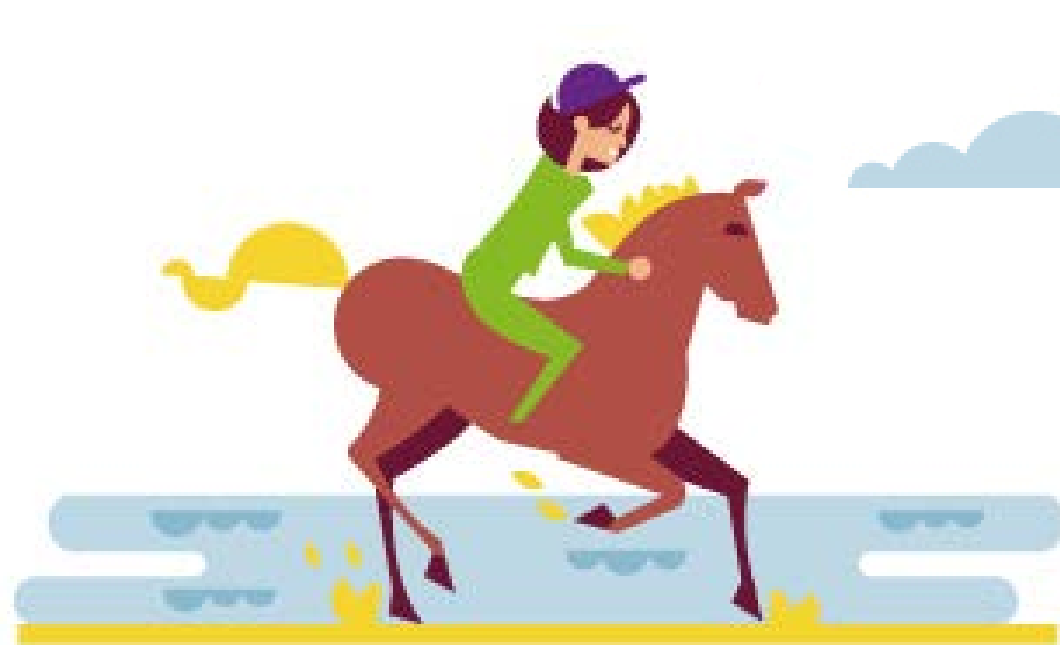


Revitalise your riding

Is your riding stuck in a rut? Here are some tips on how to invigorate a horse that seems to be lacking interest or energy



1

Ride on a beach

This is a great way to build up your horse's strength, and the anti-inflammatory and healing effects of salt water means it is excellent for their legs. Most horses enjoy a paddle in shallow, calm waters, but introduce him gradually as some shy away from incoming waves.



2

Work on your core strength

More core strength means you will sit more securely in the saddle, making riding a safer and more enjoyable experience for you both.



3

Change his routine

Perhaps he needs more time in the stable, or the field. Some horses prefer being out at night, rather than the day, while others don't like being left in the field. See if changing turnout brings a new spark of energy. But keep his feed times the same as horses' digestive systems are very sensitive.

4

Change the context

If your horse lacks inspiration in the school, take the schooling on a hack and practise transitions and lateral movements where he may naturally have more swing in his step.



6

Have someone watch you ride

All of us are wonky, to some extent! We often lean and are stronger in the hand on one side, which will affect the horse's balance and possibly mean he compensates in some way. It can be hard to see this for ourselves, so ask someone to watch you and point out where your pressure and balance lie.

5

Take your horse to new places

Or how about a horse holiday? By trying new experiences and places, riding becomes more interesting for you both.



7

Hack out with friends

Instead of always going alone, make riding a more social event.



8

Try a new discipline

Your strengths and preferences may rest in a particular area of riding, but shake things up to test both yours and your horse's abilities. So if you always show jump, have a go at cross-country schooling – or try something completely new, like dressage to music or horseball.