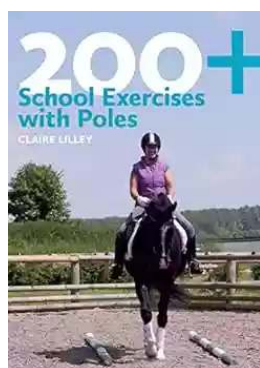
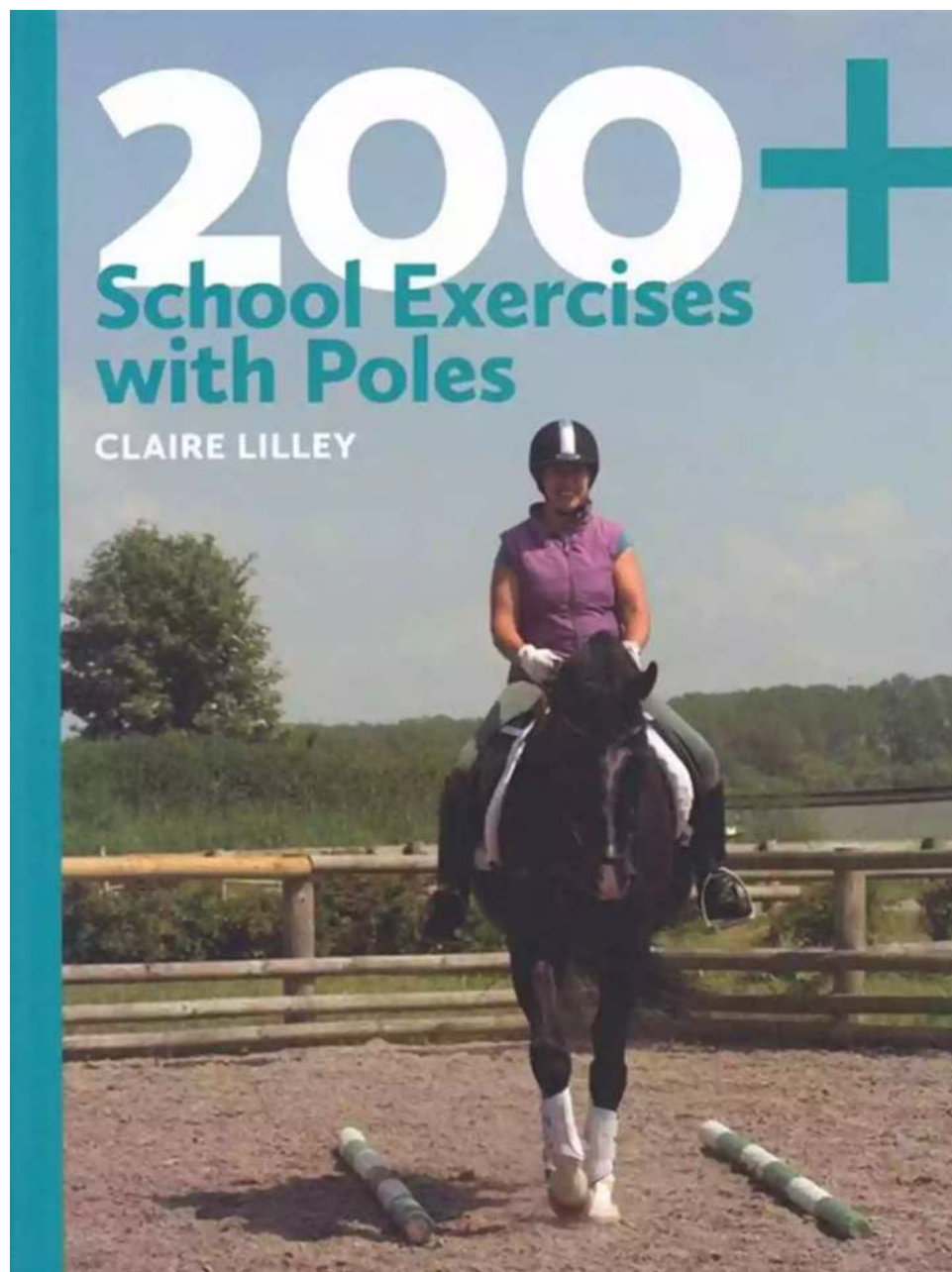


Discover 200 School Exercises With Poles - Revolutionize Your Equestrian Training!

Are you an equestrian enthusiast looking to take your riding skills to the next level? Look no further! In this article, we will delve into the world of equestrian training with poles and explore the comprehensive guide, "200 School Exercises With Poles," brought to you by the renowned equestrian, Claire Lilley.

Claire Lilley, a British Horse Society Fellow, has dedicated years of her life to training horses and riders to reach their full potential. With her extensive knowledge and expertise, she has compiled a collection of 200 exercises designed to enhance your riding abilities and take you to new heights.



200+ School Exercises with Poles

by Claire Lilley (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 32582 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled



Why Use Poles in Equestrian Training?

Working with poles is a highly-effective technique used in equestrian training to improve balance, coordination, and rhythm in both horse and rider. Poles can be arranged in various formations, encouraging horses to think, negotiate obstacles, and improve their overall performance.

One of the key benefits of using poles is their ability to promote engagement and strength in your horse's hindquarters. By navigating over poles, your horse develops essential muscle strength, resulting in improved movement, jumping technique, and overall athleticism.

For riders, working with poles encourages awareness of their position, balance, and control. With regular practice, riders learn to maintain a steady rhythm, adjust stride length, and approach obstacles with confidence.

Unleashing the Power of "200 School Exercises With Poles"

Claire Lilley's "200 School Exercises With Poles" is a definitive resource for equestrians of all levels. Whether you're a beginner looking to build a solid foundation or an experienced rider seeking to refine your skills, this book offers exercises tailored to meet your specific goals.

Each exercise is detailed with step-by-step instructions, accompanied by informative diagrams and photographs. The exercises cover a wide range of disciplines, from flatwork and dressage to jumping and lunging. You'll find

exercises suitable for both recreational riders and those involved in competitive riding, catering to all aspirations.

The book emphasizes the importance of correct pole spacing, striding variations, and layouts that engage horses both mentally and physically. These exercises are designed to challenge and inspire both horse and rider, ensuring continuous progression in their training.

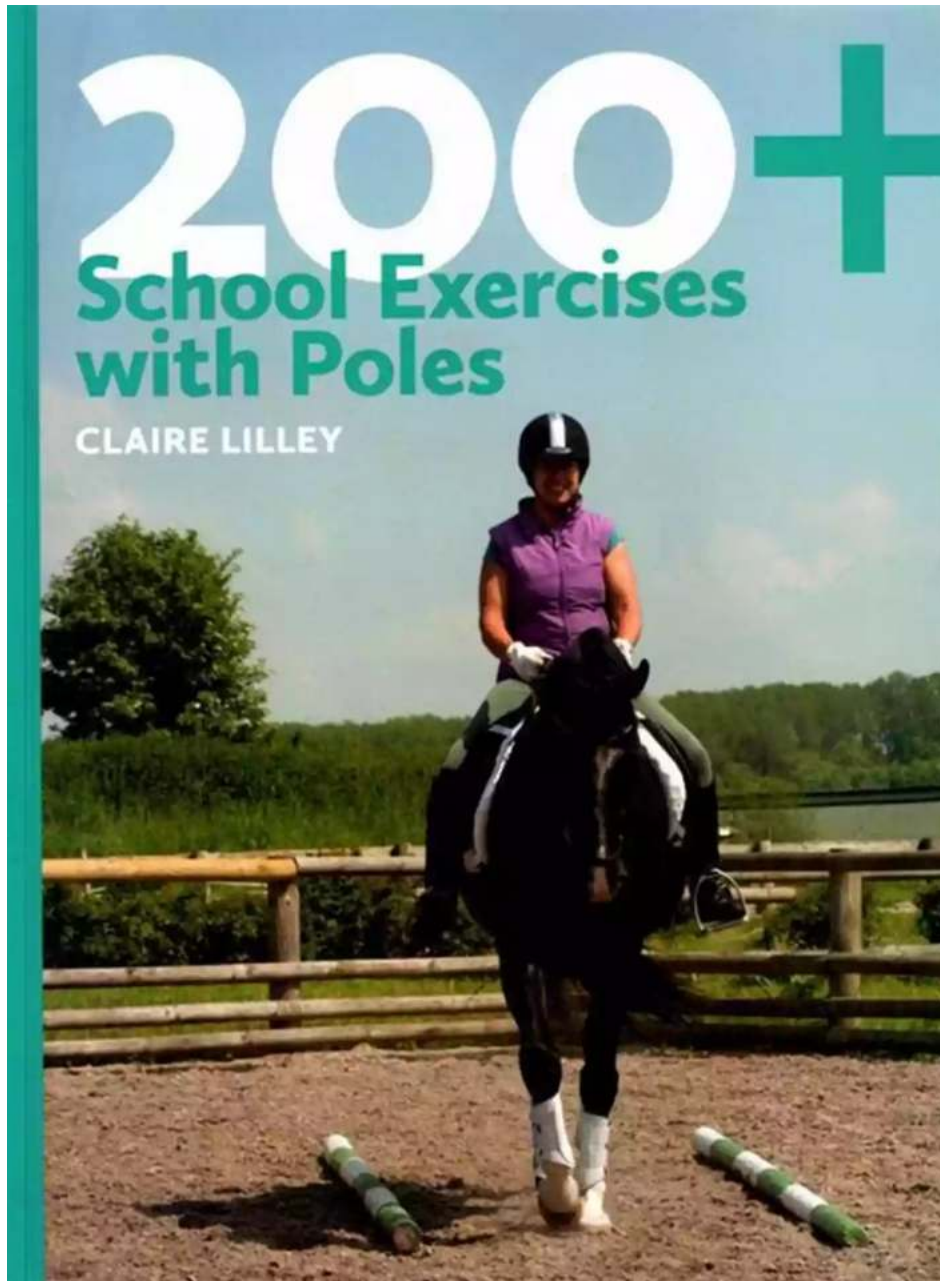
Why Claire Lilley's Expertise Matters

Claire Lilley's wealth of experience as an accomplished equestrian trainer and author shines through in "200 School Exercises With Poles." Having worked with riders and horses from various backgrounds, she understands the importance of individualized exercises.

With her book, Lilley provides a range of exercises that can be customized to suit your specific needs and address any training challenges you may be facing. Her clear explanations, along with the visual representation of exercises, make this book easy to follow, even for those new to equestrian training.

Furthermore, Claire Lilley's dedication to equestrian education is evident in her role as a British Horse Society Accredited Professional Coach and Leading Assessor. Her credentials solidify her position as a knowledgeable and reliable authority in the field.

Revolutionize Your Equestrian Training Today!

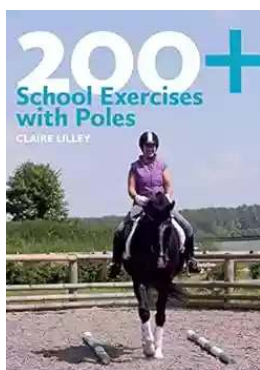


If you're ready to take your equestrian training to new heights, "200 School Exercises With Poles" by Claire Lilley is the ultimate guide. With 200 exercises at your disposal, tailored to your specific goals and skill level, you'll notice a significant improvement in both you and your horse's performance.

Don't settle for mediocrity; revolutionize your training routine today and unlock your full potential as an equestrian. Embrace the power of "200 School Exercises

With Poles" and watch as you and your horse reach new levels of excellence!

This article is brought to you by EquestrianPro© - Your trusted source for equestrian training tips and resources.



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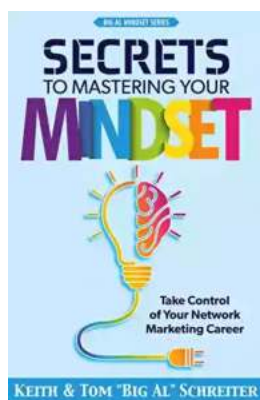
Word Wise : Enabled

Print length : 216 pages



This book discusses ground-pole training for all disciplines and shows how you can make the most of precious schooling time. It provides quick and easy pole layouts, using just a handful of poles. Different exercises are given for each pole layout, so there is no need to move the poles during a session. Exercises range from the simple to the more intricate, with the inclusion of more transitions, lateral work, raised poles/cavalletti, or riding in a different gait. Claire Lilley explains how these pole exercises can help you to ride with precision and improve your horse's way of going, adhering to the scales of training. You can also use the different layouts to check whether you are sitting straight, turning correctly, and riding transitions and lateral movements properly. She lists common rider faults for each exercise to help riders self-correct if schooling alone. As an experienced trainer herself, Claire knows that this book will prove an invaluable resource for riding instructors, providing a veritable cookbook of ideas for lesson plans. Poles are a

great teaching tool, adding variety to every lesson and helping the teacher to explain lessons to the pupil. Teacher's tips are given for each exercise. Claire says: "Try the exercises for yourself and I'm sure you will be amazed at the improvements that can be made both in your riding technique and in your horse's way of going. You will never be bored with schooling again!"



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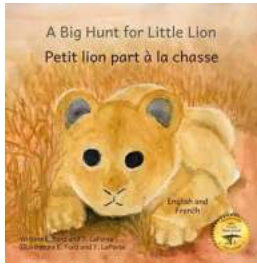
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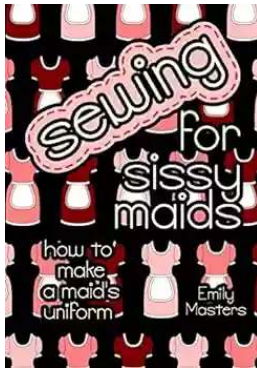
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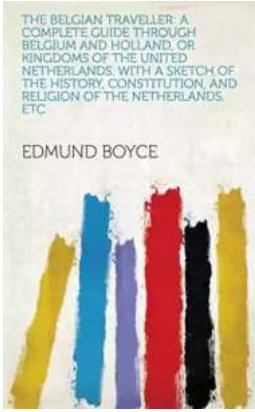
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