



PILATES FOR RIDERS

MODULE 1: PELVIC CONTROL

Video Transcript

What To Do Now

While you are away for the next week, what I want you to do is this - I want you to just commit to a certain amount of times a week that you play with this pelvis exercise. Write it down before you stop this video, write down how many times you're going to practice it, and for how long.

So, "I'm going to do it no times for no minutes. That's my commitment." Oh, do you think I'm going to reach my goal? "Maybe I'll do it at least once." But write it down! "I'm going to do it five times for five minutes. I'm going to do it five times a week for 10 minutes. I'm going to do it twice a week for 30 minutes..." Write down a commitment and then stick to that commitment.

But remember, make it a commitment you can achieve. I'd rather you say, "I'm going to do it one time for five minutes between now and next session," and do that, than write down, "I'm going to do it five times between now and next session," and only do it twice. Write down an achievable goal that you can do and over perform if you want to. So say once or twice and do it six times, if you want to. But I want you to make a commitment that you can achieve.

Put on the post on Facebook what your commitments are if you want to. Talk to each other, motivate each other. Practice just this moving of the pelvis while you are riding your horse. Send us some pictures. Tell us how much it's changing so far for you. Ask some questions. Get in there and really use each other to help you get through.

So next week, you know that I'm going to show you how to do this on the horse, how to do this when you're riding your horse. But what you don't know I'm going to do is hopefully I'm going to absolutely change your riding life forever.

I used to be terrified of jumping, going to competitions, riding any horse that was a little bit naughty. And most of the stuff was based around the fact I thought I was going to fall off. As soon as I learned how to sit properly on a horse, and certainly that fear came back after I'd had my baby because I hadn't been there for such a long time, and I'm like, where is this coming from? It was pelvic control. The pelvic control that I was taught subliminally, when I was taught to ride when I was young. That got lost when I had my baby, and fear came back. As soon as I got my pelvic control again, the fear was gone.

So I'm going to teach you how to get this epic seat where you actually can ride any horse almost - within reason! So if you choose not to get on something, or you don't want to ride something, it's not really because you are afraid of falling off, it's because you're smart. You're not going to get a fright when you are on a big horse that maybe does a bigger canter than you expect - that won't upset you anymore. Because if you can get this pelvic control right, you will just sit on anything so much easier. And I'm actually going to give you some exercises that you can do on the horse. So not riding actually, but actual sort of Pilates exercises to be able to strengthen your pelvis with the surrounding issues of being on a horse. Physics basically. You know, the being pulled left and right. The saddle, the fact that you aren't standing on the ground, you're standing in stirrups and you're trying to replicate the idea of standing on the ground. I'm going to show you some

exercises that you can do, depending if your horse is quiet enough to let you just sort of play around on him while you are riding. How does that sound? Does that sound cool? You guys pumped?

So again, get in there, do your homework - or homeplay as Tash would say. And that homework is just to make a commitment as to how much you're going to practice moving your pelvis, and tell us what it is.

And for anyone who's brave enough, send some photos in, send some feedback in, let us know how you're going. And then next week, I'm not only going to show you all of this stuff on the horse, I'm also going to give you some amazing tools to take your fear away a little bit, and to make you stronger and be able to ride better - just like that.

I can't wait to see you guys! Bye. See you!