



THE TRAINING SYSTEM

WHATS INCLUDED?

- RED TENSION LINE
- TWO BLUE TENSION LINES
- SHEEPSKIN COVERED BUNGEE
- ROLLER WITH ADJUSTABLE STRAPS, 4 STATIC CLIPS AND 4 FREE-MOVING CLIPS

WHAT YOU NEED

A BRIDLE WITH BIT OR LUNGE CAVESSON
ROLLER PAD OR SADDLE CLOTH FOR COMFORT
LUNGE LINE

PROMOTE MUSCLE DEVELOPMENT

The John Whitaker Training System helps to develop neck and back muscles, improving balance and strength.

BALANCE

Lunging with the John Whitaker Training System helps your horse to find rhythm and balance. It will also help them to shift the weight from the forehand by engaging its hind quarters to find the correct balance.

GUIDES

As with all training it is better to begin slowly and then build up. Therefore it is suggested you begin in walk and slowly progress to trot. Once the trot is established and your horse is balanced, it's safe to progress to canter. This is advised for all horses, regardless of muscle tone when starting training. Gradually build up your horse's working time in the John Whitaker Training System will ensure they do not become stiff or sore.

NOTE: Please make sure the tension lines do not droop causing harm to your horse. Do not over tighten and ensure you do not restrict your horse.

POSITION 1 STRETCHING THE TOP LINE

This encourages the horse to stretch the top line and create correct muscle tone. You can use the system approximately 2/3 times a week for 15-20 minute sessions. Use in this position for at least six weeks before progressing. Some users prefer to use this position only.

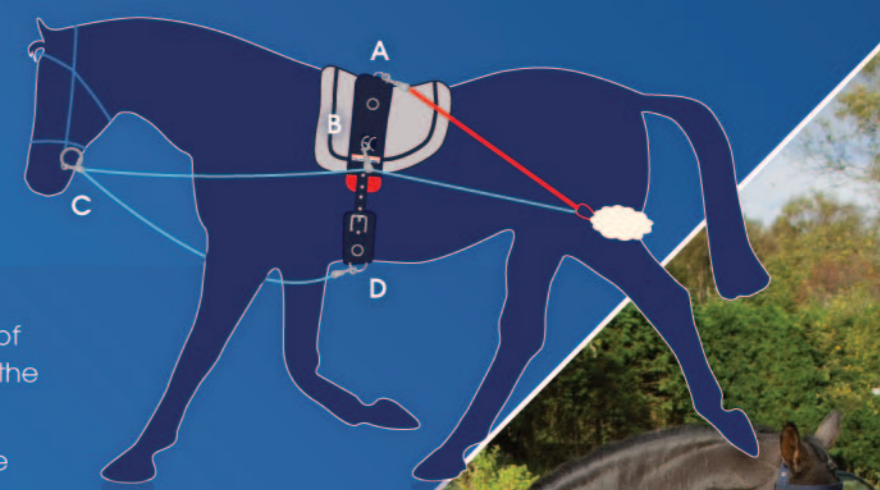
- 1 Start by lying the sheepskin bungee at back of the horse's legs and attach the static clip at the top metal loop of the roller (point A).
- 2 Using one of the blue tension lines attach the 1st Free-moving clip to the middle point of the roller, as shown in point B.
- 3 Point C shows the second clip attached to the horse's bit.
- 4 The third clip is attached to point D, which is the metal loop at the bottom of the roller in between the horse's legs.

* In all positions repeat steps 2-4 on the opposite side of the horse when attaching the John Whitaker Training System.

In this position The John Whitaker Training System helps to lift the horse off the forehand and encourages to engage the hocks correctly underneath.

- 1 Start by lying the sheepskin bungee at back of the horse's legs and attach the static clip at the top metal loop of the roller (point A).
- 2 Using one of the blue tension lines, attach the 1st free-moving clip to the middle point of the roller at point B.
- 3 The second clip is attached to the horse's bit at point C.
- 4 The third clip is attached to the metal loop at the lower point of the roller. This is placed on the outer of the roller, as shown (at point D) to the image to the left.

POSITION 2 ENGAGING THE HOCKS

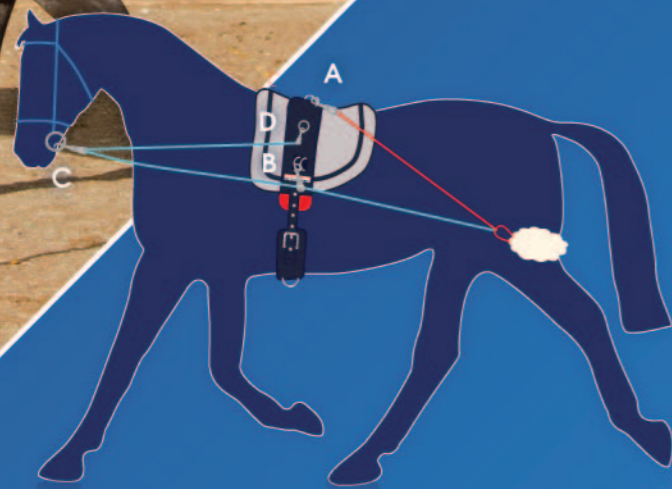




POSITION 3 INTERMEDIATE TRAINING

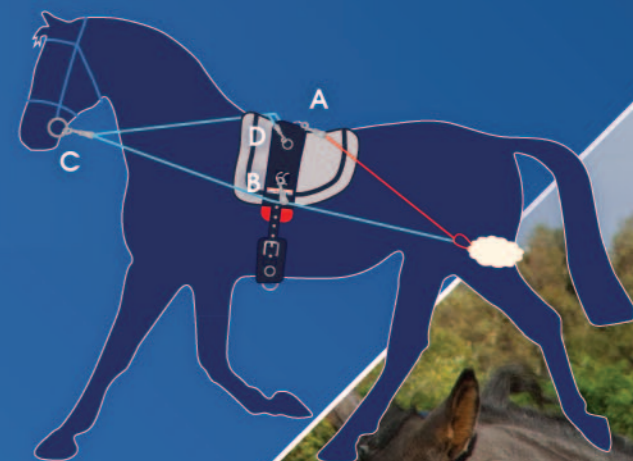
In this position the horse should be relaxed through the jaw and the topline. This allows the horse to even further engage the hocks and find the correct balance in any transition.

- 1 Start by lying the sheepskin bungee at back of the horse's legs and attach the static clip at the top metal loop of the roller (point A).
- 2 Using one of the blue tension lines, attach the first free-moving clip to the middle point of the roller at point B.
- 3 The second clip is attached to the horse's bit at point C.
- 4 The third clip is attached to a higher point of the roller above the first clip at point D. The higher the clip point, the more the horse will have to work.



This position is advanced and is recommended only for use by professionals with horses working and competing at an advanced level. Please note the third clip ropes are crossed over the horse's withers before attached to the roller.

- 1 Start by lying the sheepskin bungee at back of the horse's legs and attach the static clip at the top metal loop of the roller (point A).
- 2 Using one of the blue tension lines, attach the 1st free-moving clip to the middle point of the roller at point B.
- 3 The second clip is attached to the horse's bit at point C.
- 4 The third clip is attached to the metal loop at the lower point of the roller. This is placed on the outer of the roller, as shown (at point D) to the image to the left.



POSITION 4 ADVANCED TRAINING



IMPORTANT SAFETY INFORMATION

The John Whitaker Training system is a very intense piece of equipment and should only be used for short periods of time.

When first using The John Whitaker Training System, start by using it for 15 minutes at walk and trot up 2 or 3 times a week and slowly progress. This helps to build muscles and muscle tone without over working your horse.



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