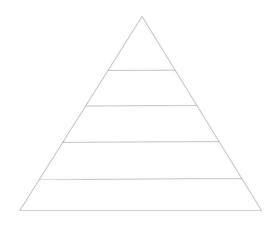
LEVEL UP YOUR SEAT – February 5th 2024 Cailin Sanford USDF Level 1 Certified Instructor Audrey Paslow PT DPT NCS



Rider Fitness Training Scale

1) Flexibility / Range of Motion

- a. Why?
- **b.** Test:
- c. Exercises:
 - i.
 - ii.
 - iii.
 - iv.

2) Strength

- a. Why?
- **b.** Test:
- c. Exercises:
 - i.
 - ii.
 - iii.
 - iv.

3) Balance & Coordination

- a. Why?
- **b.** Test:
- c. Exercises:
 - i.
 - ii.
- 4) Breathing
 - a. Why?
 - **b.** Test:
 - c. Exercise:

i.

5) Timing – Seat lessons!

Disclaimer: Please note that this presentation and provided handout are for general educational and informational purposes only. There are not meant to serve as medical advice or replace consultation with any health care providers you regular engage with. This information is not provided in the course of a therapist-patient or trainer-client relationship and is not intended to constitute medical advice or to substitute for obtaining medical advice from a physician or therapist licensed in the state where you may reside. We encourage everyone to consult with your physician or therapist to see if the exercises presented are appropriate and safe for you.