

CHECK LIST: FIND YOUR STARTING POINT

1. DO THE LEAN AND ROTATE EXERCISE IN A CHAIR	
ON YOUR HORSE	1
2. ARE YOUR CHIN & ZIPPER OVER THE MANE?	1
Do they curve or lean: Right Left	
3. DO YOU HAVE EQUAL WEIGHT IN EACH SEAT BONE?	
ls it: ☐ 50-50 ☐ 60-40 ☐ 80-20	
4. DO YOU HAVE EQUAL CONTACT ON YOUR INSIDE THIGHS WITH THE SADDLE?	3
☐ Yes☐ No	
5. ARE THE KNOBBLES ON THE INSIDE OF YOUR KNEE LEVEL (AS IF THEY HAD A BAR BETWEEN THEM)?	N
6. DO YOU HAVE EQUAL WEIGHT IN BOTH FEET?	4
Does one go more heels down, forward?Does one go tip-toes, foot back?	
7. DO YOU HAVE EQUAL LENGTH STIRRUPS?	5