



How to get the
most out of your

RIDE STRAIGHT SHIRT

The Equisk RideStraight shirt range helps riders to improve their position in two main ways:

1. By providing visual feedback, either by mirrors, video or coaching
2. By creating increased postural awareness

If you do not have mirrors or access to videoing your rides, and don't plan to use your RideStraight shirts during lessons, they will have limited benefit to improving your position. However, they are stylish and comfortable, and some riders do report that just by wearing them, they are more attuned to their position.

Mirrors give you the greatest benefit of using your RideStraight shirts, especially when combined with coaching. Immediate visual feedback allows you to make instantaneous corrections to your position. Coaching is important that you don't over-correct, or correct in a way that leads to other problems!

When you use your RideStraight shirts regularly, even in between lessons, and have access to mirrors, you will start to notice your postural habits during certain movements or at certain gaits, for example. This will give you a much better awareness of your position, and you can discuss with your coach how to best address any issues.

If you don't have mirrors, you can still get a lot of benefit from using your RideStraight shirts when you video your rides (or ask someone to). Although you will not be able to make immediate corrections, you will be able to analyse your ride and your position, and see what needs to be improved.

If you don't have mirrors and don't usually video your rides, you should use your RideStraight shirts during lessons. This will allow your coach to more easily focus on your position and provide you with guidance on improving or fixing postural asymmetries.

Becoming more symmetrical is a crucial to developing a balanced seat and helping your horse achieve straightness. A straighter horse is a sounder horse, and a sounder horse is a happier horse.