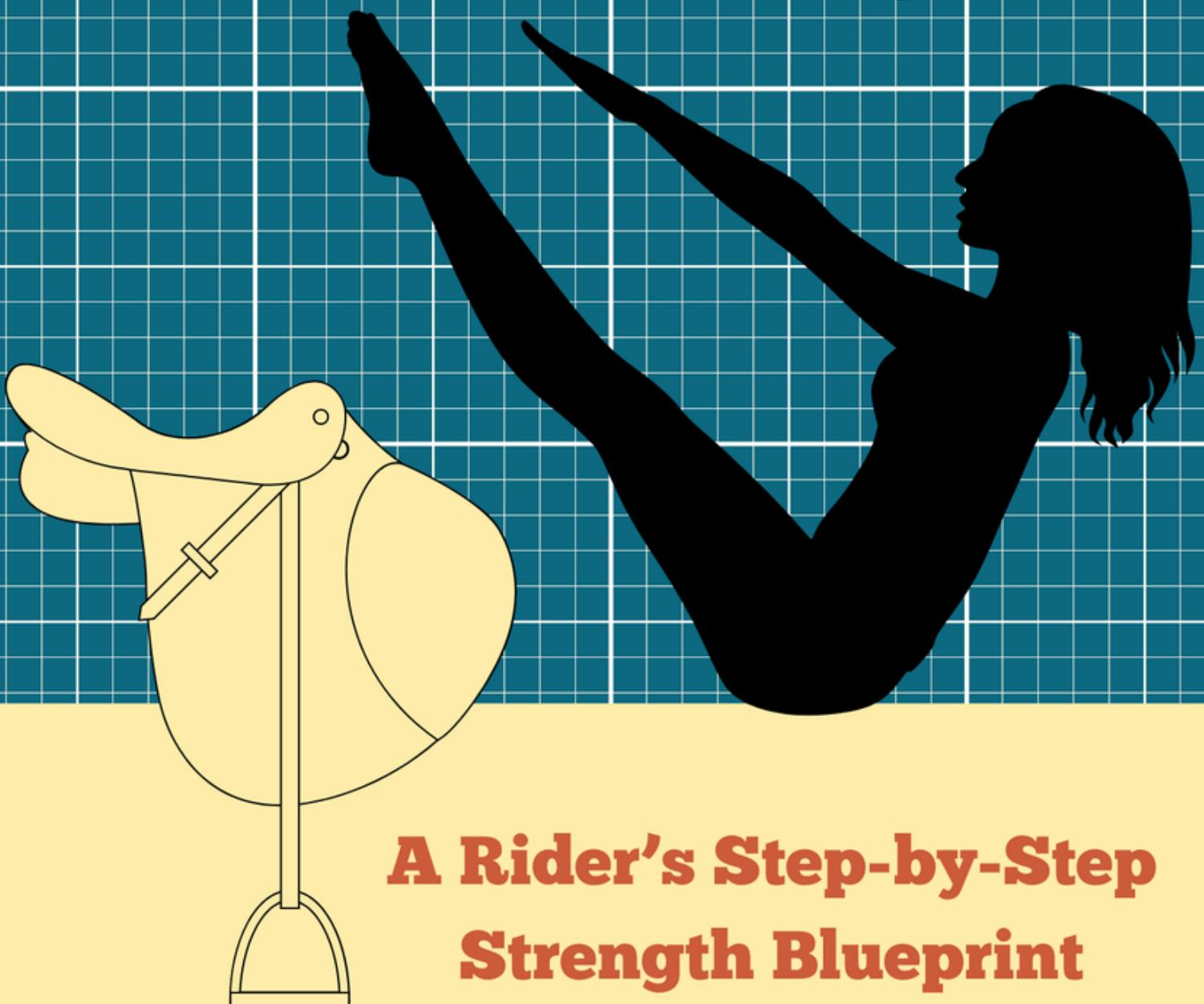


FROM **WOBBLY**
TO **WARRIOR**



**A Rider's Step-by-Step
Strength Blueprint**

Mindy Stackpoole

Copyright & Disclaimer

© 2025 MAS Movement Pilates LLC. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission of the publisher, except for brief quotations used in reviews or articles with proper credit.

Move mindfully, listen to your body, and stop immediately if you experience pain, dizziness, or discomfort. Participation in the exercises outlined here is voluntary and at your own risk. MAS Movement Pilates LLC and the author disclaim any liability for injury, loss, or adverse outcome that may result from following this program.

This guide was created to inspire and support you on your riding journey. Take what serves you, progress at your own pace, and enjoy becoming the strongest version of yourself—both in and out of the saddle.

Give me 15 minutes a day, and I'll give you the strength, stability, and confidence to ride stronger, longer, and without second-guessing your body.

This eBook is for ladies who *don't want to just ride*, they want to ride well, with grace, and the physical freedom to enjoy every moment in the saddle.

This book is how you learn to trust your body again, to be able to get a leg up, ride and dismount without fear. This is how you feel strong, balanced, and capable in and out of the saddle.



Benefits Of This Program

1. **Fast, Rider-Specific Strength Gains (in Just 15 Minutes/Day):** Simple but strategic Clinical Pilates exercises designed to quickly build the kind of strength that translates directly into better posture, stability, and endurance in the saddle.
2. **Improved Balance and Core Control:** Say goodbye to “wobbly” and hello to a centered, responsive seat, so you can stay with your horse no matter what.
3. **Reduced Risk of Injury and Everyday Pain:** Clinical Pilates-based movements support joint alignment and muscular balance, helping you ride longer and recover faster, no matter your age.
4. **Renewed Confidence Every Time You Ride:** No more guessing or hoping—these movements help you feel the difference in your body and performance within weeks, giving you the confidence to show up strong, every ride.

Right now, you might be feeling like your body isn't quite keeping up with your love of riding. You still want to ride the way you used to, with confidence, control, and ease, but something feels off. Maybe you've noticed that you're gripping more than you'd like, struggling to find your balance, or feeling the effects of stiffness and soreness after what used to be an easy ride. You might be wondering if this is just what happens with age, or worse, if your days in the saddle are numbered.

But they're not. And it doesn't take hours in the gym or a total lifestyle overhaul to turn things around. What you need is a focused, rider-specific approach that fits your life and respects where your body is right now.

That's where From Wobbly to Warrior comes in.

With just 15 minutes a day, you'll start building the kind of strength that translates directly into better riding, stronger legs, a more stable seat, and a core that works with you, not against you. You'll feel more centered in the saddle, more in control of your movements, and more connected to your horse. Mounting and dismounting will feel safer.

Transitions will become smoother. You'll ride with less effort and more confidence, because your body will finally be supporting your riding, not holding it back.



The difference this eBook makes goes far beyond muscles. It helps you rebuild trust in your body, one session at a time. It gives you the confidence that you're doing the right exercises, in the right way, for the right reasons. And over time, that confidence grows, not just in the saddle, but in how you carry yourself in everyday life.



Let's be honest, real results don't happen overnight. No single stretch or strength move is going to magically fix your riding or your pain in one session. And this eBook won't work unless *you* do. But if you show up consistently, even just 15 minutes a day, you *will* begin to notice meaningful changes.

In the first one to two weeks, most riders start to feel more connected to their core and more aware of how their body moves. You might notice you're standing taller, catching yourself with better posture, or feeling more energized. The exercises will start to feel smoother as your muscles wake up and remember what they're capable of.

By week three or four, you'll likely notice less tension in your lower back and hips, especially after riding. Mounting might feel more stable, and transitions in the saddle can become less effortful. Your body will feel stronger, not in a bulky way, but in a grounded, reliable way. You'll feel more "plugged in" to your seat and your balance.

By six weeks, your strength, coordination, and endurance will be noticeably improved. You'll find you recover faster from long rides or workouts, and you won't feel as wobbly when posting, turning, or riding uneven terrain. Your horse might even respond to you differently because a more stable rider sends clearer cues and builds more trust.

The progress you make will be yours, and it builds one small, consistent step at a time. This isn't a quick fix. It's a strong foundation that supports every ride that follows.



It's important to understand that this program won't make you a better rider, at least, not on its own. That part is up to your training, your time in the saddle, and your willingness to keep learning from your coach and your horse.

From Wobbly to Warrior isn't a substitute for good instruction, it's the physical foundation that helps you show up to your lessons stronger, steadier, and more capable of doing what your trainer is asking you to do.

Think of it this way: these exercises don't replace your riding, they support it. They help you build the kind of functional strength, balance, and body awareness that lets your riding skills actually take root. When your body can respond more easily, absorb more feedback, and stay out of pain, your trainer's cues start to make more sense. You're not spending energy trying to stay upright, you're free to focus on becoming the rider you want to be.

So no, this eBook won't magically fix your riding. But it will help you become the kind of rider who has the physical capacity to improve, who can absorb instruction, hold position, and recover with ease. That's the real win.

Before we dive into the movements that will allow you to ride with grace and give you the trust in your body again, allow me to clear out some common misconceptions that might hold you back.

False Belief #1:

"I just need to ride more to get better."

Truth: Riding more can actually reinforce bad habits if your body isn't moving well to begin with. Without a stable core or strong, balanced legs, your body will default to compensation patterns, like gripping with your knees, collapsing your posture, or bracing your back, which can hold you back or even lead to injury. When I was first getting back into riding, I thought more saddle time would fix everything. But the more I rode, the more frustrated I got. My back would ache, I couldn't sit the trot without bouncing, and I felt like I was fighting my body the whole time. It wasn't until I started doing off-horse work, basic Pilates core exercises and leg strengthening, that I finally felt stable and in sync with my horse. It wasn't more riding I needed, it was smarter preparation.

False Belief #2:

"I'm too old to make big changes in my strength or riding ability."

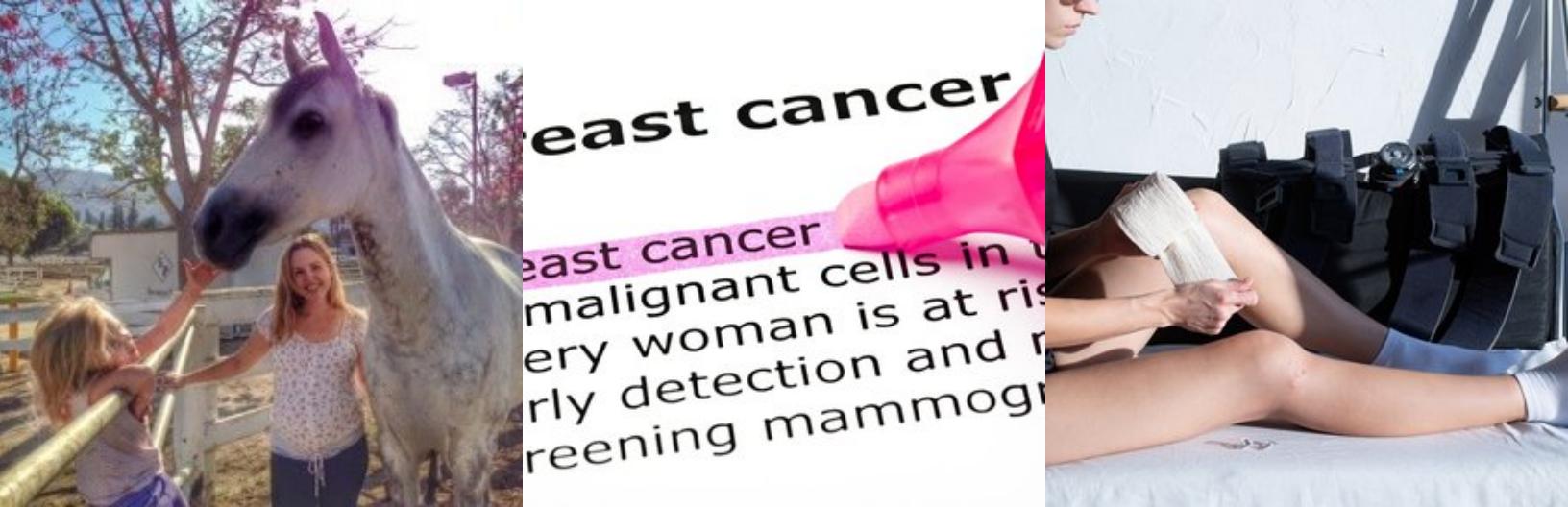
Truth: Age does not prevent progress, lack of the right kind of movement does. Your body is always adapting. With the right kind of training, especially something gentle and targeted like Clinical Pilates, you can rebuild strength, stability, and confidence at any age. When I started riding again in my 40s, I honestly wondered if my best days were behind me. My core felt weak, my balance was off, and it took days to recover after a ride. But once I started doing consistent strength and stability work off the horse, things began to shift. I could sit the trot without gripping. I felt more confident in the canter. I wasn't just surviving my rides, I was improving, and enjoying them more than ever. Age didn't hold me back, my approach did.



False Belief #3:

"I just need to stretch more to fix my pain or stiffness."

Truth: Stretching alone might feel good at the moment, but it doesn't address the root cause of most pain and stiffness: weakness and instability. Your body often feels tight because it's overcompensating for areas that aren't doing their job, especially the deep core and stabilizers. Before I understood this, I stretched constantly; hamstrings, back, hips, trying to release what felt tight. But the relief was always temporary. It wasn't until I began strengthening my whole body that the chronic tightness actually faded. My back pain eased, my posture improved, and I moved with more ease without spending 30 minutes a day stretching. It turns out my body didn't need to be more flexible. It needed to be stronger to feel supported.



But Why Should You Listen To Me?

Because I've been where you are.

I know what it's like to be sidelined; by injury, by fear, by life. I've taken falls that left me bruised, sore, and shaken. I've been out of the saddle for months at a time, after pregnancy, after breast cancer, after injuries that made me wonder if I'd ever ride the same way again.

Now, it's what I teach.

I created this plan for riders like us; women who aren't interested in giving up their passion, but who need a smarter, safer, more effective way back. Whether you're dealing with pain, stiffness, or just want to feel better and ride longer, this is the work that will get you there.

You'll find 10 foundational exercises, each with challenge options, designed to help you build strength, balance, and confidence.

This workout isn't the riding lesson, it's the *support system*. These 10 exercises strengthen the parts of your body that make your trainer's cues possible to follow, from stability in the saddle to core control in transitions.

First Step:
Strengthen Your Core



During my pregnancies, I lost so much core strength I could barely roll out of bed without bracing myself. Later, when I tried to ride again, I was shocked by how unstable I felt in the saddle. Pilates gave me a safe way to rebuild that strength from the inside out and it's the exact method I use now with my clients.

Your core does so much more than just keep you upright, it's the foundation of every good ride.

A strong, responsive core stabilizes your pelvis, supports your spine, and helps you move with your horse rather than bounce against them. It allows you to absorb motion, stay centered, and adjust smoothly when your horse turns, stops, or shifts beneath you, all without bracing or collapsing. We don't build this kind of strength with crunches. Instead, we focus on slow, intentional movements that activate your deep core muscles, your body's inner support system.

Your aids become more precise and consistent, allowing for clearer communication with your horse. Instead of relying on gripping with your thighs or overusing your hands to stay steady, you move with control and ease. This not only improves your riding but also helps reduce the risk of strain or injury, particularly in your lower back and neck.





Think of spinal stability as your internal shock absorber. Without it, every bump, twist, or shift in your horse's gait gets transferred into your joints and muscles. With it, you move with your horse, fluidly and confidently.

Clinical Pilates trains the deep core muscles that support spinal stability, especially your transversus abdominis, pelvic floor, multifidus, and diaphragm. These muscles don't just help you "sit up straight"; they help you ride strong and supple.

Getting my own core stronger made a huge difference in how I ride. For the first time, I could really sit the trot without bracing or bouncing. I started to move with my horse in the canter instead of feeling like I was fighting to keep up. These are still my go-to movements when I need to reconnect to my center. They help me reset my spinal stability and feel grounded in my body, especially on the days when things feel a little off.

Exercises:

Below are my first go-to fundamental exercises to help create spinal stability.

- **Supine 90/90 Breathing** - teaches you to breathe with your diaphragm while gently activating the deep core (like the pelvic floor and transverse abdominis). This lays the groundwork for spinal support without bracing or gripping.
 - Here's how to do it: Lie on your back with knees bent at 90 degrees. Breathe deep into your ribs and pelvis while gently engaging your pelvic floor. Build up to holding for 30-60 seconds.
 - Challenge 1: Toe Taps - add leg movement while maintaining that deep core connection. The goal is to move the legs without letting the spine arch or tilt, which trains your stabilizers to stay “on” as the body moves.
 - Here's how to do it: From the same 90/90 position, alternate tapping one toe to the floor while pressing your lower t-shirt into the mat or floor. Start with 5-10 reps on each side and build. For greater challenge lift your head.
 - Challenge 2: Dead Bug - take this a step further by challenging the coordination of opposite arms and legs while holding the spine steady. It forces your brain and body to work together and resist twisting, collapsing, or wobbling, just like in the saddle.
 - Here's how to do it: Raise arms to the sky and legs to 90/90. Bonus if you lift your head to look toward your belly button. Slowly extend one arm and opposite leg, keeping your back pressing down and supported. See if you can do 8-10 each side and build.

- **Bird Dog** - It's simple but highly effective for targeting this deep spinal stabilizer. It teaches control, balance, and spinal support, making it a great addition to any rider's core routine.
 - Here's how to do it: Start on your hands and knees in a tabletop position. Your wrists under your shoulders and your knees under your hips.
 - Start by extending one arm forward and the opposite leg back
 - Keep your hips and shoulders level.
 - Hold for 3–5 seconds while engaging your core and keeping your spine neutral.
 - Return to start and repeat on the opposite side.
 - Do 8–12 reps per side.
- Challenge: Draw circles when arms/legs are extended

All four of these movements build neuromuscular control and teach your body to stay steady, even when other parts are in motion. That's exactly what you need to feel secure and responsive on a moving horse.





Core:

Watch Out for These Common Mistakes

Don't just "suck in" your belly - Focus on activating your deep core muscles (like your pelvic floor and lower abs), not just the surface muscles you see in the mirror. It's about stability, not crunches!



Keep breathing! - Holding your breath makes your muscles tense and tired faster. Breathe deeply and steadily as you work your core to get the best results.



Press your lower back into mat to make these movements front body focused.



Progress Marker

You'll know your core is becoming more stable when you feel less wobbly posting the trot or sitting the canter, and you don't have to "brace" with your thighs or hands to stay centered.

Rider Real Talk

Core work isn't glamorous. It's slow, subtle, and sometimes feels like "nothing." But that "nothing" is everything. You're retraining the muscles that actually hold you together in the saddle.

Rider Reflection

How connected did your core feel during these exercises? Could you stay stable while your arms or legs moved? What part of your ride feels like it could improve with better core coordination?



Your Next Step

Pick one core exercise to do three times this week, before your ride, after work, or even on your bedroom floor. Consistency wins, not intensity.

Second Step:
Strengthen Lower Body





Having strong legs has become essential for me. Have you ever had to be carried out of the arena? I have.

Andy, my horse, is a tripper, especially if I'm riding on the forehand, and in that moment, I was. He stumbled and dropped to his knees. My leg got pinned between him and the fence as he went down. It all happened in slow motion. He popped right back up without a problem. I, on the other hand, melted off the saddle.

I was sure I'd torn a ligament in my knee. It took eight weeks before I could ride again. Somehow, I got lucky, it was just soft tissue damage.

Being on crutches is a skill I didn't think I'd need to learn at 51. But I did. And you bet I used Pilates to get my legs back.

Your lower body isn't just along for the ride, it's the source of your strength, your stillness, and your ability to move as one with your horse. Strong legs and hips help you move with your horse instead of fighting and squeezing to stay on top. When your glutes, thighs, and hamstrings can be quiet, everything else, your seat, core, and posture, start falling into place.

But here's the part most riders miss:

It's not just about riding more. It's about training the exact patterns your body uses in the saddle. That's where squats, lunges, and hip hinges come in.

Squats build your ability to rise and sit softly, absorb motion, and hold a centered seat without gripping. Lunges teach each leg to stabilize on its own, just like when your weight shifts during a turn or uneven stride. And hinges? They train the powerful muscles in your backside (glutes and hamstrings) to support your pelvis so your lower back doesn't have to do all the work.

When you do these exercises the right way, slow, stable, and with focus, you're not just getting stronger. You're retraining your body to move like a rider. That means better control, better alignment, and a more relaxed ride.

No more gripping with your knees. No more collapsing through your hips. Just quiet strength where you need it most.

When it comes to leg strength, I've used these exact squats, lunges, and hinges in my own rehab journey. When dealing with injury and setbacks, these were the movements that helped me rebuild power in my hips and legs, safely and progressively. No fancy equipment, no overwhelming routines. Just consistent, focused work that carried over directly into my riding.

Exercises:

These train your lower body to move powerfully without gripping or collapsing.

- **Wall Squats** - target the quadriceps, glutes, and calves while training muscular endurance. For riders, this builds the strength and stamina needed to maintain a steady lower body without gripping or fatiguing during long rides.
 - How to do it: Slide down a wall until thighs are parallel to the ground. Hold and breathe. Practice that and see if you can build to 30-60 seconds
 - Challenge: Adding heel raises to a wall squat intensifies the activation of your calves and challenges your balance and ankle stability under load. It's a great way to train endurance and responsiveness in the entire lower chain.
- **Reverse Lunges** - Strengthen the glutes, hamstrings, and hip stabilizers while improving balance and control. This helps riders apply precise leg aids and maintain symmetry in the saddle even during dynamic movement.
 - How to do it: Step back into a lunge and return to standing. Focus on slow, even control. Have a chair or wall nearby in case you need support if you're wobbly. Do 5-10 on each side and build.
 - Challenge: Hold a weight close to your chest and repeat movement



When you take the time to move deliberately with focused attention, you're doing more than building strength; you're teaching your body to move like a rider. You're improving body control and alignment, which translates into a smoother, more relaxed ride.

- **Hip Hinge to Stand** - This move targets the glutes, hamstrings, and lower back while reinforcing proper hip mechanics. For riders, it builds the power and body awareness needed to absorb motion through the seat and protect the spine during transitions.
 - How to do it: Place hands on hips, bend at the waist while keeping your spine long, pressing through the floor with your heels, then return to standing. 8-10 reps.
 - Challenge: Tippy bird hinges. Bias the hinge over one leg at a time or add weight to make your upper body heavier in the hinge.



Lower Body Movements:

Common Pitfalls to Avoid

Knees in, pain out! - Don't let your knees cave inward when you squat or lunge. Keep them tracking over your toes to protect your joints and build real strength.



Activate your glutes, not just your thighs - It's easy to rely on your front leg muscles, but your hips and glutes are the powerhouses that keep you balanced and strong in the saddle.



Move from your hips, not just your knees - Make sure your hip muscles are controlling the movement, so your legs work smoothly and safely.



Progress Marker

Notice your progress when you can post longer without fatigue or your seat stays quieter during transitions, without gripping or collapsing.

Rider Real Talk

You don't need gym-level quads, you need intelligent strength. Power in the right places, steadiness under pressure, and legs that support instead of squeeze.

Rider Reflection

How did the wall squat or lunge feel? Did you notice one side working harder than the other? Where do you tend to collapse or grip in the saddle?



Try 2 lower body exercises 2-3 times this week. Pay attention to your form. Film yourself if needed. Strong legs = strong foundation.

Third Step:
Balance





Think balance should be simple? Tell that to your body. Because aging just loves to pile it on, balance seems to take a nosedive thanks to muscle loss, slower reaction times, creaky joints, fuzzy eyesight, and an inner ear that seems to clock out early. Staying centered, on the ground or in the saddle, turns into way more effort than it should be.

For many riders, a lack of balance shows up as reduced confidence, delayed reactions, or bracing through tension. That's why intentional balance training is essential. It's not just about staying upright, it's about being able to move fluidly with your horse and respond quickly to whatever they throw at you.

Think of balance as your invisible aid. When it's sharp, you ride *with* your horse, not against them. You feel centered even in unpredictable moments, and your body knows how to adjust without needing to overthink.

Off the horse, balance training helps your brain and muscles talk faster. It wakes up the small stabilizers in your hips, ankles, and core, those quiet heroes that keep you upright and aligned. Without solid balance, your body tenses. You grip. You brace. You fall behind the motion. Balance training will help train your body to respond more quickly and accurately, sharpening your reflexes and body awareness so that your reactions in the saddle feel smooth, natural, and automatic.

So grab your "readers" and pay close attention to why and how we train balance; it's not just about standing on one foot. It's about learning to move with confidence, even when life (or your horse) throws you a curveball.



Exercises:

I like to think of these next exercises as my groundwork.

- **Single Leg Stance** - Targets your glutes, hip stabilizers, and ankle proprioceptors, building balance and control on each side of the body. For riders, this improves even weight distribution in the saddle and helps correct asymmetries that can throw off your posture and confuse your horse.
 - How to do it: Stand on one foot for 30 seconds. Switch sides.
 - Challenge: Close your eyes while you balance.
- **Clock Reaches** - Challenge your balance, core stability, and hip mobility by moving through multiple planes while standing on one leg. This directly translates to better rider body awareness and control, allowing you to stay centered and responsive even during quick changes in direction or terrain. Builds coordination and control.
 - How to do it: Stand on one leg and tap your moving foot forward (12 o'clock), diagonally (2 & 10), sideways (3 & 9), and behind you (6 o'clock), mimicking clock positions. Keep your core engaged.
 - Challenge: Add a pillow or cushion underneath to challenge yourself.
- **Tandem Walk** - Improves dynamic balance, coordination, and postural alignment by forcing your body to stabilize with a narrow base of support while moving. For riders, this enhances your ability to maintain a steady, controlled seat and adapt smoothly to your horse's movements without gripping or losing your balance.
 - How to do it: Walk in a straight line heel-to-toe. Add head turns or arm movements to mimic riding distractions.
 - Challenge: Walk across foam pads, BOSU ball, or balance disc to activate more stabilizing muscles.



Balance:

Tips to Stay Steady & Strong

- Don't lean on your arms to keep balance. Try to use your core and leg muscles instead of flailing or shifting your upper body to stay upright.
- Slow it down. Balance isn't a race. Move carefully and pause to feel stable before moving again. That's how you build true control.
- Check your feet! Make sure your weight is evenly spread through your feet and ankles. Strong ankles are the secret to staying steady on your feet and in the saddle.

Progress Marker

You'll know your balance is improving when you can stand on one foot while grooming or stay centered even when your horse spooks or shifts unexpectedly.

Rider Real Talk

This isn't just about standing on one leg. It's about sharpening your body's ability to adjust before you even realize it needs to. That's where confident riding begins.

Rider Reflection

When did you feel most wobbly or steady? Did closing your eyes make it harder? Which exercise gave you the most insight into your imbalances?



Your Next Step

Choose one balance drill to do daily—even if it's just brushing your teeth on one foot. Make it a habit, and it'll show up in the saddle faster than you think.



Let's Talk About Roadblocks

Even with the best intentions, the path from Wobbly to Warrior isn't always a straight line. Life gets busy. Doubts creep in. Your body might protest in ways you didn't expect. That's not failure, that's being human. In fact, it's completely normal to hit a few bumps in the trail as you work through this plan. Whether it's the mental chatter whispering "you're too old for this," or the ache in your back one morning that makes you hesitate, roadblocks will show up. The good news? You don't have to let them stop you.

In the next section, I've pulled together some of the most common challenges riders face when trying to stay consistent, along with practical ways to get around them. Think of these tips as trail markers, helping you navigate the rough patches and stay on course. So if resistance shows up (and it probably will), take a breath, be kind to yourself, and try one of these "ride-arounds" instead.

You've got options. And more importantly, you've got this.

Mental Roadblocks

I'm too out of shape to do this.

Many returning riders struggle with feeling like they've fallen too far behind physically to make a real comeback. But strength isn't about where you start, it's about showing up. This guide meets you where you are, not where you were. The exercises were chosen because they're gentle, adaptable, and incredibly effective even for those starting from zero.

Try this instead: Focus on one or two exercises a day and celebrate completion, not intensity.

Comparing yourself to your past riding self or others.

Whether it's the younger, fitter version of you or someone else at the barn, comparison is the thief of progress. Every rider is on a unique journey, and your only job is to take the next right step. Remember, strength and skill don't return overnight—but they do return.

Try this instead: Keep a journal of how you feel before and after each session to track real-time progress.

Impatience with progress.

It's tempting to want instant results, but riding, like horse training, is about trust and time. These small, controlled movements build deep strength that may not feel dramatic at first but creates lasting transformation.

Try this instead: Pick one movement and commit to doing it for 30 days. Track how it changes your ride.

Physical Roadblocks

Muscle soreness or fatigue early on.

Feeling tired or sore is normal when waking up muscles that haven't been activated in a while. It's a sign your body is responding, not rejecting the work. Stay within your edge, breathe deeply, and remember this is about quality, not quantity.

Try this instead: Do half the reps or fewer sets on days you feel fatigued, something is always better than nothing.

Limited mobility or discomfort during certain exercises.

Old injuries, tight hips, or joint stiffness can make movements feel awkward or painful. That doesn't mean you're doing it wrong, it means your body is asking for a gentler approach. Modifications aren't failures, they're how smart riders adapt.

Try this instead: Substitute any uncomfortable movement with a seated or wall-supported version.

Old injuries flaring up.

Some movements may bring old pain patterns to the surface. This guide isn't about pushing through pain, it's about moving intelligently to avoid it. Pain is a signal, not a punishment.

Try this instead: Skip any exercise that aggravates pain and double down on the movements that feel safe and supportive.

Time & Lifestyle Roadblocks

Not enough time to do the full routine.

Busy schedules and long days can make even 20 minutes feel impossible. But the truth is, a little movement goes a long way. You don't need to do everything, you just need to do something.

Try this instead: Choose 2-3 key exercises and complete them in under 10 minutes. Call it your "Quick Ride."

Interrupted by life (kids, work, chores).

Real life is messy. Schedules shift, interruptions happen, and guilt sets in. That's okay. You don't need perfect conditions to take care of your body. Flexibility is part of the plan.

Try this instead: Break your session into "movement snacks" 5 minutes in the morning, 5 minutes before bed.

Equestrian-Specific Mindset Roadblock

Try this instead: Pair a short mat session with watching riding footage to connect what you're doing off-horse to your time in the saddle.

This doesn't feel like riding, why should I do it?

Some riders feel disconnected from training when it doesn't involve reins and stirrups. But these movements are the foundation of everything that happens in the saddle, from posting rhythm to staying balanced in a spook.

Try this instead: Imagine how each movement supports a riding task, like rising trot, canter transitions, or sitting deep on a turn.

Fear of not improving fast enough.

Progress can feel slow, and that can shake your confidence. But this plan builds strength from the inside out, like training a green horse, it might look subtle, but the results are lasting.

Try this instead: At the end of each week, write down one improvement you noticed in your ride or your body, even if it feels small.

Still wondering how you're going to fit this in?

Here's a sample plan for Week 1:

Monday: Core + Breathing (10–15 mins) ^

Wednesday: Lower Body + Wall Squat Challenge (15 mins) ^

Friday: Balance + Ground Drills (10 mins) ^

Optional: Do 5 mins before or after riding ^



Because you're part of the Wobbly to Warrior family now, I want to help you take the next step in building real, lasting strength in the saddle.

Now that you've started moving better and feeling stronger, imagine what's possible with just a bit more targeted support. That's why I created the Strong Legs, Steady Seat Fast-Track Plan; a powerful next step designed specifically for riders like you. It's packed with advanced progressions, rider-specific drills, and accountability tools to keep you consistent.

As a thank you, you can grab it with a special insider discount 20% off, just for our community.

