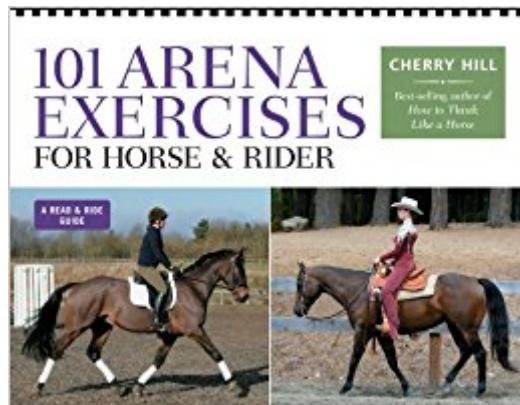




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# 101 Arena Exercises For Horse & Rider (Read & Ride)



## Synopsis

Take your riding to a new level! Bringing together recognized classic exercises for both English and Western riders plus her own original patterns and maneuvers, Cherry Hill provides an array of drills that will improve your riding technique. Whether you are a rider interested in expanding your repertoire or an instructor looking for new drills, these exercises will add excitement and variety to your training.

## Book Information

Series: Read & Ride

Plastic Comb: 224 pages

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Average Customer Review: 4.4 out of 5 stars 86 customer reviews

Best Sellers Rank: #63,602 in Books (See Top 100 in Books) #25 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding](#) #26 in [Books > Sports & Outdoors > Individual Sports > Horses > Equestrian](#) #67 in [Books > Science & Math > Agricultural Sciences > Animal Husbandry](#)

## Customer Reviews

"101 Arena Exercises is an invaluable workbook for trainers, instructors and coaches interested in exploring new teaching methods." - The Collection "Ã¢â¬Âshe has choreographed more tasks than you could possibly master if you spent the rest of your summer working through her book." - Horses USA

1996 Colorado Authors' League Top Hand Award for Specialty Writing First Place in Editorial Excellence in Service to the Reader from American Horse Publications in 1993 1994 Journalism Award from The American Farmers Association

I am a riding instructor and purchased this book as a resource for my personal library to pull ideas for children's lessons. I like to have as many resources as possible for both my personal training,

and the teaching of others, since every individual horse or student is different and learns in different ways. This book is well written and easy to understand. I have applied many of the concepts to my students' lessons, and they have enjoyed practicing many of the exercises from this book.

I really like this book, and so does my trainer (in fact, I'm giving it to her for her birthday!) Strictly speaking, it's almost more of a manual than a book. As the title indicates, it contains 101 exercises for you to use in an arena with your horse. All the exercises shown are maneuvers to be done while mounted, none are in-hand work. Most work with either English or Western styles of riding, although some are slanted more one way than another. Dressage enthusiasts will recognize much of the work here, as will some of the Western specialists. There are five main sections in the book: Gaits; Transitions; Circles; Lateral Work; and Mini-Patterns. Each exercise covers two pages, with an overhead diagram showing the pattern created in the arena, as well as a drawing showing the desired effect in the horse. Each page has a step-by-step description of how to ride the exercise, a list of benefits, cautions to consider while doing it, and occasionally, extra notes. All the illustrations are pen and ink drawings; there are no photographs. Some of the exercises are a little the same, I will agree with a previous reviewer on that point. But all are worth working on and getting right. The format of the book encourages you to take it to the arena with you, with a spiral binding that allows the pages to lay flat. The only thing I'd like to see is to have the pages all laminated, but that surely would have increased the cost, so I'll live with it the way it is. All in all this book is well worth owning, whether you're an Dressage rider, barrel racer, or simply a riding enthusiast who wants to increase the skill set of themselves and their horse. Don't hesitate to buy it, it's well worth the price.

I haven't used this book much since I had to sell my mare, but these exercises are definitely useful for both a beginner rider or someone that has just purchased their own first horse or even for an experienced rider and someone that's owned several horses. The key in this book is to build upon the knowledge that you already have and to move forward towards a common goal. But, it does remind you that you should never forget the basics and you should never hesitate to return to them during your training scale if necessary.

As a horseback riding instructor, its just nice to get some new ideas

Arrived rapidly. Was as described, good condition. Removed pages from binder, laminated then & reassembled book. Now should last a long time as I have it hanging on gate for arena reference.

Nicely illustrated.

It's a nice reference for my riding lessons.

Love all the exercises. Great for any discipline. Very durable and will always have a spot in my arena. I plan to buy the rest of the collection too.

Useful exercises with good explanations and illustrations. My criticism is that the exercises are not presented sequentially, as building blocks toward the development of horse and riders. A step-by-step progression would have been appreciated.

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