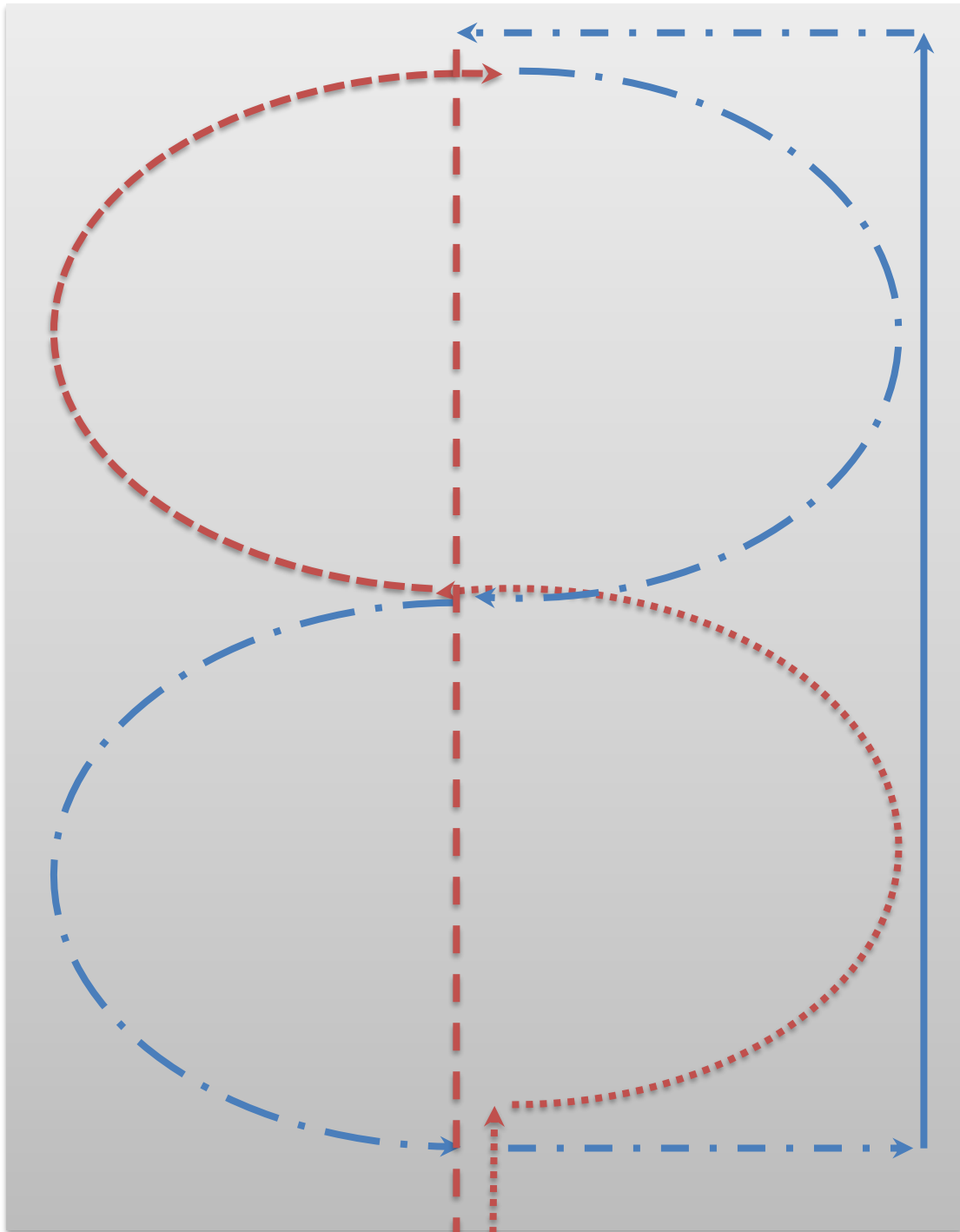


GRAND NATIONAL RIDER CLASS WORKOUT

Rider 12 – 15 Years & 15 – 17 Years



FINISH ● **START**

KEY

- Sitting Trot
- - - - - Rising Trot
- . - . - . Canter
- Extended Canter

Enter sitting trot, track right. Sitting trot half a circle to the left, rise trot half a circle to the right. Pick up right canter and canter half a circle left. Change through the centre, canter half a circle left. Lengthen canter along the long side of the arena. Come back to a working canter and exit the arena at a trot (Sitting or Rising) down the centre line