions on the circle. To increase the difficulty you could try this in walk and canter, this will help with simple changes.



## The hourglass

You can ride this exercise in walk or trot and from different angles helping your horse's straightness and suppleness. Try using the corners of the triangle too while riding circles. This one will keep your horse guessing!



## The perfect circle

This exercise can be done in walk, trot or canter. You can improve your horse's balance and rhythm whilst practicing the shape and size of your circle! Use the diagonal lines to change the rein or practice a simple or flying change in the middle.



## Direct to the point

Use this exercise in walk, trot or canter. This is a really good layout as you can ride so many different lines and work on straightness, suppleness and rhythm. Raise the poles to increase the level of difficulty.

