

Eight-Minute Abs

Strong abs are important for your horse's back. Here's a tip to strengthen them.

Everyone wants abs of steel or even just a strong, flat stomach. Strong abdominal muscles support your back and maintain correct posture. Strong abs are important for your horse's back as well. Here's a tip for the "horse version" of the stomach crunch. Stand about where your leg would fall if you were riding. Watch for your horse's reaction as you reach under his belly, about a hand's width behind where the girth would be, and scratch with your fingers. If your horse is comfortable with this, form your fingers into a "claw" and scratch more firmly, until your horse lifts his back. Repeat this about four times. Once your horse is comfortable with this exercise, include it every time you groom your horse. Your partner will develop abs of steel in no time!

[Back to 10-Minute Tips >>](#)