



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.

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 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 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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
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Thursday Live Sessions

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



1. Squat Row



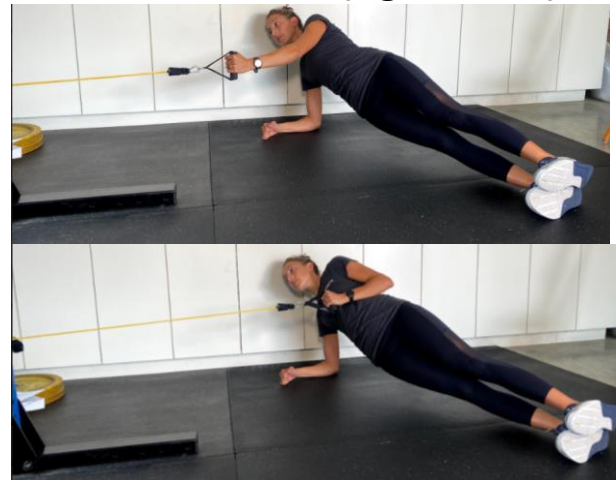
- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Squat down (chair behind if needed) and hold the squat while pulling both arms back in an even row.
- Repeat for 30 seconds, holding the squat position
- Modification: Sit in chair while squeezing glutes during exercise.

2. Lunge Hold Around the World (right & left)



- Stand up tall. Take a big step back with your left leg, and drop your back knee toward the ground.
- 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, or keep going for **30 seconds**.
- Take a quick 15 second break. Then, take a big step back with your **right** leg and drop your back knee toward the ground and repeat the steps.
- Modification: Sit in chair while sitting tall and keeping core strong and still.

3. Side Plank Row (right & left)



- Wrap your resistance band around something heavy or that won't move. You can tie it since you will only need one handle.
- Lie on right side on ground, with elbow under shoulder and feet stacked one on top of the other.
- Hold one end in your left hand. Lift hips off ground until body is in a straight line from head through ankles.
- Pull your left elbow back by your side, then extend your arm back. **This is 1 rep**. Repeat the row for 30 seconds **or 20 reps**.
- Take a quick 15 second break. Then, lay down with your left side on the ground and repeat the exercise with your right arm.
- Modification: Keep knees on ground as shown in picture below.
- Modification: Sitting chair, place right elbow on armrest. Push elbow into right armrest, maintain this push for 30 seconds while rowing with left arm)



Remember to go back through all 3 exercises 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Tall Kneeling Y Raise



- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Keep your core very tight and raise your arms up into "Y" shape overhead.
- Lower back down slowly. **This is 1.** Do this for **30 seconds** or **20 reps**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y.

2. Single Leg Balance (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.

- Balance here for **30 seconds**. If you need support, you can use a chair or a wall.
- Challenge yourself by moving farther away from your support object!
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair.

3. Side Plank Leg Lift (right & left)



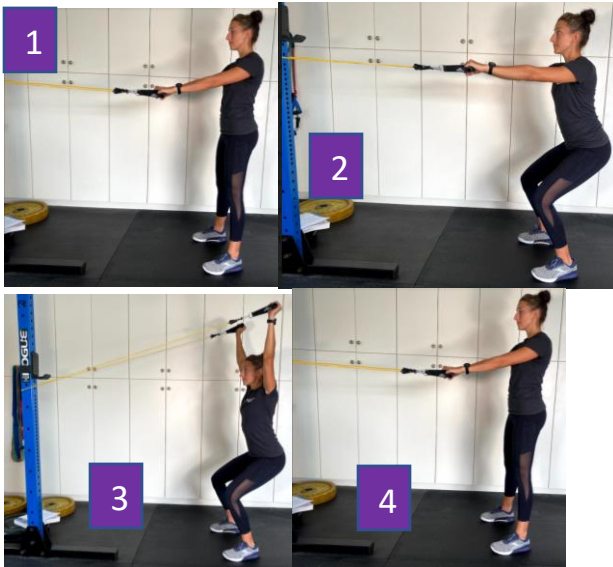
- Lie on left side on ground, with elbow under shoulder and feet stacked one on top of the other.
- Keeping leg straight, lift leg as high as you can and lower back down slowly. **This is 1 rep.** Repeat the leg lift for 30 seconds or 20 reps.
- Take a quick 15 second break. Then, lay down with your left side on the ground and repeat the exercise with your right leg.
- Modification 1: Keep one knee on ground as shown in picture below. Extend leg and lift or lift knee.



- Modification 2: Sitting in L side of chair, place R elbow on armrest. Push elbow into R armrest, maintain this push for 30 seconds. Make sure to switch sides!

Remember to go back through all 3 exercises 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Mini Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips back slightly to a mini-squat. Hold the mini squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Balance & Row (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.

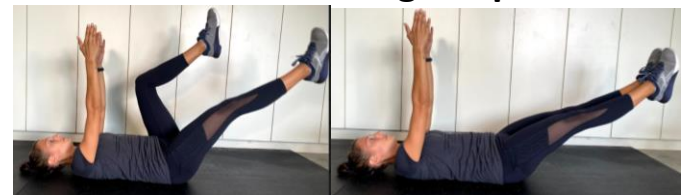
- Keep eyes up straight ahead while you pull elbows back by your side, then release to start. **This is 1 rep.** Do this **20 times** or **30 seconds**.
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair and completing rowing movements.

3. Plank Shoulder Taps



- Start in a pushup position – either on your hands and feet or hands and knees.
- Tap your right hand to your left shoulder, keeping your body as still as possible. Then, put your hand down and touch your left hand to your right shoulder. **This counts as 2 reps.** Repeat tapping opposite shoulders counting to **30 reps**.
- Modification: Place right arm either on armrest or both palms down on seat of chair. Press arm or both hands down to try to lift bottom off chair using only upper body.

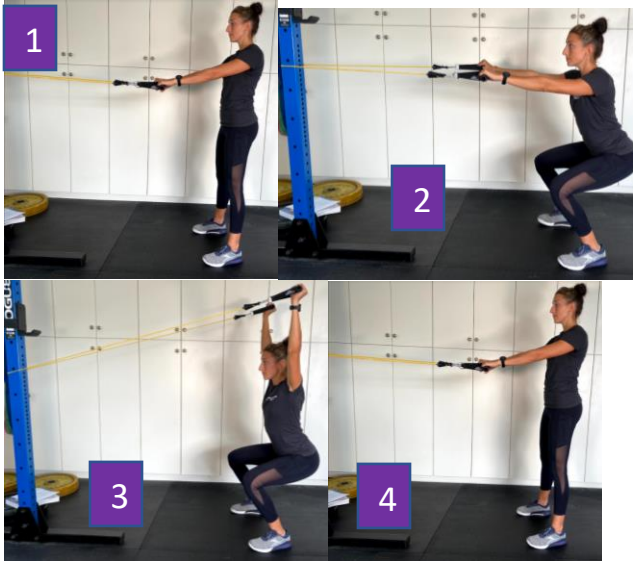
4. 90/90 Hold with Leg Drop



- Start with both legs at 90 degrees over hips and arms straight up. Squeeze core to stay nice and tight.
- Extend right leg as show in picture. Keep right leg extended and extend left leg to meet up with right leg.
- Bring both legs in together. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Modification: Scoot forward in chair with support chair in front; hold with hands. Kick one leg out straight in front of you, return to start, switch.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Full Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips. Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Balance to Romanian Deadlift (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Balance on right leg & pick left foot up off ground straight behind you. Keep your back straight.
- Return left foot to ground. **This is 1 rep.** Do this with the **same leg for 15 reps or 30 seconds**.

- Take a quick 15 second break. Then, switch legs.
- Modification: Sit in chair, lift right leg out as straight as you can, bring back, then kick right leg back under your chair as far as you can. Alternate kicking out and kicking back for 30 seconds.

3. Plank Rotations



- Start in a pushup position – either on your hands and feet or hands and knees.
- Slowly rotate to sideplank - balancing on one hand in sideplank position with feet or knees stacked. Return to push-up position. **This is 1 rep.** Then rotate opposite way, **now 2 reps.** Do this 20 total times or **30 seconds**.
- Modification: Place right forearm on armrest. Press arm down into armrest. Switch sides, repeat 30 seconds.

4. Hollow Body Hold



- Lie on ground with knees bent and feet on ground and arms up in air as shown. Lift legs up so knees are higher than hips. Squeeze stomach to press low back into the ground and keep core tight.
- Lower legs toward ground as far as you can without letting low back come off ground.
- Hold for 20 seconds, breathing big, deep breaths the whole time.
- Modification: Scoot forward and sit unsupported if possible. Recline slightly and hold arms out. Lean back as far as can control, hold for 30 seconds.

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1. Squat Single Side Row & Rotate (right & left)



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips. Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position as you pull one elbow back by side, then rotate toward that side. Return arms slowly together so they are both extended. Hold the squat and pull the other elbow back and rotate to that side. **This is 1 rep.** Do both sides **20 times total** or for **30 seconds**.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Reach Backs (right & left)



- Start with feet together and knees slightly bent.
- Balance on right leg, reach left leg to tap toe to the ground

behind you. It is very important to reach behind far enough but only to tap your toe.

- Return to starting position. **This is 1 rep.** and repeat on same leg **for 15 more times** or **30 seconds**.
- Take a quick 15 second break. Then, switch legs.

- Modification: Sitting unsupported, slide left leg out as far as you can, then bring it back in.

3. Plank Rotations



- Start in a pushup position – either on your hands and feet or hands and knees.
- Slowly rotate to sideplank - balancing on one hand in sideplank position with feet or knees stacked. Return to push-up position. **This is 1 rep.** Then rotate opposite way, **now 2 reps.** Do this **20 total times** or **30 seconds**.
- Modification: Place right forearm on armrest. Press arm down into armrest. Switch sides, repeat 30 seconds.

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