



## MEET ALEXANDER KRONSTEINER

Horse trainer, coach for riding with lightness and joy,  
author and online course creator  
from Austria is teaching

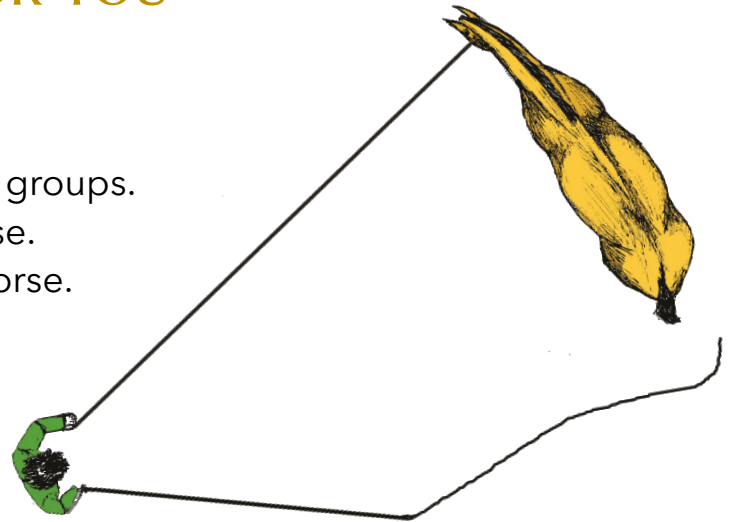
# ATHLETIC LUNGING

## BASED ON CLASSICAL PRINCIPLES

### WHAT ARE THE BENEFITS FOR YOU

### AND YOUR HORSE?

- Target and develop specific muscle groups.
- Develop the best gaits for your horse.
- Build a mentally and physically fit horse.
- Prepare young horses for riding
- Rehabilitate injured horses.
- Strengthen the relationship and connection with your horse.



Make the most of your time when training your horse. Athletic lunging is the most efficient way of doing groundwork with horses. Alexander brings his special lunging know-how to you. A knowledge which is based on more than 450 years of European riding history - passed on from generation to generation.

Curious? Then contact:

**BONUS!:** A four-part online course  
[check Module 1 for free →](#)

Note: Participants with horse **get the online course for free**, spectators get a discount voucher for purchase



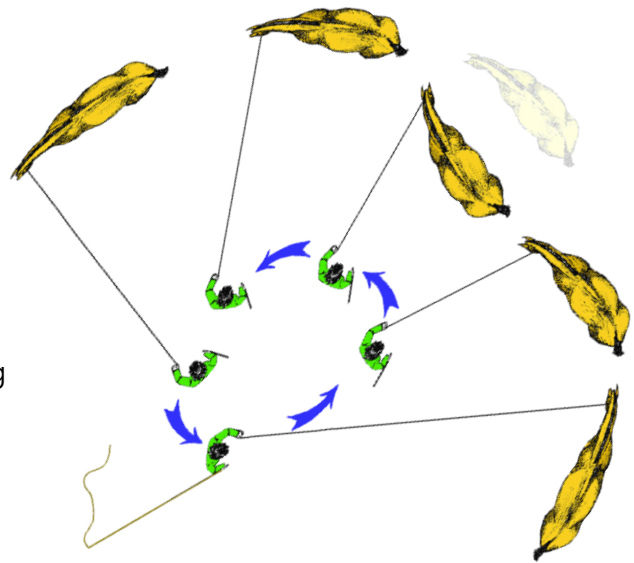
## WHAT TO EXPECT IN A WORKSHOP?

### BASIC THEORY AND PRACTICE:

- Overview: Why is athletic lunging so good for my horse and me?
- The most important work phases in classic lunging work.
- Suppleness and stretching – meaning, benefits, quality, and criteria
- What dynamic, area-related lunging means.
- The right equipment and its handling.
- The importance of body language and what your horse is telling you.
- Learn how to read your horse.
- Problem solving - Learn to recognize when things are going wrong.

### FOR ADVANCED STUDENTS, IF APPLICABLE:

- Working on collection and athletic training according to principles of classical riding.
- Collection: Meaning and application as well as quality criteria.
- Side reins in detail: Benefits and Risks.
- Learn how to set up a training session.



Alexander also presents his tried and tested equipment and tools. Apart from a lunge line, there is no mandatory equipment for lunging. Side reins are optional. You will see and learn how you can best continue to work with your horse in the future. Most importantly, it is about recognizing what condition your horse is in at the moment and to learn what possibilities you have for improvement. Further regular trainings with Alexander might be possible.

**Next clinic with Alexander:** - all kind of horses welcome:

Fee per full participant: \_\_\_\_\_,- / Day

Fee per spectator: \_\_\_\_\_,- / Day

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## WE INVITE YOU TO ORGANIZE A CLINIC AT YOUR OWN STABLE

Contact: [alexander.kronsteiner@outlook.at](mailto:alexander.kronsteiner@outlook.at)

### STANDARD CLINIC SETUP LUNGING CLINIC (SUBJECT TO CHANGE IF REQUIRED):

- Each course day consists of a theoretical part and then individual training with horses.
- 6 or up to 12 full Participants with horses / Day
- When up to 6 participants, each receives two times individual lessons per clinic day (½ hour)
- When up to 12 participants, each receives one time an individual lesson per clinic day (½ hour) .
- The individual lessons are commented and explained in parallel for all other course participants and registered audience during the whole day. (via headset and loudspeaker)
- There is no limit on registered spectators
- A provided discharge agreement must be accepted and signed by all participants with horses.
  
- Required infrastructure:
  - Riding arena size 20x20 meter (at least fenced on two sides)  
+ Chairs or other seating for all registered audience
  
  - If somehow possible a seminar room with projector or big TV screen for PowerPoint presentation or at least flipchart and pens