
The Equicizer Used in Horse Racing, Jockey Rooms, Schools, Private Homes

The Equicizer was created in 1982 by Eclipse Award-winning jockey Frank Lovato Jr as a rehabilitation and training tool when recovering from a racing accident. Since this time, Lovato has further developed and has been supplying jockeys, jockey rooms and schools around the world with the Equicizer. The Equicizer has become a household name in horse racing across the globe.



Developing & Polishing Skills

The Equicizer provides the opportunity for all riders, apprentice jockeys and even established jockeys to practice constantly to develop and maintain their skills. A rider can master many of the skills needed on the Equicizer in a safe controlled environment rather than aboard a thoroughbred at 40 mph. The Equicizer is also an amazing tool to develop good form and riding style.



Maintaining Fitness

The Equicizer is a great training tool to develop or maintain fitness. To be at peak race riding fit, a jockey must ride every day several races a day. One day off a jockey begins to lose their fitness. The Equicizer helps a jockey maintain a fitness level regardless of days off, between meets, or just not getting enough riding opportunities. The Equicizer is also a great tool for stretching and warmups prior to riding.

(Photo - Hall of Famer Gary Stevens warms up in the Pimlico Jockey's Room prior to winning the 2013 Preakness Stakes aboard Oxbow)

Rehabilitation & Therapy

The Equicizer is a great safe way for a rider to start recovering from an injury. A jockey can be advised by their doctor or therapist gentle exercises that will get the started on their road to recovery. As riders develop and heal, exercise can be increased getting the closer to getting back in the saddle. A rider can start using the Equicizer long before a doctor could ever give clearance for a rider to step on a real horse. This gives a rider a huge advantage both physically and mentally before they ever sit on a real horse. This give their first ride knowing their capabilities along with great confidence.

Equicizer.com