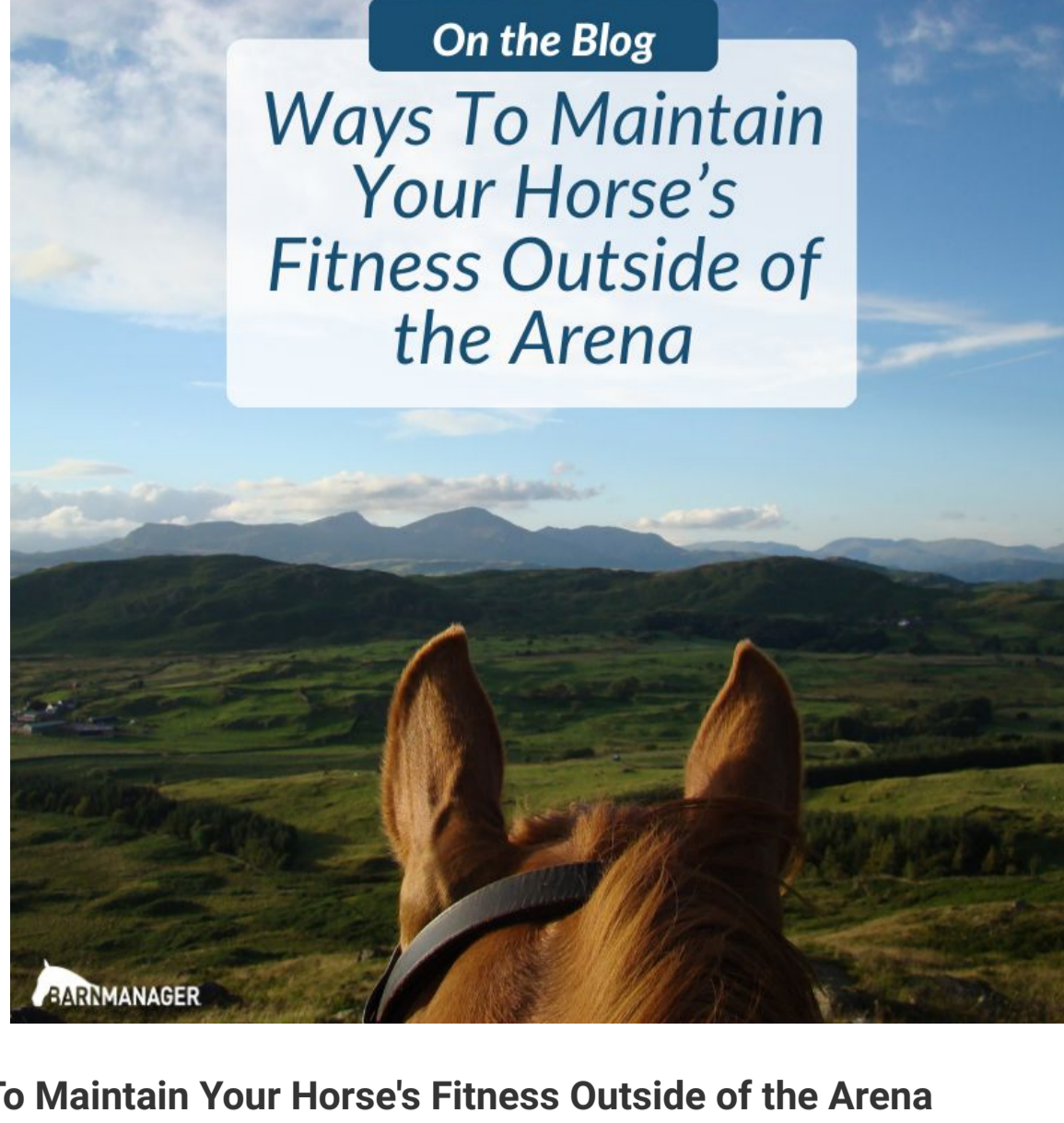




The Official Barn Management Software of US Equestrian



On the Blog

Ways To Maintain Your Horse's Fitness Outside of the Arena

Ways To Maintain Your Horse's Fitness Outside of the Arena
 Although riding in the arena is a great way to maintain fitness and practice for the show ring it can become redundant. Some horses become ring sour from constantly doing the same work in one location day in and day out. Continue reading for BarnManager's favorite activities for keeping horses fit outside of the arena.

Hill Work
 If you live in an area with hills, taking your horse up and down the inclines is a great way to not only maintain but also improve your horse's fitness. Depending on the how steep the hills are, you can walk, trot, or even canter your horse in both directions. Hill work can be tough for horses, like it is for humans, so make sure to start slowly. Remember to pay attention to the ground itself, which could be slippery after rain, especially on grass. Adding hill work to your routine a couple times a week will give your horse a mental break from the arena while also exercising different muscles to stay fit.

Trail Riding
 Trail riding is a wonderful change of scenery for horses and riders that need a break from the ring. It is also a fun activity to do with your friends. Trail rides can include navigating inclines, stepping over logs, and walking across streams, all of which are great experiences for your horse. Even if you stay at a walk riding out on trails can help maintain your horse's fitness and improve their stamina, while also giving them the mental exercise of exploring new environments.

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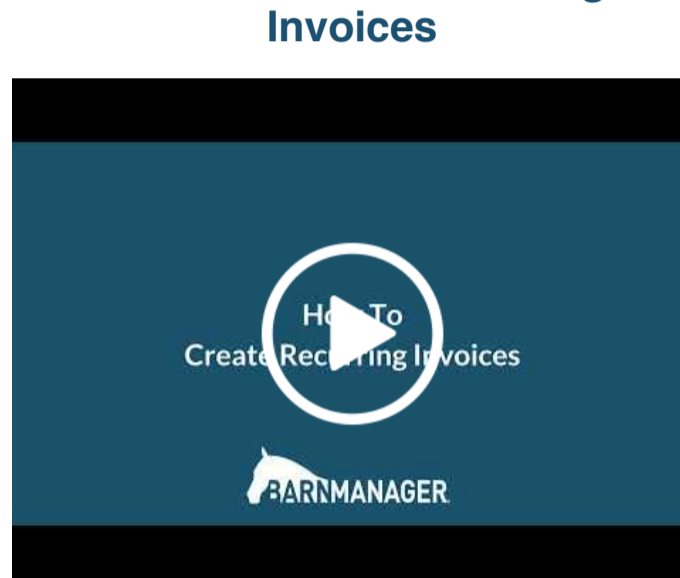
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Detailed Horse Profiles	Everything in Starter Plus:	Custom Quick Add Settings
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TIP OF THE MONTH



#BarnManagerTip
 Wipe the dust off of tack trunks in the tack room or aisle several times a day.

Remember to wipe the dust off of tack trunks on the aisle or in the tack room several times a day, especially after you sweep.

[See More Tips](#)

Sport Horse Podcast



Join BarnManager's Nicole Lakin and Dr. Tim Worden as they chat with leading equestrians and researchers to explore the fascinating science behind cutting-edge training and management techniques for sport horses. On this podcast, guests discuss recent research on topics relevant to ensuring sport horses achieve their best while staying healthy.

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BarnManager is a cloud-based software solution that provides horse owners and managers with the tools they need to streamline and simplify their daily management responsibilities. The program offers digitized record keeping for the many facets of horse care and has developed intuitive and simple business tools to make small business management accessible and easy.