

Tips and Tricks for Lunging

HERE ARE 5 WAYS TO IMPROVE YOUR HORSE'S LUNGING SESSION

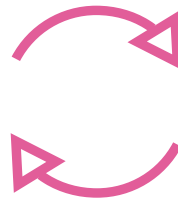


1. KNOW YOUR TIMINGS

The session should be **20 mins long**, broken into
 3 mins - warm up
 10 mins - focussed work
 4 mins - unwind, allow stretching
 3 mins - cool down

2. DON'T BE BORING

Vary the size of the circle, vary the speed in the pace and use straight lines to keep variety in the session.



3. DON'T BE FOOLED

Lunging is extremely hard on your horse's legs, so make sure that you keep it to 20 mins and that cantering isn't for too long. If you need to lunge before getting on - make sure it's a technical session rather than a long session!

4. GADGETS AREN'T EVERYTHING

Some of the best work in lunging can be done with a cavesson, lunge line, lunge whip and a set of draw reins. Be sure to correctly measure your draw reins, to allow for the horse to be able to work properly over their back.



5. TRUST YOUR INSTINCTS

If lunging is becoming a battle, choose to work on something else. Be flexible. Maybe change to a full body groom or massage. You know your horse best. Only go ahead if you're both around 100% concentration to risk injury/damage to either party.

COMPILED BY **NORTHERN EQUESTRIAN SERVICES**

British Horse Society Qualified
 UKCC & Pony Club Accredited
www.northernequestrianservices.com
[instagram.com/northernequestrianservices](https://www.instagram.com/northernequestrianservices)