

# 101 Ground Training Exercises For Every Horse Handler

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exercises intended as culminating collective training events that critically assess unit-training status Collective training is part of unit training It is performance oriented and a command responsibility executed by leaders at all echelons As a continuous process executed in accordance with a formal training program, collective train-

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ground at all Come down lightly when you land • Remember the importance of stretching after your run IF YOU DO EXPERIENCE SHIN SPLINTS, REMEMBER RICE: Take at least 2 days off (without running or cardio) Ice: On and off for 10 minutes at night Circulation: Do range-of-motion ankle exercises Elevation: Elevate legs when sitting; place a

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contribute to opportunities for career development for all staff Metrics of success • Supervisor Training Participation