Leg Strength for Barrel Racers

A Part of the Strong in the Saddle Series By

A Cowgirl and Her Horse

The exercises in today’s workout will be:

- Side Leg Lifts
- Bridge
- Single Leg Bridge
- Rear Leg Lift/Single Leg Deadlift
- Clam
- Reverse/Backward Lunge

This workout will be done in a circuit. Depending on how much time you have and how in shape you are, I recommend going through the circuit 2 – 4 times. Each circuit will go as follows:

- Single leg lifts (side A, preferably your weaker side on top) – 12 to 15 repetitions
- Single leg lifts (side B) – 12 to 15 repetitions
- Bridges – 12 to 15 repetitions
- Single Leg Bridge (leg A, preferably your weaker side staying on the ground) – 12 to 15 repetitions
- Single Leg Bridge (leg B) – 12 to 15 repetitions
- Rear Leg Lift/Single Leg Deadlift (leg A, preferably your weaker leg staying on the ground) – 12 to 15 repetitions
- Rear Leg Lift/Single Leg Deadlift (leg A) – 12 to 15 repetitions
- Clam (side A, preferably your weaker leg on top) – 12 to 15 repetitions
- Clam (side B)
- Reverse/Backward Lunge (leg A, preferably your weaker leg staying planted) – 12 to 15 repetitions
- Reverse/Backward Lung (leg B)

Remember, if you don’t reach 12 repetitions before failure, then you need to do an easier version of the exercise. If you reach 15 repetitions and you feel like you could still do more, do a harder version of the exercise.

This workout can be done 2 to 3 times per week, but never on consecutive days.