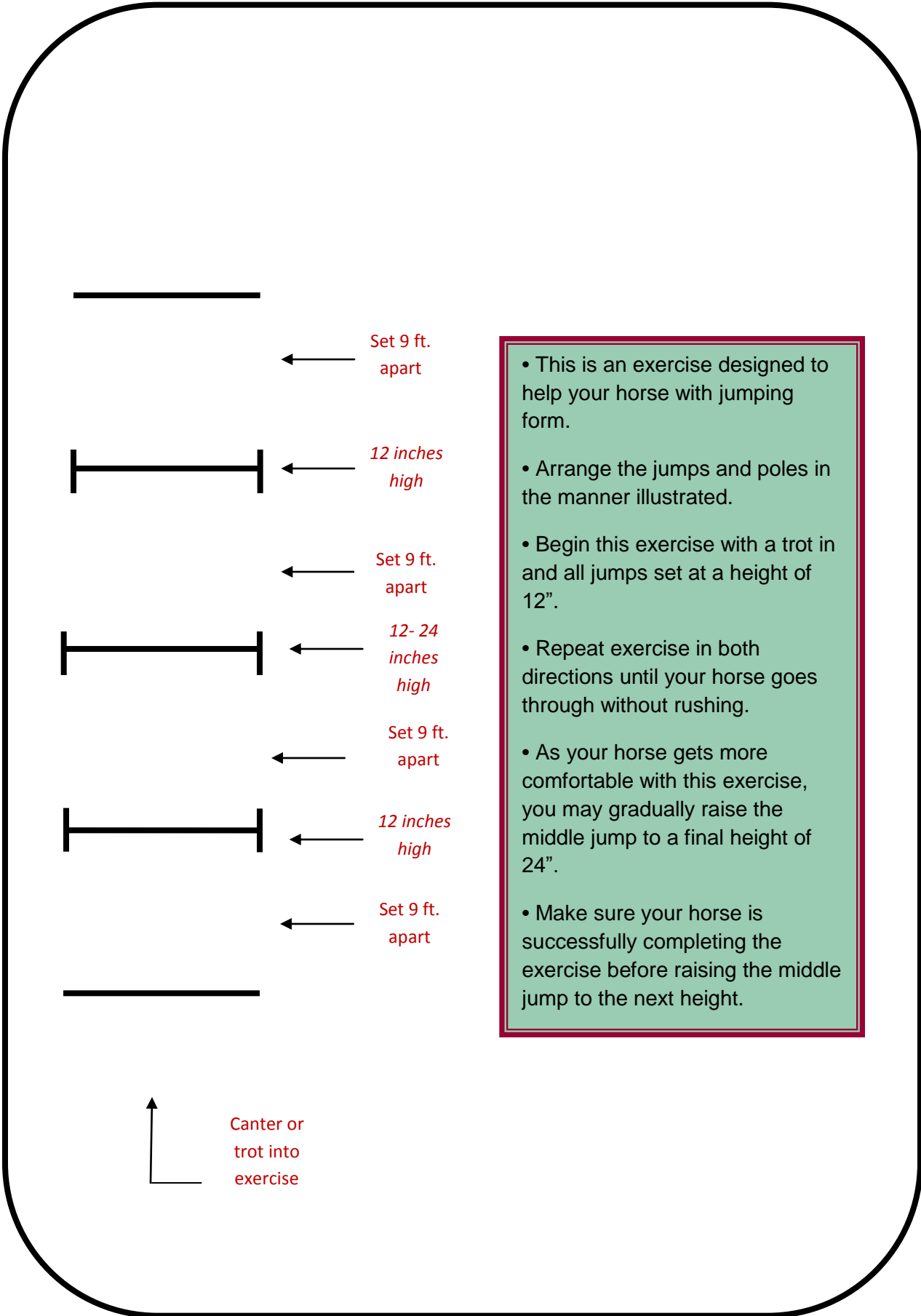


Gymnastic Exercise for the Month of December



- This is an exercise designed to help your horse with jumping form.
- Arrange the jumps and poles in the manner illustrated.
- Begin this exercise with a trot in and all jumps set at a height of 12".
- Repeat exercise in both directions until your horse goes through without rushing.
- As your horse gets more comfortable with this exercise, you may gradually raise the middle jump to a final height of 24".
- Make sure your horse is successfully completing the exercise before raising the middle jump to the next height.