

Shoulder-In to Renvers Explained



Shoulder-in Right:

- Right Bend
- More weight on the right seat bone
- Right leg at the girth, left leg behind the girth
- 3 tracks

- Renvers Left:

- Left Bend
- More weight on left seat bone
- Left leg at the girth, right leg behind the girth
- 4 tracks (may have slightly more angle than the shoulder-in)

Observations:

- When riding the shoulder-in to renvers the bend changes, so leg position of the rider must also change.
- Since the bend changes, the rider's weight must change to the other seat bone (the rider should always have more weight on the inside seat bone)
- This is a great exercise to test the suppleness of your horse
- It is also a great exercise to teach your horse not to fall over the outside shoulder in the shoulder-in

