

**ESA HOTY 2023**  
**Workouts**  
**Rider 18 to 25 years**  
**and**  
**Rider 26 years and over**

1. Enter down centre line at rising trot
2. At centre sitting trot
3. Continue down centre line in sitting trot
4. Turn left at short side around arena and across diagonal
5. Lengthen trot (sitting) across diagonal
6. At corner turn right
7. At Entry gate canter right
8. Canter along top long side around to centre of short side
9. Turn down long centre line
10. Walk through simple change with a minimum of 8 walk strides
11. Canter left, turn left at entry gate.
12. Lengthen canter on long side in front of judges
13. Canter to middle of short side,
14. Rising trot around arena and down the centre line towards the centre judge
15. Exit arena at rising trot.

