FOOLPROOF JUMPING EXERCISES

For Horses, Ponies, Riders and Helpers

CAROL MAILER
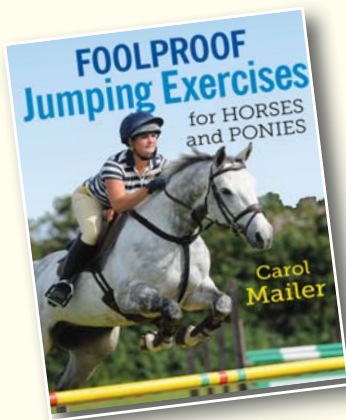
Jumping trainer Carol Mailer presents foolproof jumping exercises suitable for **every combination and size of horse and pony,** devised specifically to help riders and their mounts hone their skills, improve their performance and exceed their expectations.

Whether you want to jump a little higher or wider, iron out faults, or shave a tenth of a second off a jump-off time, these exercises can help. The set-ups are not complicated and if approached with a workmanlike attitude, they can make the world of difference to a horse's jumping performance.

Moreover, the exercises will help eliminate the need to have a top-notch trainer standing by at all times to supervise the work. Indeed the exercises are so straightforward that a sensible rider, aided by a keen helper, will be able to use the poles and grids to analyse why they are making mistakes, and far more importantly, learn how to correct them quickly and easily.

Helpers too can be guided by the advice that *Foolproof Jumping Exercises* offers. A friend, parent or partner would be ideal as long as they are prepared to be both a dogsbody and a scapegoat before and until the Foolproof method kicks in and things improve, as they surely will.

Carol Mailer has successfully trained riders and horses of all standards for the last 35 years, from complete beginners to Advanced Eventers and HOYS winners. She has devised and developed her own methods which she shares in *Foolproof Jumping Exercises*. She is a regular contributor on jumping and grid work to *Your Horse* magazine, and is one of the experts in the Q&A features.

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