



# Christine Beatson Memorial Workout

## Workout

- 1 Enter at trot, past Judges
- 2 Trot around arena to top,
- 3 Turn right. Lengthened trot across diagonal
- 4 Trot left, canter
- 5 Canter 3 loop serpentine changing canter lead for each loop with a simple change through walk or trot
- 6 Continue canter to bottom of arena, turn left. Lengthened canter/gallop past Judges to end. Working canter left
- 7 Trot at centre. At top, turn left, lengthened trot across diagonal. Working trot at corner, left
- 8 Walk 8-10 strides. Halt 4 seconds
- 9 Leave arena at trot.

**Legend**

	Halt
	Walk
	Trot
	Lengthened Trot
	Canter
	Lengthened Canter
	Gallop

