
Ridning & Sits

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Helgträffen Höst 2020

Denna Helgträff hade temat ridning och gästas av Amanda Björkäng som är legitimerad fysioterapeut.

Vi pratar om hur vi ska tänka kring ridningen beroende på om hästen är helt grön, är en cross-over häst med helt ok med ridningen eller en cross-over häst som verkligen inte är ok med det.

Vi visar hur vi kan förbereda hästen rent fysiskt inför ett ridpass, hur vi tränar en häst som lätt blir frustrerad och orolig när vi sitter snett och hur det ser ut när vi tränar sitsen.

Amanda pratar om ryttarrörelseträning och håller i ett rörelsepass - sätt på videon och häng med!!

Intro och teori om ridning med klicker:

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[? MARKERA SOM LÄST ? Sparar..](#)

Du har läst

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