

Lesson 1, Warm-ups

Physical fitness disclaimer

- Always consult with your doctor before embarking on a new exercise program
- Make sure you have reviewed and understood the fitness disclaimer you signed before receiving your first lesson.

Intro

- It is recommended you do a minimum 5 minutes of warm-ups before any exercise or stretching.
- Do the first 4 exercises for 1 minute each and the last one for 30 seconds each way.
- Work in a consistent rhythm and upright posture.
- Keep your breathing even throughout.
- Breathe out as you exert yourself and in as you relax.

Regular Walk



- Walk just like on land, arms and legs alternating
- Notice if you can keep on a straight line or if you drift or twist
- Work at staying even
- Don't lean forward
- Breathe

Regular Walk

To begin with just walk a straight line like you would on dry land. Your arms will be swinging in time with your steps like a horse trotting. You should start in waist deep water but it was cold that day. To increase the difficulty you can go in deeper water. You can also hold your hands open, palm facing back, to push more water with each step to warm up your arms.

Pay attention to your body. Are you able to keep your belly button on an imaginary line or does it drift with each step? Does it drift more one way than the other? If it's easy, go deeper and take bigger steps to challenge yourself but only as much as you can control your straight line.

Tin Soldier Walk



- Walk with arms and legs stiff
- Use full range of motion
- Are you even?
- Don't lean forward
- Are you breathing?

Tin Soldier Walk

Tin Soldier is a little harder than regular walk.

Deeper water makes tin soldier harder as well.

Work on keeping your arms and legs straight and use your full range of motion to loosen up your hip and shoulder joints as you warm up.

Pay attention to your straight line but even more, to not leaning forward, as you see me doing in the video.

Remember what you do off your horse you will tend to do on your horse, so create the muscle memory every opportunity you have.

Balancing a bean bag on top of your head can help you notice when you lean forward.

Backwards Walk

- Walk backwards landing on toe and rolling on to heel
- Stand tall, don't lean
- Are you twisting or drifting?
- Don't forget to Breathe



Backward Walk - 1

As you can see on the land we are walking backwards, landing on toe and rolling on to the heel. You want to stand nice and tall. Don't lean forward or sideways. Feel the ground as you step.

It's a little harder here in the ocean as the ground was very uneven and rocky so even more important you that you feel where you're stepping.

In the beginning you may want your arms out for balance. You could also have them in the water like in regular walk to offer some resistance. I have decided to cross mine over my chest and work on balance while I warm up my leg muscles.

Backward Walk - 2

Working in deeper water can offer you more support but it also offers more resistance which may cause you to lean forward. Varying your position in the water provides different challenges for different people. Notice whether you can maintain your straight line and even pace. Are you twisting or drifting?

It is important through all the exercises that you Don't forget to Breathe. We will cover more detail on that in the breathing practice in the Bonus section so if you haven't already looked, that could be your next task.

Close The Gate



- Open knee out to side, lift knee up, bring to front and put down one step ahead.
- Open second leg out to side, lift knee up, bring to front and put down one step ahead.
- You will be walking forward
- Breath

Close the Gate

To begin, open your first leg out to the side, lift your knee up and bring that leg to the front and put it down ahead of where you started.

Turn your second leg out to the side lift that knee up, bring the leg to the front and put it down ahead of where you started. You will be walking forward with each step.

Close the gate will supple your hips and work your inner thigh muscles. Remember to keep your belly button pulled up to engage your core muscles and work on maintaining a nice straight line. Imagine you have a lazer pointer in your bellybutton and it must continue to shine on one focal point ahead of you.

Watching that focal point will also help you to balance and keep you from looking down. Not looking where you're going is the #1 rider problem and you'll find that if you look down in the water you will tip over easier.

Tall Barrel



- Travel sideways
- Leading leg steps up and over an imaginary barrel. Lift from the knee
- Trailing leg steps over the barrel and lands beside it.
- Still Breathing?
- Do 30 seconds each way

Tall Barrel

Start by imagining a large barrel on it's side. You're going to travel sideways with your leading leg stepping up and over the imaginary barrel. Lift from the knee keeping your body upright. Then your trailing leg steps up and over the barrel and lands beside the first leg.

Plan on doing 30 seconds each way to work your thighs and hips evenly. If one side is more difficult feel free to practice it more.

Take time to tune in to your body. Are you able to lift both legs to the same degree. Can you step over the same size barrel each way or is one smaller.

While warming up and working both the inner and outer thigh muscles this exercise also challenges your balance. Working in waist deep water will allow you to use the pool noodle for stability.

It is important through all the exercises that you Don't forget to Breathe. We will cover more detail on that in the breathing practice in the Bonus section so if you haven't already looked, that could be your next task.