

TWO-POINT: BUILDING MUSCLE AND BALANCE AT HOME

STEP 1: STARTING POSITION

Stand tall, with your back straight, feet a little more than hip-width apart and in a straight line. Your toes will be pointing slightly out, shoulders relaxed, and chest lifted. Look straight, with the arms out in front of you (can be holding a solid object for balance. A kitchen counter or the back of a chair works well for this).



STEP 2: START SQUATTING

Look straight ahead and keep your back straight. Start bending your knees. Your weight should be on your heels and NOT on your toes.



STEP 3: FULL SQUAT

Look straight ahead. Bend at the knees with your body weight on your heels. Think about squatting down into your riding position. Go down until your hip joints are almost level with your knees (if you can).





STEP 4: HOLD

Keep your arms in front of you or hold onto a solid object for balance, and look straight. Make sure your shoulders and heels are in line just like you are riding your horse. Hold this pose for 3 seconds.

STEP 5: GETTING BACK UP

Exhale and start to stand back up. Straighten your knees. Keep the body weight on your heels and chest up. Keep your legs straight.



STEP 6: REPEAT

Again, inhale and go down to the squat position. Hold for 3 seconds, and come back up. Try to do 6-10 squats if you can in a set. You can always take a break then come back and do more.

TIP: Be slow when you are learning how to squat. There's no hurry. Squatting correctly is more important than doing a lot of squats. Squatting is a great way to work on your two-point position when you can't get in the saddle. You just need to be patient, observant, and try.