

STRETCHING CHEATSHEETS



**THE 5
FOUNDATION
STRETCHES**



**5 ADVANCED
STRETCHES**



**5 HARD
WORKING HIND
END STRETCHES**



**5 STRIDE QUALITY
AND LENGTHENING
STRETCHES**



**5 LATERAL WORK
STRETCHES**

Friendly reminder: Vary the stretches each time you stretch unless you're working on a specific issue.





THE 5 FOUNDATION STRETCHES

NOTE: #s refer to
stretches in the Stretch
Your Horse video
collection

Specific muscles being
stretched are identified
in the stretch
description and in
every video!

#14 Forward Farrier Low and High

Stretches: Hamstrings on the back of the legs and gluts

#12 Farrier Low and High

Stretches: Quads on the front of the back legs

#11 Hips and Pelvic Rock and Hold

Stretches: Hips and gluts and "lower back"

#3 Shoulder and Bent Front Leg

Stretches: shoulders, top of front legs and base of neck

#5 Inner Bent Front Leg & Armpit (pectoral)

Stretches: Pec muscles in girth/conch area and in the arm pit. Inside of front legs

BONUS 6th Stretch

#19 Neck and Head Side Curve

Stretches: Almost all neck muscles

TIP: Once your horse has mastered #19, do #21 Advanced Neck and Head Side Curve with a Twist!





5 ADVANCED STRETCHES

NOTE: #s refer to stretches in the Stretch Your Horse video collection

Specific muscles being stretched are identified in the stretch description and in every video!

#15 Forward Farrier Advanced Variations Low and High

Stretches: Additional muscles surrounding point of hip, hamstrings, adductors (outside of back legs) and abductors (inside of back legs)

#13 Farrier Advanced Variations Low and High

Stretches: Stretches: Quads (front of back legs), muscles around the hips and the outside muscles of the back legs

#9 Belly Lift Back

Stretches: Back and rib (intercostal) muscles

#20 Head on Diagonal Behind Knee Without and With Twist

Stretches: Neck, base of shoulder

#8 Rib, Shoulder and Bending Neck

Stretches: Ribs, shoulder, neck, obliques and back

#7 Straight Front Leg Low and High

Stretches: Front leg muscles and shoulders

Bonus 6th Stretch: Alternate Among....

#23 Nose to Hip and Stifle, #16 Chin to Chest and #17 Extended Neck Forward





5 HARD WORKING HIND END STRETCHES

NOTE: #s refer to stretches
in the Stretch Your Horse
video collection.

Specific muscles being
stretched are identified in
the stretch description and
in every video!

#11 Hips and Pelvic Rock and Hold

Stretches: "Low back" (lumbar/sacral area) and muscles around the point of hip, gluteals and obliques

#14 Forward Farrier High and Low

Stretches: Hamstring muscles located on the very back of the horse's hind end and back of legs

#12 Farrier Low and High

Stretches: "Quad" muscles located on the front of the horse's hind legs, gluts and some muscles surrounding the hips

#15 Forward Farrier Advanced Variations

Stretches: Additional muscles surrounding point of hip, hamstrings, adductors (outside of back legs) and abductors (Inside of back legs)

#13 Farrier Advanced Variations Low and High

Stretches: Additional muscles on upper portion of the inside and outside of back legs and hips

NOTE: A key "enabler stretch" is the belly lift (#9). This **must do** stretch stretches the back muscles thereby enabling your horse to realize the benefits of properly stretched hind end muscles!





5 STRIDE QUALITY AND LENGTHENING STRETCHES

NOTE: #s refer to stretches in the Stretch Your Horse video collection.

Specific muscles being stretched are identified in the stretch description and in every video!

#5 Inner Bent Front Leg and Armpit (pectoral)

Stretches: Pec muscles in "armpit" area and inside front leg muscles

#3 and #6 Shoulder and Bent Front Leg and Advanced Bent Front Leg Variations

Stretches: Many front leg muscles, pecs in girth/cinch area, pecs in armpit, pecs in chest, shoulders and many muscles in the neck

TIP: If your horse's neck is tight, master stretch #22, the Neck Hug, prior to doing #6 Advanced Bent Front Leg Variations

#7 Straight Front Leg Low and High

Stretches: Almost all the front leg muscles and shoulders

#4 Circling and Stationary Bent Front Leg

Stretches: Front legs with a special focus on the muscles on the front of the leg, shoulders and pecs.

Bonus 6th Stretch:

#10 Tail Pull and Tail Semi Circles

Stretches: Most of the muscles along the topline and many muscles in the neck

NOTE: A key "enabler stretch" is the belly lift (#9). This must do stretch stretches the back muscles thereby enabling your horse to realize the benefits of the stride quality and lengthening stretches.





5 LATERAL WORK STRETCHES

NOTE: #s refer to stretches in the Stretch Your Horse video collection.

Specific muscles being stretched are identified in the stretch description and in every video!

#8 Ribs, Shoulder and Neck

Stretches: Ribs, shoulder, neck, obliques and back

#3 Shoulder and Bent Front Leg

Stretches: Many front leg muscles, pecs in girth/cinch area and shoulders

#16 Chin to Chest and #17 Extended Neck Forward

TIP: Alternate between these two stretches

If your horse's neck is tight, it can inhibit shoulder and ribs/intercostals movement

#4 Circling and Stationary Bent Front Leg

Stretches: Front legs with a special focus on the muscles on the front of the leg, shoulders and pecs.

#5 Inner Bent Front Leg and Armpit (pectoral)

Stretches: Pec muscles in "armpit" area and inside front leg muscles

NOTE: A key "enabler stretch" is the belly lift (#9). This must do stretch stretches the back muscles thereby enabling your horse to realize the benefits of the stride quality and lengthening stretches.

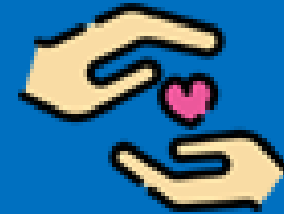


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