

# Equestrian Sport Training



## A special thanks to

Alison Hartman, PT DPT from [Pro-Activity](#)

For content/photo contributions!

## **You chose Equestrian as your primary sport this season.**

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

## **Planning on joining the live sport training session?**

Email [sports@sonc.net](mailto:sports@sonc.net) for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

## **Are you also interested in other sports this season?**

You can join other online sport sessions on any Thursday starting September 24. Email [sports@sonc.net](mailto:sports@sonc.net) for more information.

You can also view recordings of all sport sessions on the SONC web site at

<https://sonc.net/sports-competitions/power-up/>



**September 10, 2020**  
**Training Thursday – Week #1**

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

**September 17, 2020**  
**Training Thursday – Week #2**

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

**September 24**  
**Training Thursday – Week #3**

**October 1, 2020**  
**Week #4**

**October 8, 2020**  
**Week #5**

**Time to start your sport training!**

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let’s warm up!	In your Partner Up Power Up Playbook
2	Let’s get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let’s stretch it out!	In your Partner Up Power Up Playbook

**Thursday Live Sessions**  
**Every Thursday starting September 24**  
 Trainer: Alison Hartman, PT DPT of [Pro-Activity](#)



**Join us online:**  
<https://zoom.us/j/94867349740>  
**Join us by phone:** 1-929-205-6099  
**Meeting ID:** 948 6734 9740

# September 24, 2020

## Equestrian Skills



These exercises tone muscles used in equestrian. Go through all 5 exercises once, then do it again 2 more times.

### 1. Squat Y Raise



- Stand in front of chair.
- Squat down and stop just above the seat.
- Hold this squat and make a "Y" with your arms.
- Lower your arms out in front of you – **keep squatting!**
- Move arms up and down in a "Y" **still in the squat** for 15 times or for 30 seconds. Then stand.

### 2. Side plank - Right



- Lie on right side on ground, with elbow under shoulder and legs out, or bend your knees.

- Lift hips off ground until body is in a straight line from head through ankles. Hold 30 seconds.



*First time? Do this one first!*

### 3. Side plank - Left



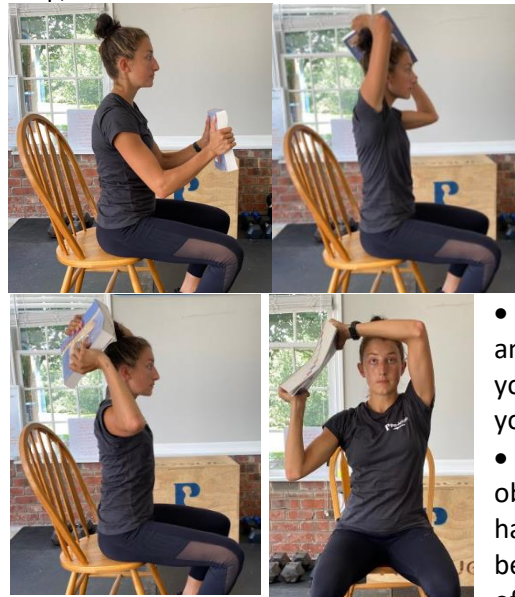
- Same as above, just go to the other side.
- Hold for 30 seconds.



*First time? Do this one first!*

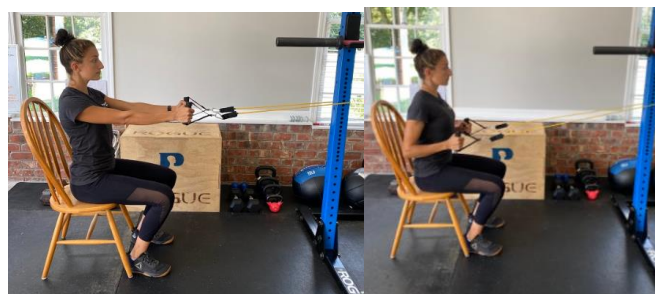
### 4. Seated Around the World

You will need something to use as a weight. A book, can of soup, or a water bottle will all work!



- Sit up nice and tall like you are on your horse.
- Hold the object in two hands, arms bent, in front of your chest.
- Keeping your body very still and only moving your arms, move the object up around your head in a circle, and return back in front. That is **1 circle**.
- Do the same thing but go the other direction. That is **2 circles**. Do a total of **20 circles**; 10 each side.
- Remember, only arms should move, while your middle stays tall and strong.

### 5. Seated Row



- Wrap your resistance band around something heavy or won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand. Pull both arms back, like you want to have your shoulder blades touch on your back.
- Return straighten your arms. Do this 12 times.

**Remember to go back through all 5 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!



Go through all 5 exercises, then go through them again 2 more times.

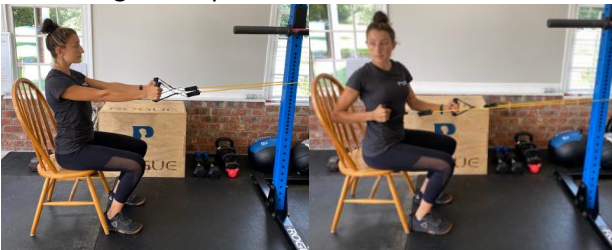
### 1. Reverse Lunge



- Stand tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to bring your feet back together.
- Then step back and repeat with other leg as shown.
- Continue to switch legs for 30 seconds.

### 2. Seated Row – Rotate Right

You will need a chair, your resistance band, and something to wrap it around for this one!



- Wrap your resistance band around something heavy or won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand. Pull right arm back, and turn your upper body to the right at the same time.
- Return to center and straighten your arm. Do this 12 times.

### 3. Seated Row – Rotate Left

Same as above, just use your left arm and turn to the left!



### 4. Kneeling around the World

Like last week, only instead of sitting in a chair you are kneeling on the ground. You can also just kneel on one knee.



- Hold an object in front of you.
- Keeping your body very still and only moving your arms, move the object up around your head in a circle, and return back in front. That is **1 circle**.
- Do the same thing but go the other direction. That is **2 circles**. Do a total of **20 circles**; 10 each side.
- Remember, only arms should move, while your middle stays tall and strong.

### 5. 90/90 Holds



- Lie on your back, with knees bent and feet on ground and arms straight up in air.
- Lift legs up so knees are over hips. You should look like you are sitting in a chair.
- Squeeze stomach muscles to press low back into the ground.
- Hold for 30 seconds or as long as you can, breathing big, deep breaths the whole time.
- If you use a wheelchair, sit tall and proud in your chair.
- Lift arms straight out in front of you – make it harder by holding a book, water bottle, or can of soup.
- Try to lift knees up slightly, hold this position for 30 seconds or as long as you can.

**Remember to go back through all 5 exercises 2 more times.** Then, it's time for cool-down! You'll find those stretches in your playbook.

Go through all 5 exercises once, then do it again 2 more times.

### 1. Reverse Lunge to Balance

- Stand up tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is **1**. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg, and do the same action with the other leg. This is **2**.
- Keep switching legs for a **total of 20 times**.



### 2 : ½ Kneeling Around the World

- Kneeling with **left knee** on the ground and **right foot** flat on the ground. Chest up and proud. Hold an object in front of your chest.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.



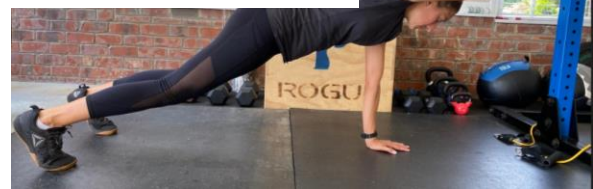
- Now, switch legs. Kneel with **right knee** on the ground and **left foot** on the ground.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.

### 3. Plank to Point

- Start on the ground in the top of a pushup position
- Lift **right arm** to point finger straight ahead. Bring hand back down to the ground. This is **1**.
- Lift **left arm** to point finger straight ahead. Bring hand back down to the ground. This is **2**.
- Continue switching hands for a **total of 20 times**. Only arms should move



Feeling strong? Try doing it from your toes!



### 4. 90/90 Holds with Arm Drops



- Lie on your back, with knees bent and feet on ground and arms straight up in air.
- Lift legs up so knees are over hips. You should look like you are sitting in a chair.
- Squeeze stomach muscles to press low back into the ground.
- Drop one arm back by your ear. Then, bring back keeping arm straight. This is **1**.
- Drop the other arm back by your ear. Then, bring it back, keeping arm straight. This is **2**.
- Do this **20 total times**.

**Remember to go back through all 5 exercises 2 more times.** Then, it's time for cool-down! You will find the cool-down stretches in your playbook.



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You made it through the first three weeks  
of the sport training program.

You will receive the training program for the  
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share  
them with your coach or partner.

Write your sport activity in under "other activity".