

# Horse & Rider

# MONTHLY

NOVEMBER 2022

*In this issue...*

NO MORE  
**WRONG LEADS!**  
TROUBLE SHOOT  
COMMON  
**RIDING ISSUES**  
WARM UP FOR  
**HORSEMANSHIP**

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<b>BREEDING STALLIONS</b>	<b>Yes</b>	No	No
<b>PREGNANT MARES</b>	<b>Yes</b>	No	No
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<b>SYRINGE DOSAGE</b>	<b>Up to 1,320 lbs</b>	Up to 1,250 lbs	Up to 1,500 lbs
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# Horse Life



TRAIN / HEALTH

# No More Wrong Leads!

## IF YOUR REASONABLY WELL-BROKE HORSE

won't pick up the correct lead when you ask him to (and assuming there's no physical reason for his reluctance), then you're probably not cueing him properly. My guess is you're making the common mistake of trying to "tip and drag" your horse onto the correct lead. It generally doesn't work, and when it does happen to work, it's ugly.

I'm going to explain how to position yourself and your horse properly for a balanced, beautiful strike-off at the lope—on the correct lead. With diagrams, I'll show you the right and wrong ways to set your horse up for the lope transition. With photos, I'll demonstrate the mistakes you're probably making, then show you the correct way.

To make use of what I'll teach you, you need to have certain basics already established with your horse. He needs to flex willingly at the poll, straight back or laterally, when you ask him with the reins. He also needs to move his hindquarters over in response to pressure from your leg. These skills will enable you to properly position his body so a correct lead departure is practically guaranteed.

As you practice what I'm about to teach you, outfit your horse in a snaffle bit for best communication, and work on level ground with good footing for safety's sake.

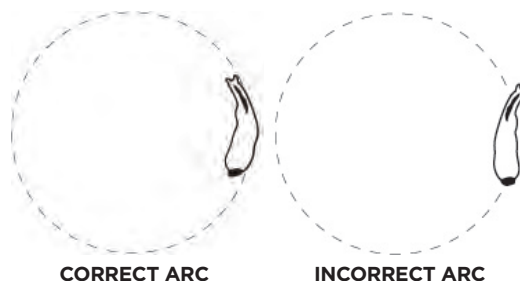
## Mind The Bend

Look at the diagram labeled "Correct Arc." The horse's body is arced so his head and his hips are tipped slightly to the inside of the circle. In this position, his outside hind

★ Learn to nail your lope transitions with this demonstration from world champion trainer Carol Metcalf.

leg will naturally step off into the first beat of the three-beat lope. Next, his other hind leg and the diagonal front leg will come down simultaneously for the second beat. Then, the remaining front leg—the inside leg—will come down for the third beat. Voilà—you're on the correct lead!

Now, look at the diagram labeled "Incorrect Arc." This horse is improperly set to lope off, because he's counter-bent to the circle. I'll explain how this happens in a moment. Right now, just know that this position makes it hard for your horse to pick up the correct lead in two ways: (1) It causes him to lean on his inside shoulder, which keeps him from lifting that shoulder to free his inside front leg and balance over his hind end; and (2) With his hips to the outside like this, his outside hind leg isn't positioned to take that first step of the lope stride.



## Set Up For Success

Now, let's talk about how to get that correctly-arc'd body position so your horse can easily and smoothly pick up the correct lead.

## Not This Way!

To demonstrate what not to do, I'm leaning and carrying my hands to the inside, trying to "throw" my mare onto the left lead. I've actually tipped her head to the outside of the circle, and my outside leg is off her side—both exactly wrong for cueing the lope.

And here's the result: My mare, still bent to the outside, is bracing against my hand and loping on the wrong lead (her outside foreleg is about to come down in the third beat of the lope). She's not happy with me, either—note her ears and the expression on her face.



**The right way.** After warming your horse up, put him on a large circle at a walk. As you look in the direction you want to go, lift your inside rein several inches directly up. This tips his head to the inside of the circle and “lifts” his inside shoulder, encouraging him to balance himself over his hind end. (I find lifting my hand about six inches adequate to achieve these results, though you may need to experiment with how much is most effective for your horse.) Meanwhile, keep enough pressure on your outside rein to keep him from drifting into the circle or tipping his head too far to the inside.

At the same time, apply pressure with your outside leg several inches behind the cinch to push your horse’s hind end slightly to the inside of the circle. Keep your inside leg at the cinch to encourage the correct bend. If you’ve accomplished all this, your horse should be bent a bit to the inside of the arc of the circle, just like the horse in the “correct” diagram.

**The wrong way.** What you don’t want to do is what riders often do: “throw” your horse into the lope by

leaning your body and carrying your hands to the inside of the circle. When you do this, your outside rein winds up tightening too much across your horse’s neck, so you actually tip his head to the outside—the opposite of what you want. Also, you’re enabling your horse to dive onto his inside shoulder, rather than lifting his shoulders, as you need him to.

Plus, your own tipped position in the saddle means you’re essentially putting your inside leg on your horse and taking your outside leg off—again, the opposite of what you want. As a result, his hind end cants to the outside, making it harder for his outside hind leg to get that first lope step.

All told, positioned like this, it’s actually easier for your horse to pick up the wrong lead than to get the right one.

As you practice, be sure to work equally in both directions. (If need be, give a bit more emphasis to your horse’s weaker lead until he’s equally fluid with both.) As your horse gets better at it, practice making your cueing more subtle and smoother over time. ★



### ***This Way!***

I’m lifting my inside rein to pick up my mare’s inside shoulder and tip her nose to the inside of the circle. My outside rein is keeping her from bending too far or getting crooked. My outside leg is pushing her hind end in—and look how her outside hind leg is set to make that first step of the lope. All I need to do now is “kiss.”

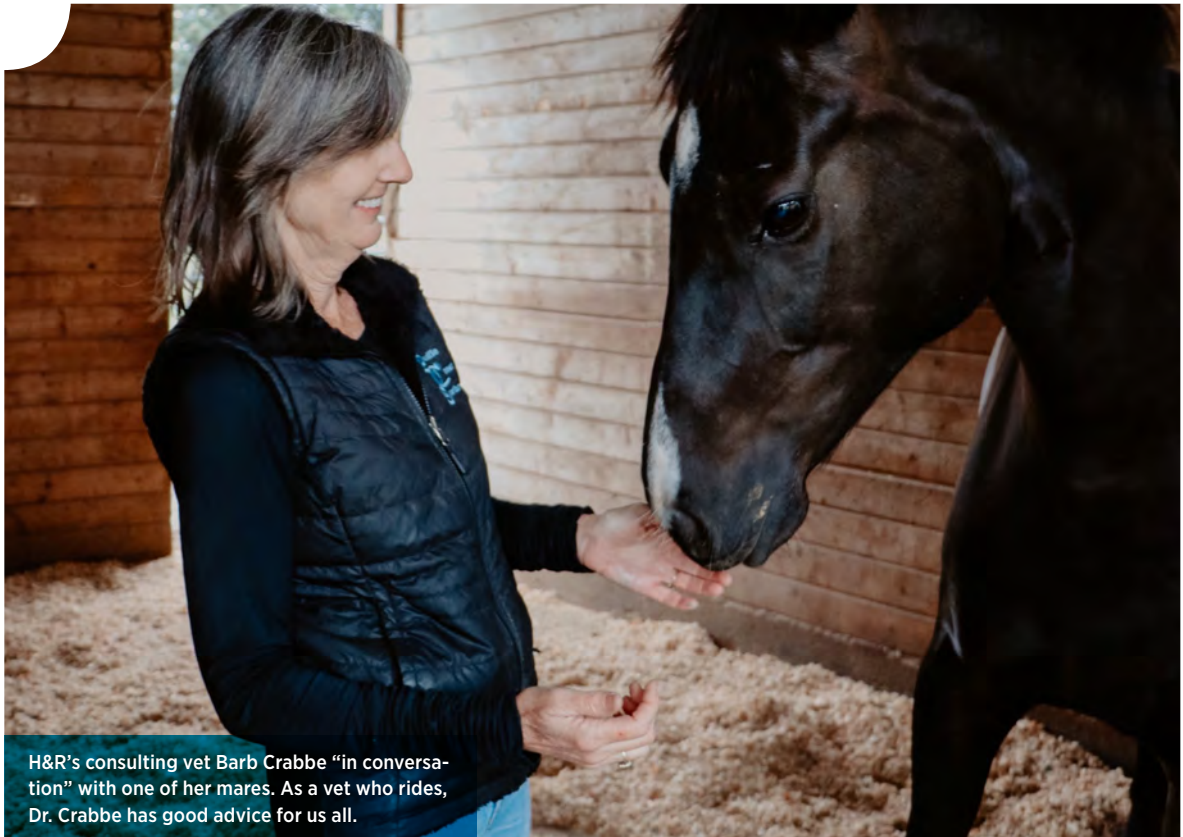
And here it is—a soft, smooth transition to a beautiful lope, on the correct lead, with the mare flexed at the poll and properly bent on the circle through her body. Remember to always look up in the direction you wish to go; I’m concentrating a bit too much on my demonstration and should be lifting my chin and my eyes a bit.



HEALTH

# Key Insights from a Horse Vet Who Rides

★ H&R's go-to vet has more to share with you than horse-health advice. Here's wisdom to make you a better horseman.



H&R's consulting vet Barb Crabbe "in conversation" with one of her mares. As a vet who rides, Dr. Crabbe has good advice for us all.

PHOTO COURTESY OF BARB CRABBE, DVM

**YOU KNOW HER AS H&R'S CONSULTING VETERINARIAN**, the one who provides expert, easy-to-read information and advice about your horse's health. (To see what I mean, just search "Barb Crabbe, DVM" here at [HorseandRider.com](https://www.horseandrider.com) and watch what comes up. You're welcome.)

But did you know she's also a highly accomplished rider, with multiple awards and regional year-end championships in dressage, the discipline of her choice?

It's true. And because of that, I decided it might be fun to ask her what key insights she's gained from her nearly 30+ years as an equine vet who rides.

Here are two key things she told me.

## 1. 'Horses are phenomenally generous creatures.'

The point of this, says the good doctor, is that we need to remember it whenever things go wrong.

"If your horse is being belligerent, resistant, unhappy, or displaying any other unusual behavior that's new, always-always-always rule out pain or discomfort before you continue."

She adds that although horses can't talk, they can communicate.

"If you pay attention to their behavior and body language, you can usually figure out what they're trying

to tell you."

Furthermore, if you're ever in doubt about something that's affecting your horse's behavior, ask your vet about it.

"I can tell you from first-hand experience, your vet would much rather advise you early on—even if it's just guidance over the phone—than have to deal later with an issue that's festered."

Dr. Crabbe says we should apply that same degree of patience and understanding even if it's not pain that's causing our horses to be slow or balky in learning something new.

"It could be that what you're asking is just hard for your horse to do, plus maybe a little confusing for him."

She offers an analogy.

"Think of what it would be like to learn a difficult dance move if you'd never danced in your life, you have little natural rhythm, and you're even a bit uncoordinated.

"That would be frustrating for you, wouldn't it? You'd want the dance instructor to break everything down for you and teach it in little bites, not big gulps.

"If your horse is naturally talented in your chosen sport, that definitely helps, but even then you want to make the process as agreeable for him as possible."

In short, she says, “You want him to enjoy doing what you want him to do.”

And, going back to her original point about pain, she posits another hypothetical.

“Imagine your knee or hip is killing you, and your dance instructor is forcing you to jump up and down on it. Would your normally sweet disposition start to slip? I know mine would.”

## 2. ‘Keep your eyes and ears open and your mouth shut.’

This second insight is actually not, as you might be thinking, about humoring your vet. Rather, it’s about becoming the best horseman you can be.

Put another way, “eyes, ears open/mouth shut” means don’t automatically dismiss someone’s insight just because they aren’t a “somebody.” They might actually be smarter than you in something.

“We can all learn things from everyone,” maintains Dr. Crabbe. “Even if you’re a world-level trainer or competitor, that small-time clinician or backyard owner with a lifetime of experience might have something valuable to say—and it could be the one key piece you’ve been missing.”

As an example, she points to Ron Miller, a trainer in Bend, Oregon, who works with just a few horses at a time. Skilled in the Vaquero tradition of true natural horsemanship, Miller isn’t the sort of trainer a dressage enthusiast might ordinarily seek out.

But this dressage enthusiast has, with great results.

“I’ve had him start all my young horses, and he’s brimming with wisdom. As my husband once said, you could probably sit and listen to him for hours and never stop learning stuff.”

She says Miller’s influence has changed her approach to schooling, causing her to follow his “things are hard—make it easy for them and be patient” mantra.

“Now when I’m starting my canter transitions with young horses, I let them trot forward until they canter and get the idea of it, rather than insisting on straightness and timing right at the beginning,” she explains.

“And I cringe when I see other people cramming babies together and pushing so hard to ‘keep them straight.’ Save that for later, when the youngsters are ready for it, and you won’t teach them to pin their ears, thrash their tails, and get so generally ticked off during canter departs.”

It’s good advice, and it came from an unexpected source. Through her work as an equine vet and journalist, Dr. Crabbe comes into contact with a lot of horse people, and she’s learned not to dismiss any of them. We all can benefit by following her lead. ★



Horses are “phenomenally generous,” says Dr. Crabbe, a fact to keep in mind when things go wrong.

PHOTO COURTESY OF BARB CRABBE, DVM

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A photograph of two women in cowboy attire riding horses in a field. The woman on the left is wearing a blue long-sleeved shirt, blue jeans, and a black cowboy hat. She is smiling and holding the reins of a brown horse. The woman on the right is wearing a brown long-sleeved shirt, blue jeans, and a tan cowboy hat. She is also smiling and holding the reins of a brown horse. The background shows a wooden fence and a field of dry grass with some snow patches.

SORRY,  
HORSE!  
IT'S  
NOT  
YOU,  
IT'S  
ME.

Troubleshoot five common issues and become a more effective rider with tailored fitness and horsemanship exercises.



1. Step-ups are an exercise you can easily do at home or at the barn to help strengthen your legs—all you need is a mounting block!



2. If you struggle with getting on your horse, one-leg standing holds 30 seconds at a time can be an easy way to improve your balance.

Every horse-and-rider duo is a work in progress. That's what makes the journey so fulfilling—there are always areas to improve. Sometimes a recurring issue can cause frustration, though. If you continue to struggle with a particular maneuver and feel like you've tried everything, you might turn to a trusted friend or trainer to get their advice. Perhaps it's then that you realize that you can't get your horse to do what your friend or trainer can. And while this may be disappointing, it's also empowering. If it's not your horse, this means that your riding challenge might be something you're doing. This means that it's in your control! Regularly assessing your own riding makes you a better rider and improves your horse as he'll benefit from stronger leadership.

Here we'll describe common challenges that many riders face. We'll share some ways you might be contributing to the issue and how to work through it with fitness-related and horsemanship drills and exercises. If you think you struggle with one of

these common issues, ask someone to video you so you can see and better assess what's going on or be willing to take an objective look at your riding with the lens of self-improvement.

**Common issue:**  
*Horse walks off while you're mounting.*

Walking off while mounting isn't just frustrating, it's also a safety hazard. Determine if you're causing some of the issues by taking too much time to mount or making your horse uncomfortable. If you have to bounce multiple times to get into the saddle or find that you hang on the side of the saddle for an extended period before swinging your leg over, it may be that your horse walks off to regain his balance or move away from the pressure.

**Fitness fix:** To alleviate the issue in the short term, use a mounting block. Then, focus on your strength and flexibility to make it physically less challenging to get in and out of the saddle. Improve your balance with one-

leg standing holds. Stand on one leg for up to 30 seconds, alternating between legs, throughout the day. Incorporate step-ups into your workout routine, alternating which leg you step up with, left and right. Use the mounting block, a hay bale, or tack box and increase the height of the implement over time. The goal is to increase your leg strength so you can propel yourself upward as you step into the stirrup.

**Horsemanship fix:** If you always let your horse walk off when you mount or as you're mounting, you've allowed him to develop a bad habit. To break it, ask him to stand still while you mount. Gather your reins, even tipping his nose in slightly, before you step up to ensure that he doesn't have too much room to walk forward. If at any time in the process of mounting, he starts to walk, ask him to back up. Allow him to settle and try again. Don't try to get on while he walks away. As you swing up, continue to hold the reins, and keep him standing—even after you've gotten on—for 30 seconds or more. You may even ask

for his first step to be a sidepass or pivot and walk the other direction, simply to break the habit of forward motion after the mount. With time and consistency, he'll quit.

**Common issue:**

**Horse has to break to a trot or crossfires during lead changes.**

First, decide if you're anticipating the change. If you find yourself curling down and leaning forward to get into position or bracing because you're trying to maintain position, you aren't setting your horse up for success. Lead changes are all about softness and position, for you and your horse.

**Fitness fix:** You need to have enough hip mobility to move your leg back on his side to ask for the change, while simultaneously keeping his shoulder lifted with your inside legs. A strong seat is also important to ensure that you can stay seated through the transition. This can be especially challenging on a horse with a lot of movement, which is why variations of squats, lunges, and step-ups are recommended to improve

your leg strength. Also, use planks and superman holds to support your core strength. (Find more information in "Fit for Your Ride" at HorseandRider.com).

Strengthening your upper and lower back will also allow you to sit up tall rather than hunched over your horse, making it even more difficult for him to stay lifted in the shoulders and change leads. Even if you have adequate strength, a lack of flexibility can keep you from using that strength. Pigeon (yoga) stretches, completed while standing or sitting, are effective as is the figure-four stretch. Also stretch your shoulders and chest to ensure that these muscles aren't too tight, pulling you forward and hunched.

**Horsemanship fix:** Consider how you're setting up for the change. If you lean forward and look down, you take away his forward motion, making the maneuver more difficult for your horse. Sit up straight and look ahead, even allowing him to pick up some speed in the center if he's used to slowing down and losing momentum. Then, set him up properly. If you're changing from

left to right, you want him soft and set up as if you're asking him to pick up his right lead. As you prepare for the change, squeeze with the outside leg (right leg in your left lead), pick up the right rein, and ask him to pick up his shoulder and get soft in his face. Ideally, your horse's body is in a "C" shape in the direction you want to go. For example, it will be in a "C" shape to the right as you prepare to change from left to right here. Once he's soft and his shoulder is over, take a straight line and switch your leg pressure to the left leg, giving him an extra kiss or verbal cue to ask for the change. If he crossfires, ensure that you have also moved his hip over before he changes. If he doesn't move over, you may need to break to a trot or walk, push his hip over, and try again.

Develop your horse's softness and ability to yield to pressure outside of lead changes to make this setup easier during the maneuver. During your warm-up, work on sidepassing, and ask for him to flex and bend through his neck and face either by bending in place or asking for small circles. →



3

1. Step-ups are an exercise you can easily do at home or at the barn to help strengthen your legs—all you need is a mounting block!
2. If you struggle with getting on your horse, one-leg standing holds 30 seconds at a time

- can be an easy way to improve your balance.
3. Core strength is extremely important when you're riding. Try incorporating planks and superman holds into your workout routines.



**Kelly Altschwager** lives in Wellington, Colorado, with her husband and two sons. She's an ACE-certified personal trainer, certified nutrition coach, and rider fitness and performance specialist. Kelly owns and operates Western Workouts, a customized coaching service geared toward helping the busy horseman sustainably reach their health, wellness, and performance goals. Learn more at [westernworkouts.com](http://westernworkouts.com)



1



2

1. To avoid having your horse walk off when you're mounting, gather your reins, tipping his nose slightly to the left to ensure he doesn't have much room to walk forward, then get on. If he walks off, stop and back him up a few steps and then ask him to stand still.

2. If your horse crossfires when you change leads, ensure that you have moved his hip over enough before changing. If he's not moving his hip over enough so that you can properly change leads, you may need to break to a trot or walk and work on pushing the hip over before attempting it again.

**Common issue:**  
*Horse bounces or stops on his front end.*

A horse often stops on his front end or bounces when he anticipates the stop. Typically, he's either not running freely or you're changing something when you ask him to stop. It may be that you drive your horse forward right up until you ask for a stop and then you grab with your legs or throw your body back to avoid popping out of the seat. He then reacts by bracing.

**Fitness fix:** If you don't have a strong seat or don't have control of your seat, you pop out of the saddle. Work on your leg and seat strength with squat variations. In Bulgarian split squats, you have one leg elevated behind you on a mounting block or your couch and lower until your front leg is bent at a 90-degree angle at the knee. This builds strength in both legs and improves stability. Regular squats are also effective if balance is an issue. Having strong legs will give you the confidence you need to relax into your stop and tuck your rear, rather than squeeze and hold on.

**Horsemanship fix:** Many reining trainers use an exercise called fencing to encourage free movement, which has you drive your horse all the way to the fence and allow the natural barrier to be the cue to stop. Let him settle, and then turn and go back across the arena to stop again. You don't have to be teaching your horse to slide to a stop like you would in reining to use this technique, as it helps you and your horse to learn to look past and drive through where you'd normally stop. If he continues to bounce or anticipate his stop even after he's moving freely, work on moving his feet after you say "whoa." Spin, rollback, pivot, walk in a small circle—anything to get him to move his legs and loosen up. Along with

these exercises, continue to mix up the routine, stop in different locations or sooner than normal to keep things fresh and him listening.

**Common issue:**  
*Horse walks out of his pivots.*

If you aren't able to sit balanced in your saddle without leaning too far forward or back, you'll grip with your legs, or your weight will be off to one side. Focus on staying in the middle of your saddle, pushing your weight into your heels.

**Fitness fix:** Build your leg strength, again, with Bulgarian split or regular squats. Side squats are also effective in developing inner- and outer-leg strength to keep you in place without gripping with your calves. To do this, stand in your regular squat position, but rather than lower down, lower to the side with your working leg bending to a 90-degree angle and your non-working leg straight out to the side with your heel on the ground. Return to standing and complete additional repetitions on that side before switching. Planks and wood chops, where you move your extended arms from low to high across your body, create that deep abdominal bracing strength that keeps you from wobbling in your saddle.

**Horsemanship fix:** If your horse continues to leave the turn even when you're correctly positioned, you want to stop his forward momentum. It's not uncommon to teach your horse to pivot by walking him into it, but with a horse that has too much forward momentum, you'll want to start from a stop. In practice, start the pivot and give him an opportunity to leave it. When he does, pick up your reins and ask him to step backward into the turn. If you think he'll step out at a show, keep your hand off his neck to support him. This sends the signal that you're still there without micromanaging the turn. →



Develop your horse's softness and ability to yield to pressure outside of lead changes to make this setup easier during the maneuver. During your warmup, work on sidepassing and ask for him to flex and bend through his neck and face either by bending in place or asking for small circles.

**Common issue:**  
***Horse struggles to transition smoothly between gaits***

Some gaits are more difficult to transition to and from. Work on those that are most simple first before moving on. Always consider your setup and your physical ability to ask as an area for improvement.

**Fitness fix:** Changing speed, and especially going to a faster or extended gait requires glute (bottom), hamstring, and heel drive. If you're only kicking with your heels and not driving, you don't utilize these major power centers of your body. Improve your hip-drive strength with glute bridges. To do these, lie on your back and drive your hips upward, slowly and in control, and then go back down. Focus on driving through your heels, your hamstrings, and your glutes, just as you would in the saddle. Hip thrusters, with or without a weight on your lap are also useful. Lean with your shoulders elevated on a mounting block, your couch, or a tack box with your knees bent and pointing upward and

your heels near your glutes. Drive your hips up so that you have a 90-degree angle in your knees (you should look a bit like a table!). Keep your chin tucked to ensure the drive comes from your hips and glutes and not your midsection.

**Horsemanship fix:** Usually if your horse struggles to change gaits, it's because you've allowed him to hollow out. This means, he's not soft in the face and collected in the bridle. This causes you to have to pull back and use a verbal command to slow down or continuously kick until he speeds up, hoping he'll pick up the correct lead if you're asking for a lope. Instead, you want him to get soft (as with lead changes). When you apply pressure at his shoulders or near his hips, he should shift over and away from it. When transitioning smoothly from a walk to a lope, for example, begin by bridling him up, then squeeze with your outside leg while simultaneously using a verbal cue, such as a kiss, to ask him to lope off. If he trots into it, break down to a walk and try again, collecting him and pushing with more encouragement. You may even need to support his

inside shoulder with your inside calf if he tries to dive in. When going from a faster to a slower pace, you can use a verbal cue, such as "easy" or "walk," or pull slightly back and soften with your legs. In practice, use a hand cue to support either the verbal or leg-release cue until he begins to associate it with the action you want. ★



**Sharee Schwartzberger** lives Longmont, Colorado, where she and her father, Steve, operate Schwartzberger Equine. She has more than \$200,000 in NRHA earnings and has won several champion and reserve titles in freestyle reining. She trains open and non-pro horses and coaches amateur and non-pro riders. Learn more at [ssequine.com](http://ssequine.com).

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A woman wearing a black cowboy hat and a black patterned long-sleeved shirt is riding a brown horse. She is in a western riding posture, with her right arm extended horizontally to the side. The horse is facing forward, and the background is a vast green field under a clear blue sky.

# WARM UP FOR HORSEMANSHIP

Get your body ready to assume the horsemanship position with these exercises.

**Y**ou warm up your horse before a training session or a show class. You probably ease into your own workouts at the gym. But do you use warm-up exercises to get yourself into horsemanship position in the saddle?

Here, I'll outline exercises my riders use to both build strength to improve their horsemanship position at home and to get themselves ready before a class. Hold the positions as long as you can, take a short break, and resume the exercise. Work through each gait, progressing from walk to jog to lope as you build strength and confidence.

**1** Let's begin by discussing what the optimal horsemanship position looks like. A strong leg is a necessity to maintain the position that aligns your ear, shoulder, hip, and heel. I prefer to see a rider sit on her seat bones and connect to the saddle with her thighs. From the knee down, contact between the rider's calf muscles and the horse keeps her legs quiet. The rider here shows a strong leg in a good position. A weak leg moves forward or backward, out of alignment. The rider must compensate for that misalignment by hunching forward or leaning backward, which puts her off balance and out of position.

**2** It might sound easy, but the strength required to stand in your stirrups without tipping forward or backward will test you. Stretch down through your heels, maintain the line from ear to shoulder to hip to heel as best you can. Begin with a few strides at a time, and work up to a few laps around the arena. When you return to the seated



position, don't slack your body's alignment; stay in position even when you're taking a break.

Ultimate challenge: Drop your stirrups and "stand" in your saddle. Use your inner thighs to elevate your seat from the saddle, while maintaining your body and leg alignment.

**3** The two-point position isn't just for going over jumps. You can use it to build leg strength in a Western saddle, too. Tip your body slightly forward at the waist, lift your seat from the saddle, and keep your legs in alignment, from hip to heel. It's easy to push your legs behind you in this position. Work to hold your leg underneath your body, in alignment with your ear, shoulder, and hip. Keep your leg quiet (minimize movement) as you travel along. Ultimate challenge: Drop your stirrups, and assume a two-point position.

**4** You probably already think about stretching your heels down as far as you can (4a) to strengthen your leg and show good heel position when you compete. Keep that up, and work on it at all gaits. But also add toe-down exercises (4b) to keep your calf muscle flexible. Pointing down also changes your balance as you walk, jog, and lope, which gives your legs another challenge. Use care when practicing these exercises with spurs so you don't inadvertently jab your horse with a rowel, especially in the toe-down position. Quick-comfort tip: When you take a break after deep-heel and toe-down exercises, roll your ankles around to help loosen them and prepare for another round. →



**5** Arm exercises further test your balance and leg strength by offsetting your balance just enough that you have to work harder to keep your legs in place. Begin with your non-rein hand (this rider's right hand), and then swap your reins to the other side. Work both arms to keep your balance and strength even. Begin with one arm straight out in front of you. Don't sacrifice your leg position; maintain the straight line discussed in Photo 1. Work at all gaits, and add time with each attempt to build strength.



**6** Next, put your arm straight up in the air. Stretch your fingers to the sky, but don't elevate your lifted arm's shoulder higher than your other shoulder. Keep your shoulders square and balanced to avoid developing bad habits in your upper-body posture while you work on building leg strength.



**7** Finally, stretch your arm out perpendicular to your body. Keep your shoulders square, and don't be tempted to get lazy and let your arm creep up or down! Keep it straight out from your shoulder. Ultimate challenge: Drop the opposite stirrup of the arm you have extended forward, up, or to the side to further challenge your balance and leg strength. ★

