**Notes for the video on Riders seat SPINE project**

**For the lunging practise:**

Choose an environment that makes it easy for horse and rider to stay calm.

Make sure that the horse is used to be lunged in a calm way and are not getting disturbed easily if the rider is moving or losing balance.

The person lunging the horse need to be practised in lunging.

Equipment on the horse, that we like to use for the lunging exercise, is what is used in the video.

Remember that this is a good exercise for the rider and makes the rider to concentrate on seat and position IF the rider trusts the situation, stays calm and can focus on what they are doing. If the rider is not feeling ok with the situation, make easy exercises maybe only in walk and trot the first time or times.

Warm up the horse before with 10 min walk on long reins. Let the horse trot a little before the rider goes on, just to check that the horse is sound and ok.

The exercises that’s being shown in the video are examples of what you can do the first time the rider is testing the lunging exercise. You can repeat this as many times as needed and go on doing it without stirrups but always start with stirrups to make sure that the rider has a good balance in raising trot. This is also to make it easier for the horse when starting lunging.

The reins are not there for the rider to hold on to, only as a safety measure so the rider can stop the horse if something happens that makes the horse run.

If the rider gets tired, take brakes in walk or stand still. A tired body doesn’t learn anything, better short intervals so the rider feels the right thing instead of lot of ”practice” that just cause tension.

You as a trainer or riding instructor should not be the one that do the lunging. It’s much easier to stand outside the lunging-cicle and help the rider when you don’t have to concentrate on the horse. In that way you can also see both sides of the rider, inside and outside.