USEF Dressage Seat Equitation
Individual Workouts

Easy and Short No. 1:

Canter on diagonal, change leads through trot on centerline.

KEY:
- Direction of travel
- Trot
- Canter

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Easy and Short No. 2:

Working trot on centerline, at X figure 8 with 10 meter circles
USEF Dressage Seat Equitation
Individual Workouts

Easy and Short No. 3:

On centerline at working trot, pick up lead directed by judge at X

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KEY:
Direction of travel
Trot
Canter

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Individual Workouts

Easy and Short No. 4:

Three loop serpentine at trot, width of arena

KEY:

Direction of travel

Trot
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Individual Workouts

Easy and Short No. 5:

Canter 3 loop serpentine, width of arena, changing leads through trot on centerline
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Individual Workouts

Medium and Short No. 1:

At canter from A, turn down centerline. Change of lead through trot twice, the first between D & L, and the second between I & G. Track left (or right) at C and make transition to walk through trot on long side.
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Individual Workouts

Medium and Short No. 2:

Leg yield at working trot, changing from leg yield right to leg yield left, or vice versa once (specify letters for start and finish of each leg yield)
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Medium and Short No. 3:

Working canter on long side, lengthening the stride twice on that side for about five strides each time, shortening for a few strides at E or B
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Individual Workouts

Medium and Short No. 4:

Working trot to the right. At the beginning of the long side, leg yield right to X 10 meter circle right at x followed by 10 meter circle left, followed by leg yield left to the corner.
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Medium and Short No. 5:

Working trot down centerline. Leg yield about 8 strides to the left, followed by a leg yield to the right back to the centerline. Halt before end of centerline.
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Individual Workouts

Medium - Suitable for Semi-Finals and Finals No. 1:

Working trot tracking right
C Turn down centerline
X Working canter, left lead
A Turn left
F Lengthen strides in canter
R Working canter
E Working trot
F Leg yield left to X
I Halt, proceed at medium walk

KEY:
Direction of travel
Previous gait:
Walk
Trot
Canter
Leg yield
Transition
Halt
Walk
Trot
Canter
Lengthening
USEF Dressage Seat Equitation
Individual Workouts

Medium - Suitable for Semi-Finals and Finals No. 2:

R tracking left at free walk
M Medium walk
C Working trot
H Leg yield left to X
X to L on centerline
L Working canter, right lead
A Track right
K Lengthen strides in canter
E Working canter
H Working trot.
C Halt.

Key:
- Direction of travel
- Transition
- Halt

Previous gait:
- Walk
- Trot
- Canter

Leg yield
- Canter
- Lengthening
- Free Walk

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Individual Workouts

Medium - Suitable for Semi-Finals and Finals No. 3:

R Free walk tracking left
C Medium walk
H Working trot
E Working canter, left lead
A to C Three loop serpentine changing leads through trot across centerline
C Working trot
S to L Leg yield left to centerline
D Halt, proceed free walk

KEY:
Direction of travel
Previous gait:
Walk →
Trot →
Canter →
Leg yield ||
Transition □
Halt ■
Walk
Trot
Canter
Canter
Lengthening
Free Walk

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Individual Workouts

Medium - Suitable for Semi-Finals and Finals No. 4:

C On centerline at working trot
G Leg yield left to B
B Working canter, right lead
F Working trot
A Down centerline
D leg yield right to B
B Working canter, left lead
M Working trot
C Halt, proceed medium walk

KEY:
Direction of travel
Transition
Halt
Leg yield
Walk
Trot
Canter

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Individual Workouts

Medium - Suitable for Semi-Finals and Finals No. 5:

C Medium walk tracking right
M Working trot
B 20 m circle right
Crossing centerline for the first time, working canter right lead
Crossing centerline for the second time, working trot
B Change direction through the circle (two ½ circles)
E Straight ahead
V Halt three seconds, proceed working trot
A Medium walk.

![Diagram of medium walk pattern]

**KEY:**
- Direction of travel
- Transition
- Halt
- Previous gait:
  - Walk
  - Trot
  - Canter

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Individual Workouts

Difficult - Suitable for Semi-Finals and Finals No. 6:

C Track right at working trot
R Leg yield right to quarterline followed by leg yield left to P
A Working canter, right lead
KXM on diagonal, three changes of lead through the trot
C Working trot
S Halt, proceed at medium walk
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Individual Workouts

Difficult - Suitable for Semi-Finals and Finals No. 7:

R Free walk tracking left
M Medium walk
C Working trot
S two to three steps of walk and return to working trot
V two to three steps of walk and return to working trot
A Working canter, left lead
F to E Short diagonal, change lead though trot on crossing centerline
S to R half circle 20 M, lengthen strides in canter
R Working canter
B Working trot
P Half circle 10 M to centerline
X Halt, proceed medium walk.

KEY:
Direction of travel

Transition
Halt

Previous gait:
Walk
Trot
Canter

Walk
Trot
Canter
Lengthening
Free Walk

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Individual Workouts

Difficult - Suitable for Semi-Finals and Finals No. 8:

C Medium walk tracking right
M Working trot
R 1/2 circle right to l
I 1/2 circle left to S
E Working canter left lead
A Down centerline
D to E Working canter
E to H Counter canter
H Working trot
C Halt, proceed medium walk.