

# Making Next Season Even Better!!

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too far back and/or knee pinching. This also affects your balance on the landing side or will cause your body to be too far forward over the fence and limit your horse's ability to jump well through it's shoulder. This is usually caused by weak glutes and hip rotators and/or over active hip flexors and inner thigh muscles. Squats, hopping and sit to stand while pushing out against an elastic around the ankles or knees are good exercises to overcome this tendency.

No matter what position or movement issue you see while looking through your videos, you can do something

about it. Targeting the specific problem with specific exercise is an important component of becoming a better rider.

As the end of the show season nears you are likely thinking about what you would like to accomplish next year. One aspect of progressing your riding is looking at what your physical capabilities are and where they could improve to make your goals more attainable. Video analysis is a good tool and when reviewing the footage of your rides there are usually things you can see that you know could be better. Sometimes it is a physical deficit and sometimes it is just a bad habit. Either way, there are always off-horse exercises that you can do to make on-horse corrections easier.

One example would be your body falling forward on the landing side. This limits the ability to keep your horse in balance and being ready for the next fence, especially if in a combination. This is often due to over active quadriceps muscle (muscle at front of the thigh) that brace the knee. There is usually a dominance of the back muscles and hip flexors over the abdominals and gluteal muscles. Correcting this involves being able to hold the spine in neutral while the hips and knees absorb the shock of landing. Working on box jumps, continuous hopping on the bosu ball and hopping with a really soft landing are all good exercises to do over the winter.

Another example would be the lower leg swinging  
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