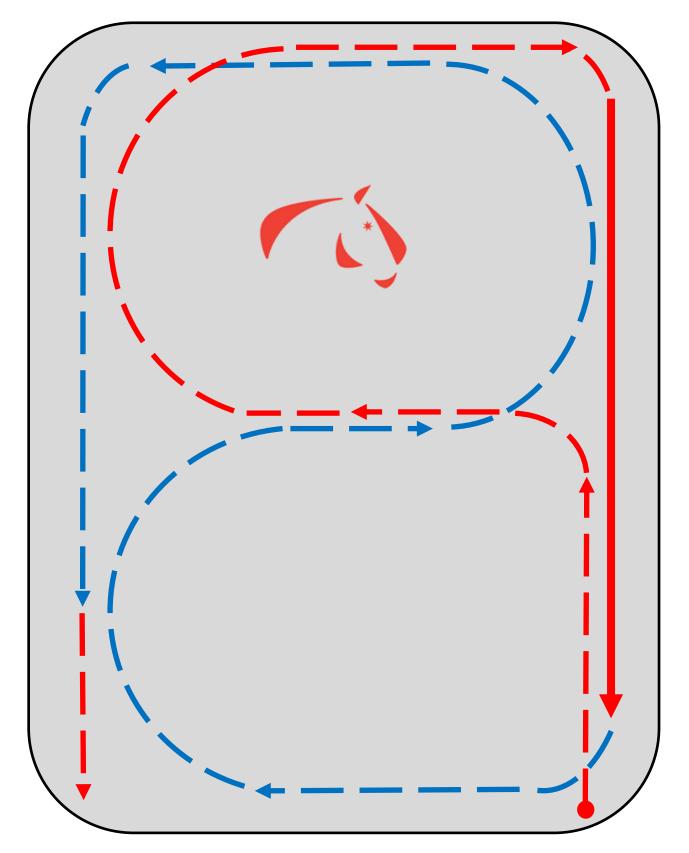


## **Rider Class Workout**



Trot Sitting Trot Canter Trot in and turn left across the middle of the arena. Trot a half circle right and along the short side. Sitting trot along the long side. Canter a half circle right and change through the centre. Canter half circle left and along the short side. Canter down the long side and come back to trot to exit the arena.