



Meet the Equicizer!

Introduction Guide For Equestrians



Equicizer Elite

"Hi, I am an Equicizer, I am a mechanical horse that operates on springs. There are no buttons to push or motor to turn on. Your body makes me move! You can make me stop or go anytime you want!

People use me to warm up, stretch, exercise, practice riding, build core strength, rehabilitate & many kinds of therapies •

This booklet is to offer you • some beginner ideas on how you can ride me for some great, fun & safe healthy exercise."

"Let's see what we can accomplish Together!"



Getting to know some of the basics:

- ♦ You can saddle and mount me just like you would any horse. I can be ridden by a small child or even handle the weight of two adults at the same time! You can ride me bareback, with a bareback pad or with any standard saddle. If using the stirrup to mount me, make sure the girth is tight, just like a real horse!
- ♦ Get your body in the proper riding position and alignment, your seat bones and hips should be right in the middle of my back, this will help me move in a rhythmic and balanced way for you. Feel free to pick up the reins!
- ♦ Use your driving seat to start making me move, start off slowly to get a feel of me walking. Keep your shoulders up tall and straight, eyes forward and only use your pelvis to make me move. Feel your core working!?
- ♦ While I am moving, notice my head is also moving up and down just like a real horse. Holding your reins, practice light consistent contact with your hands. Your hands should be following the movement of my head. Your reins should never get loose then tight. If you pull on my mouth, it will make me stop moving and no horse likes their mouth being pulled on, even an Equicizer!



Now that you know some of the basics, try some of these exercises!

1. Using your seat, ride me at a walk, make an airplane with your arms. Then, turn your shoulders so that your left hand is facing towards my ears and your right hand is facing my tail. Then reverse. Feel all those core muscles working and also discover which side of your body may be weaker and tighter. You can practice and improve that weaker side!
2. If you are using a saddle with stirrups, with me not moving, drop your reins and test your balance by carefully standing up in the stirrups. Try to see how many seconds you can hold your balance before you have to sit back down. Practice this and see how much better you get over time! if it's too hard at first, use my mane, withers or the reins to help you balance



3. While in motion or standing still, try reaching for my ears with one hand at a time, then both hands. Try the same stretch while trying to reach my tail!

4. While I am moving or standing still, try to reach for your right foot with your left hand, then your right hand to reach for your left foot. With practice, you will get better, more flexible and stronger!

5. Try the posting trot exercise! I know I do not have a 2 beat trot in my mechanics, but you can post to the rhythm of the walk. This exercise will really improve your strength and fitness for both posting and sitting trot with your real horse!



6. Now, kick your feet out of the stirrups and try posting trot without your feet in the stirrups. I bet you can really feel the burn!

7. Now try squeezing with your legs for 5 strides, then release. Then take your legs off my barrel for 5 strides, then relax. Feel that!?

8. Another great exercise to try with your feet out of the stirrups is the bicycle exercise. Pretend you are pedaling a bike with your legs while you're riding me. This one will really get ya!

9. Ever want to be a jockey? Get ready for some serious cardio. Try raising your stirrups up a few holes, balancing only with your feet in the stirrups in the two-point position. Bridge and shorten your reins on my neck with good solid contact with the reins. Push my neck in stride with your hands but do not put any weight or balance weight on your hands on my neck. Your hands are only to make me move. Stay balanced and in your two point position with your butt off the saddle, keep your body still and maintain position. 120 strides would be about a 1/2 mile race. The Kentucky Derby is a 1-1/4 mile race that would be about 300 strides!



From the creator Frankie Lovato –

“People around the world have found many ways to use the Equicizer, some things I would have not have ever imagined. As a professional jockey, my only intention with the concept of the Equicizer was to help me rehabilitate from a major injury and safely return to racing. Since making my first “wooden horse” in 1982, I have built horses for riders reaching over 30 countries in the world. Riders of all Western and English disciplines, jockeys, professional instructors, specialist that work with equine assisted activities and therapies, clinical therapist, rehabilitation centers, hospitals, private homes dealing with disabilities and debilitating issues. Motion pictures, games shows, museums, and entertainment. Whether you are working on your technique, position, confidence, strength, fitness, balance, rhythm, flexibility, recovering from an illness or injury, or just enjoy riding off into the sunset right in your own living room. The uses and benefits of the Equicizer are limited only by your imagination!”