



How to use your **STEADYHANDS**

SteadyHands Riding Gloves are designed to help you build new muscle memory to hold your hands at the correct distance apart, in the correct position (with the backs of the hands perpendicular to the ground and the thumbs facing directly upwards), and with the hands acting towards the direction of the horse's mouth, not against it.

The easiest way to achieve this feeling is by pushing both hands slightly apart from each other, which keeps the joining band taut and puts pressure on the part of the band that sits across the back of the hands. By doing this, you will engage the correct muscles in your arms, shoulders, back and core.

SteadyHands gloves are not designed to be a crutch. They are a training tool which helps you to feel the correct muscular engagement and the difference in your horse's way of going (or "frame", or "self-carriage") when your hands are steady, forward-feeling and secondary to your seat and legs.

With repeated use, your hand position and contact will continue to improve. You are building new feelings and new habits, which will carry on even when you don't wear the gloves. However, we do recommend regular use, especially at first, as building new habits takes repetition (at least 50 repetitions, according to some studies).

SteadyHands Riding Gloves are not meant to replace good quality coaching. They work in conjunction with great coaching to help you progress. If you do not have access to regular coaching, they help you to build (or keep) good habits in between lessons.

DO	DON'T
<ul style="list-style-type: none"> ● <i>Use SteadyHands regularly - either during your warm-up, during focused blocks of learning, or during your whole ride</i> 	<ul style="list-style-type: none"> ● <i>Stop using SteadyHands because it feels weird or uncomfortable - building new habits always pushes us out of our comfort zone</i>
<ul style="list-style-type: none"> ● <i>Make sure to test the centre-release clip regularly to check that it still unclips easily</i> 	<ul style="list-style-type: none"> ● <i>Become worried that your hands will be "stuck together" - the centre-release clip undoes very easily with any short sharp movement</i>
<ul style="list-style-type: none"> ● <i>Push your hands slightly apart at all times to keep the joining band slightly taut</i> 	<ul style="list-style-type: none"> ● <i>Pretend that the band is not there or try to escape it - it is by using the band as a resistance band that you will get the most benefit</i>
<ul style="list-style-type: none"> ● <i>Feel when SteadyHands gloves make it more difficult for you to fiddle with the reins, and use your legs and/or seat instead!</i> 	<ul style="list-style-type: none"> ● <i>Think that SteadyHands will be a magic solution - it is part of all your tools and support, including good coaching, video feedback and continual education</i>