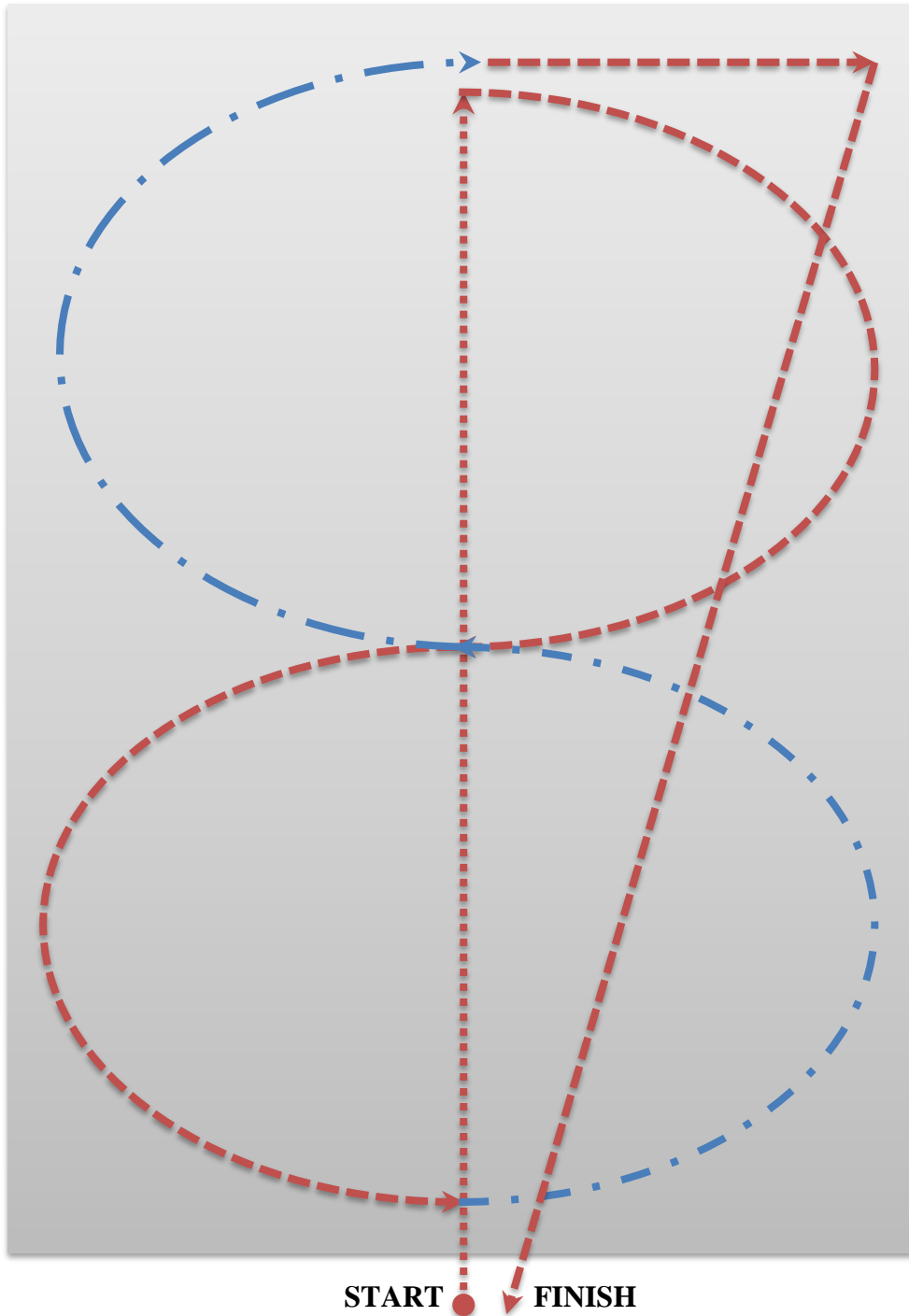





GRAND NATIONAL RIDER CLASS WORKOUT

GRAND NATIONAL Rider 6 – 9 Years & Rider 9 – 12 Years



START ● FINISH

KEY

-  Sitting Trot
-  Rising Trot
-  Canter

Enter down the centre line at sit trot. Track right rising trot a half circle, trot a half circle left. Pick up canter on the left rein, canter half a circle left. Simple change through the centre and canter half a circle to the right. Come back to trot at the top of the arena, trot to the top right hand corner and exit across the diagonal.