



Meet The Equicizer!

Introduction Guide For Western Riding



"Hi, I am an Equicizer, 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 like!

Riding western with me is a great way to hone your skills in the saddle. You can improve your seat, strength, confidence, and even practice your cues before hitting the trail, cow pen, or wherever your ride takes you next!

This pamphlet is here to offer some basic ideas to help get you started!"



Let's see what we can do together!

Getting To Know Some of the Basics

1. "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!
2. 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!
3. 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!?
4. 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! "



-Your Equicizer

About the Contributing Writer Steve Lantvit



Steve Lantvit & his Quarter Horse stallion Shizzle Whizzle

Steve Lantvit took an unconventional route to reach his dream of professional horseman. Growing up in urban Cicero, Illinois, he knew from age four that he wanted to be a cowboy. Steve achieved his vision through pure desire, drive and hard work; he purchased his first horse (Khan – who he still has) when he entered college and his first farm at the age of 21. From that time, he developed his horsemanship skills, worked with experienced trainers, managed a day job and a horse farm simultaneously, and started his foray into teaching riders and training horses.

Steve trains versatile performance horses. Using his broad experience and personal philosophy, Steve created a training program based on trust, gentle hands, and a true partnership with the horse regardless of the rider's discipline or experience. He focuses on creating a light horse by establishing a strong foundation and providing correct timing and consistency with his methods. His guiding mission is to help riders achieve their dreams in horsemanship and produce handy, steady, and well-rounded horses.

"This has been a great piece of training equipment for my barn and riders."

- Steve Lantvit on the Equicizer

To learn more about Steve, upcoming clinics & TV show schedules, visit:

<https://stevellantvit.net/>



Mounting & Dismounting – Starting from the very beginning, I often see many riding mishaps starting before the rider even makes it into their saddle. Whether mounting from the ground or mounting block, this process can be a challenge for many and also a safety issue. Use the Equicizer to practice your mounting and dismounting, building up strength, getting that proper stretch of swinging your leg over the saddle, and coming down softly on your horse's back. Even practice offside mounting.



Alignment, a Balanced Riding Position – To be an effective rider, it is always important that you be in the proper alignment. Work on maintaining a balanced seat with your heels, hips, and shoulders in alignment while the Equicizer is in motion. If you are not certain that you are in proper alignment, use a mirror or have someone observe your position while riding.

Using Your Seat & Soft Lower Back – It is very important that a rider's seat moves in rhythm with their horse in all 4 gaits. Ride your Equicizer using only your hips, starting with your pelvis in the neutral position. This means that you are not arching your back or slouching forward. Soften your lower back, keep your shoulders up straight and eyes forward. Feel your seat bones evenly on the saddle, and practice alternating your seat bones for the riding cues you want to use for your real horse.



Control Your Speed & Set a Rhythm – The Equicizer is a great tool to practice your speed. Since you are the one entirely controlling the speed and movement of the Equicizer, practice your driving, passive, and stilling seats (the whoa). Try setting a medium tempo and then practice increasing your speed before slowing it down, then repeat the cycle. The Equicizer will help you be aware of what your seat is doing and can help you create better communication and rhythm while riding your real horse.

Soften Your Hands & Have Flexible Elbows – Use the Equicizer to practice good, soft hands. Follow and give to the Equicizer's head and bit. Your reins should always have consistent light contact but not brace or pull while moving. If your reins are loose-tight, loose-tight while riding, you can fix this issue using your Equicizer. Always allow your elbows and hands to give and move forward in timing with your hips and the Equicizer's head and bit.



Rein Management – Many riders struggle to adjust their reins on-the-fly or are challenged with new rein management techniques. Practice shortening, lengthening, and adjusting your reins while in motion riding your Equicizer. You can practice over and over to perfect all of these skills and apply them when riding your real horse.

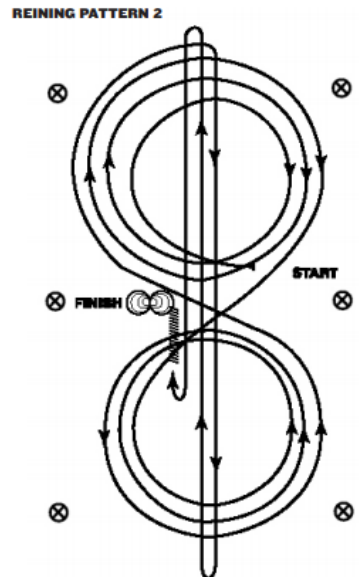
Stabilize Your Lower Leg – Imagine you are on a trail ride and have to duck to avoid a tree branch, but in the meantime, while you are ducking down, you spur or kick your horse accidentally... Practice these circumstances on your Equicizer and see if you can maintain your lower leg position. If not, the Equicizer is a great tool to practice stretching and muscle strengthening exercises to give you a strong, stable lower leg.



Practice Your Leg Positions – Using your Equicizer, practice leg positions to help your fluidity and proper positioning. Practice movements such as leg yields, side pass, circle work, and stopping by putting your legs in the proper position with the Equicizer in motion. Your leg positions are essential to cuing your horse in everything from a lead departure to a side pass. Have some fun and pretend you are on a challenging trail where you must use your leg positions and cues to get you and your horse out of any sticky situation, or pretend you are riding a ranch riding pattern and are working on refining your leg positions.

Practice Your Lead Departures – Practice your right and left lead departures by putting all of your proper riding cues together using your Equicizer. For a right lead departure, sit back on your left seat bone (pocket), elevate your right hand slightly, right leg at the girth, left leg back with a cue, and off you go. Do the opposite for a left lead departure. Practice putting all of these cues together simultaneously into one so that this becomes muscle memory and is done with ease on your real horse.

Practice a Reining Pattern - A fun exercise with your Equicizer engaging several riding cues is practicing a reining pattern. Starting with a right lead departure cue, imagine using your seat, legs, and hands to make a few circles to the right, (remember to look in the direction you travel) then use your riding cues to change to your left lead and circle to the left. Use your seat to speed up and slow down and even practice sliding stops and spins. Recreating and practicing using all your riding cues builds fitness, strength, and muscle memory that can all carry over to your real horse riding.



Special thank you to Steve & Jenn Lantvit at Highgrove Farm for this helpful information and introduction to using the Equicizer in Western style!



We invite you to join our Facebook group [Equicizer Adventures](http://facebook.com/groups/EquicizerAdventures). A place for learning and sharing!
<http://facebook.com/groups/EquicizerAdventures>

