Your core can be compromised during pregnancy and birth so it is important that you dedicate time to building your strength for riding. A strong core is vital for an effective but quiet balanced seat.

- Aim for 10-15 repetitions of each exercise
- Repeat the 4 exercises 1-3 times each session
- Aim to include these exercises 1-3 times a week

You should be at a minimum 6 week post-partum before exercising or riding. It is important to check in with your doctor or women's physiotherapist before starting activity post birth.
Neutral position

Lie on your back with your knees bent and feet flat on the floor. Make sure your feet are parallel and hip width apart.

Neutral position is the base posture for many foundation core exercises

Bridge- 1 to 3 sets of 10 to 15 repetitions

Lie on your back in a neutral position. Make sure your heels are just under your bent knees and your feet, hips, shoulders and pelvis are aligned. Keep your feet firmly planted on the floor and bring your arms to your side.

Bridge is an easy exercise that works your core, glutes, hip flexors and quadriceps. All imperative for the rising trot!

- Inhale to prepare
- As you exhale curl your tailbone off the floor, tilt your pelvis up, and lift your bottom off the floor
- Make sure to press evenly into your heels
- Inhale as you hold this position
- Exhale as you lower your spine onto the floor, one vertebrae at a time from top to bottom.
- Release your tailbone last and come back to a neutral pelvis position
Open leg bridge - 1 to 3 sets of 10 to 15 repetitions

Lie on your back in a neutral position. Make sure your heels are just under your bent knees and your feet, hips, shoulders and pelvis are aligned. Keep your feet firmly planted on the floor and bring your arms to your side.

- Open your knees keeping your feet firmly planted on the floor
- Inhale to prepare
- As you exhale curl your tailbone off the floor, tilt your pelvis up, and lift your bottom off the floor bringing your knees back together
- Inhale as you hold this position
- Exhale as you open your knees while lower your spine onto the floor, one vertebrae at a time from top to bottom
- Release your tailbone last and come back to a neutral pelvis position

This exercise activates our inner thigh muscles the abductors. We need these in canter and jumping!

The key to improving your riding is consistency

- Plan at the start of your week when you will do these exercises, they only take 10 minutes!
- Pick a time that’s easy and convenient
Clam - 1 to 3 sets of 10 to 15 repetition each side

- Lie on your side resting your head on your hand
- Stack your hips directly on top of each other and bend your knees making sure your shoulders, hips and feet are aligned
- Inhale to prepare and squeeze your glutes
- Exhale as you raise your top knee away from your bottom knee
- Make sure your feet stay together while the inside of your heels and big toes should be touching throughout the movement
- This is a small movement if you feel your pelvis roll your knee has moved too far
- Lower your top knee back to the start position
- Repeat the other side

Superman Plank - 1 to 3 sets of 10 to 15 repetition each side

- Start on your hands and knees making sure your hands are below your shoulders and your knees below your hips
- Make sure your spine maintains its natural curve
- Inhale as you extend one arm out in front of you and the opposite leg at the same time until they are parallel to the ground and hold for a few seconds
- Make sure your pelvis stays in a neutral position and you are not shifting your weight sideways
- Exhale as you bring your arm and leg back to the start position
- Repeat on the other side lifting the opposite arm and leg

This exercise is great for your lower back, balance and core stability!