

## Stretches & Exercises

**Jeremiah 9:24** "I am the Lord who *exercises* loving kindness, justice and righteousness on earth; for I delight in these things," declares the Lord.

**1 Timothy 4:6-8** - ...be a good servant of Christ Jesus, constantly nourished on the words of faith.... on the other hand, *exercise* yourself for the purpose of godliness; for bodily *exercise* is only of little profit, but godliness is profitable for all things since it holds promise for the present life and also for the life to come.

**Hebrews 5:14** .... for the mature, who because of practice have their senses *exercised* (trained) to discern good and evil.

**Hebrews 12:11,12** All discipline for the moment seems not to be joyful, but sorrowful: yet to those who are *exercised* by it, afterwards it yields the peaceful fruit of righteousness. Therefore, strengthen the hands that are weak and the knees that are feeble.

**2 Peter 2:14** Those who are destructive, have a heart *exercised* (trained) in greed...forsaking the right way

### Legs

Square Horse stretch -(karate) legs shoulder width apart, stretch from side to side, upper body upright  
Touch toes, cross ankles, and touch toes. When you switch, change the direction of your cross and switch hands.  
Touch toes with legs spread and walk your hands between your legs forward and back.

Touch toes with one leg up.

Hop on one foot around warm-up area – each leg

Side leg lifts (laying on side)

### Arms

Arm/elbow stretch behind head

Arm swings (like breaststroke or butterfly stroke)

Pushups - 50+ (*The record number of pushups is 9,105 in 1979*)

Pull-ups - overhand and underhand – 20+ each (*The record number of chin-ups from dead hang position is 135*)

Handstand pushups – 25+

Backbends and backbend pushups – 25+

Backbend with one leg in the air

### Abs

Crunches or Sit-ups - 100+ (*The greatest record number of consecutive sit-ups is 26,000 in 1977*)

Lying V sit-up. - Lift your legs, trying not to bend your knees, raise your arms simultaneously as if you were trying to touch your legs with your hands. Pause for a moment in this position, then return to the starting position. Perform 10 to 12 repetitions

Hanging oblique crunch- Hang from a chin-up bar, rock your hips forward, and raise your knees slowly to each side. Do three sets of about 10 to 12 repetitions.

### Cardio

Jumping jacks – 50 to 100 (*The record is 27,000 in 1979*)

Jumping jacks with leg kicks - 25

Jump rope (*The longest recorded nonstop rope jumping marathon was 9 hrs and 46 min in 1980*)

### Windsor-Pilates workout videos –

Accelerated Body Sculpting workout is great!!!!

### Exercise your horse too

Warm your horse up by walking them around the arena. (Go clockwise, the opposite of performing).

When my arena is too snowy or wet to practice, I long trot and/or lope my horse a mile a day to keep him in shape till we can practice. Stay in shape to keep out of trouble/wrecks. You have no business trickriding if you don't plan on building your body up to this level.

*The best time to build muscle mass is in your twenties You lose about five pounds of muscle tissue each decade after you turn 30. While it is easier to build muscle during your 20s, the ability to gain muscle mass never wanes. Even better, consistent exercise will counteract the steady loss of muscle tissue as you get older. Be consistent and years from now, you'll be the talk of the nursing home.*