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# Lungeing- Be safe and proficient

CADMOS



HORSE GUIDES



## HORSE GUIDES

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# **Lungeing – Be Safe and Proficient**

Tips for safe and successful lungeing



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# Introduction



*Sturdy shoes and good gloves are advisable when lunging a horse.*

Whether you ride or drive, besides work under the saddle, there are additional methods of working the horse on the flat that can be used.

The most common and also most versatile technique is lunging on a single lunge rein, where the horse moves in a circle around the trainer. This basic principle can be varied, using different types of equipment and different techniques, and can thus be adapted to benefit every horse, regardless of its level of training. It can also be used by every rider who is prepared to acquire the appropriate skills. This versatility