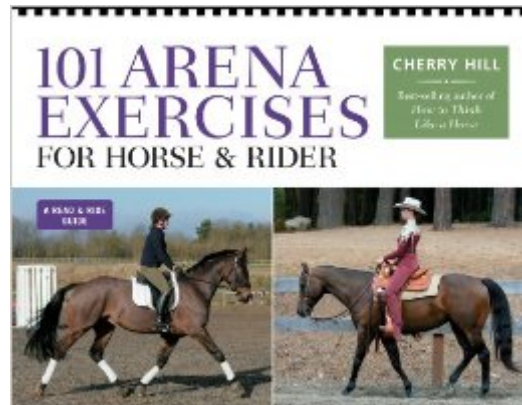


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# 101 Arena Exercises For Horse & Rider (Read & Ride)



## 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

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (74 customer reviews)

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## Customer Reviews

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.

This is a really first class book that any reader should be able to put to good use. There are many books that claim to teach you how to ride better or make your horse go better but few that deliver on their promises. This is a book that delivers. The real strength of this book lies in its blend of Western and dressage exercises. My horse and I are most familiar with dressage movements, so the Western based exercises had some novelty value for me - and provided a change for my horse. Cherry Hill explains a number of complicated movements in very simple terms and offers excellent advice as to how to get results. Her recipes for teaching the collected walk and achieving flying changes are the best I have read anywhere. Her instructions are simple, direct and work.

I got this book and with in 10 exercises and about a week Te was more supple and moving better. He is even listening better. Get this book! It is well worth it!

I have been showing horse for a number of years and I wish I had this book earlier. It's a very thorough book that provides you with exercises for either western or english riding. It gives you very detailed patterns and step-by-step instructions. A must have!

This book is great for riders who can easily walk trot and lope/canter and depart on a correct lead. This is somewhat of a "crossover" book--dressage and western with exercises that are great for horse and rider, but which may not be popular with di-hard dressage or western only trainers. The exercises would be difficult in many cases for the rider using a true forward seat hunt saddle unless the stirrups were legthened A LOT. Very handy for a rider working at home without regular lessons.

An example of the poorly written mess I encountered in this "book": Exercise 14: Half Halt  
How to ride: trot (exercise 6), corner (exercise 31), halt (exercise 19), trot (exercise 19), halt, trot, half halt, trot, half halt, trot.  
How to apply half halt: Think. Apply seat, leg, and hand aids. Yield. Keep upper body straight, maintain deep still contact, keep both legs on horses side, use appropriate intensity

with both hands. Now can you tell me what exactly a half halt is and how to do it? All I know is that while doing it should be keeping my upper body straight. Another problem I have is as you can see by the above example is that you can't just pick up the book and do a lesson because each lesson incorporates a lesson that you haven't even gone over yet. In the above lesson we were in lesson 14, but it refers to lessons 31 and 19. So you have to continually flip through the book to figure out how to do just one lesson. Also in one area it says to initiate a right lead canter with your right foot and in another it says to initiate the right lead canter with the left foot. I really don't think this book is good for a beginner unless they have a trainer to decode this mess for them. I gave 3 stars because while the info is garbled it can be used. I recommend "Western Practice Lessons" by: Charlene Strickland for well detailed and understandable arena exercises

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.

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