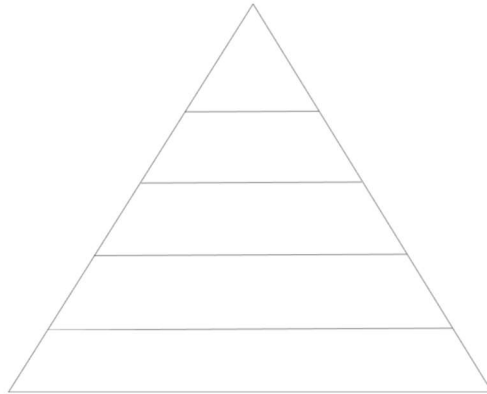


LEVEL UP YOUR SEAT – February 5th 2024
Cailin Sanford USDF Level 1 Certified Instructor
Audrey Paslow PT DPT NCS



Rider Fitness Training Scale

1) Flexibility / Range of Motion

- a. *Why?*
- b. *Test:*
- c. *Exercises:*
 - i.
 - ii.
 - iii.
 - iv.

2) Strength

- a. *Why?*
- b. *Test:*
- c. *Exercises:*
 - i.
 - ii.
 - iii.
 - iv.

3) Balance & Coordination

- a. *Why?*
- b. *Test:*
- c. *Exercises:*
 - i.
 - ii.

4) Breathing

- a. *Why?*
- b. *Test:*
- c. *Exercise:*
 - i.

5) Timing – Seat lessons!