

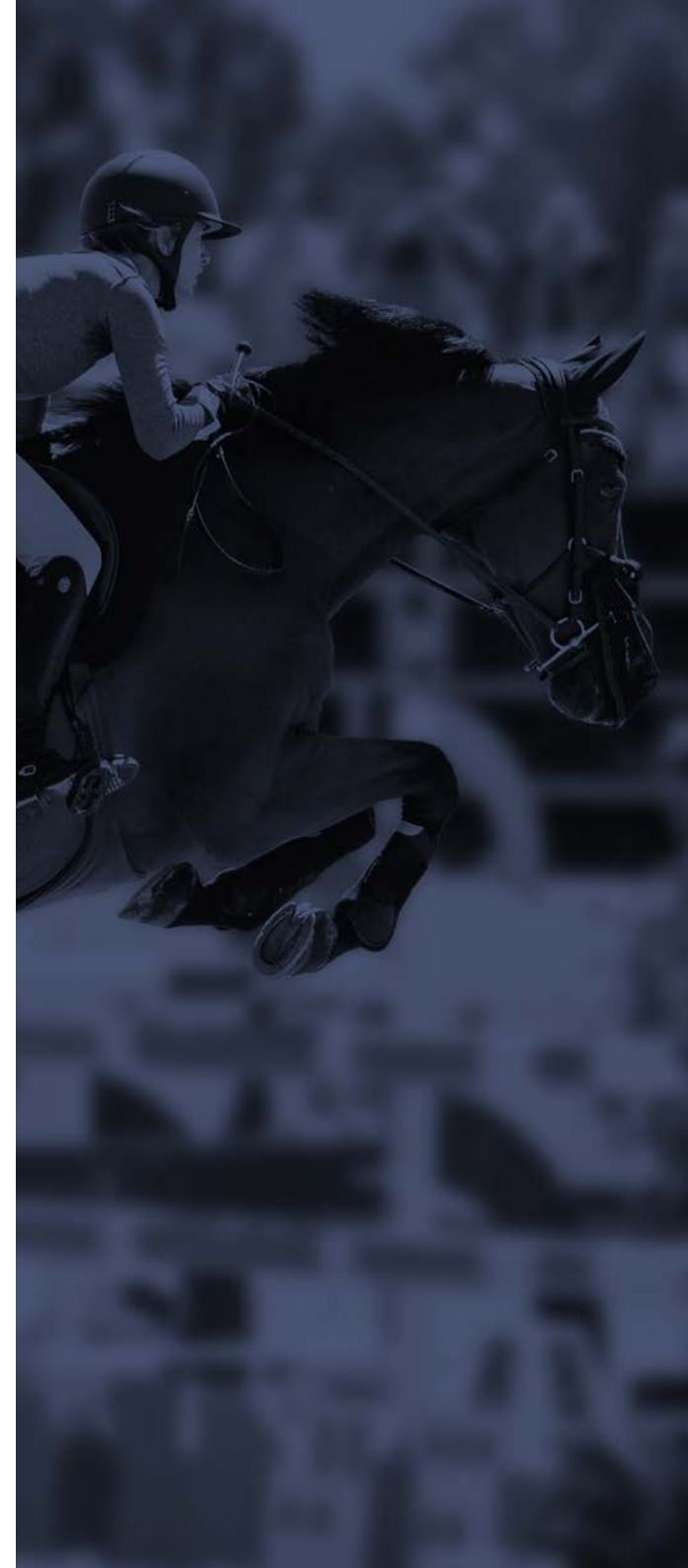


THE HANDBOOK.

HOW TO GET THE MOST OUT OF EQUIMO



July 19, 2021





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INTRODUCTION.

Nowadays, many sports use technology to streamline training and improve the results of athletes. Almost all professional sportsmen use some kind of technology to improve their training. These technologies have become an important part of building a sports career and keeping an athlete fit and healthy.

Equestrianism is a teamwork of two beings, and although riders can use many devices for tracking their workout and physical features, we believe horses should not be forgotten. Monitoring training sessions can provide better insight into every detail, improve the

effectiveness of the training, and decrease the risk of an injury. There are many articles on our blog for anyone who wishes to learn more about the following topics. You can find the link to our blog at the end of this handbook. This document, which is regularly updated as new functions are featured, contains detailed information about EQUIMO's functions and benefits. For the best and thorough understanding of EQUIMO, we recommend dividing the functions into the three following categories.



DRILLS AND EXERCISE.

TEMPO.

Tempo is the speed of motion or activity. It is often mistaken for rhythm, but that is a brand different thing. Rhythm is a steady repeated pattern of movement. Each gait has its rhythm (four-beat walk, two-beat trot, three-beat canter), and many riders work hard to teach their horse to maintain a regular rhythm. Learning to carry a balanced rhythm in a natural tempo allows the horse to develop balanced gaits at different speeds (tempos).

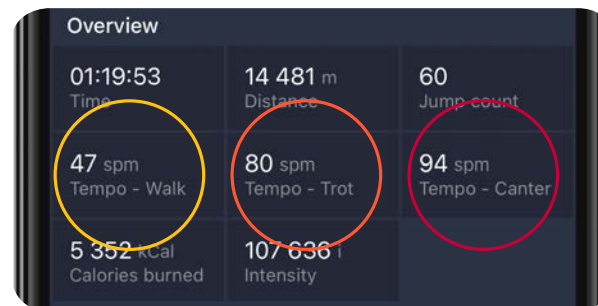
Tempo is an essential value in your ride. A walk varies approximately between **35 - 60 strides per minute**, trot between **55 - 100 strides per minute**, and canter between **80 and 130 strides per minute**. Extended and collected gaits are, in fact, just slower or quicker tempos in the given gait. To teach a horse to react and go faster or slower by five strides per minute gives you a range of 10 spm in the gait, which gives you the ability to change the pace at will. These changes also depend on the breed and physiology: going from a standard 55 up to 60 spm is easy for a Baroque horse but more difficult for a Warmblood. On the other hand, going from 55 spm to 50 spm is easy for a Warmblood but more difficult for a Baroque horse.

Tense horses tend to go slower in some parts of an arena or a circle, and faster in other parts. By controlling the tempo, thus slowing the quickening and quickening and slowing, you give those horses controllability and predictability - two things

trainers call consistency. If you are a showjumper, you have heard this word repeatedly; finding the right and consistent tempo is a massive milestone in training. The average Grand Prix round requires a tempo of **110 spm**; a number you can keep in mind for your sessions.

Tempo is measured in two values: strides per minute and meters per minute. Strides per minute are efficient for the knowledge about gaits. Meters per minute are used to determine the average tempo of a showjumping course. This value is also easier to imagine, as it can quickly be converted to kilometers per hour.

Average tempos of walk, trot, and canter in a session overview.



FINDING THE RIGHT AND CONSISTENT TEMPO IS A MASSIVE MILESTONE IN TRAINING 💡

You can zoom the tempo chart with two fingers. If you click on the curved line, you will see a precise tempo value in spm (on axis y) of any moment of your session.



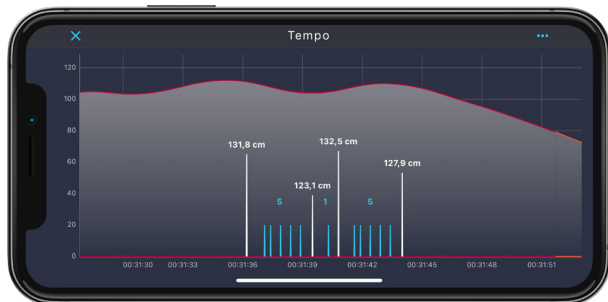
DRILLS AND EXERCISE.

JUMPS.

The height of a jump is a significant value affecting a lot in the sport. The number of fences you have jumped, their height, and the height of the jump itself (as many horses are overachievers and jump way higher than they need to) all affect many things.

Even if you think you are keeping track of the jumps during your session, the reality is sometimes different than you think. How many fences have you jumped? How high has your horse jumped? Your analysis counts these numbers for you.

Detailed tempo chart displaying the height of each jump.

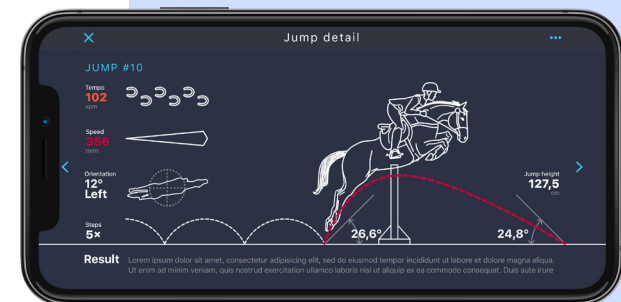


Take-off and landing angles.

Take-off angle is a factor showing how far your horse has taken off in front of a fence. The bigger the angle, the more the horse rises. The smaller the angle is, the more they leap forward.

The right distance changes with the height of a fence, so it is impossible to determine one distance right for every jump. However, the take-off angle tells you the quality of your distance quite reliably. You can also compare your take-off angles and see how much they vary; thus, how much your distances vary. The right take-off angle starts between 15° and 25° with small jumps, and peaks between 40° and 45° when jumping high obstacles. Your angle will also vary depending on whether you are jumping a vertical or an oxer; verticals are jumped with more space, while the distances to oxers are usually shorter.

Landing angle should be approximately the same as the take-off angle because, under normal conditions, horses land in the same distance from the jump as they take off. For example, if your horse lands too far, it may cause a change in the parabola over a fence, which may lead to possible faults.



WHAT IS THE ACTUAL HEIGHT
OF YOUR JUMPS?



DRILLS AND EXERCISE.

JUMPS.

Distances.

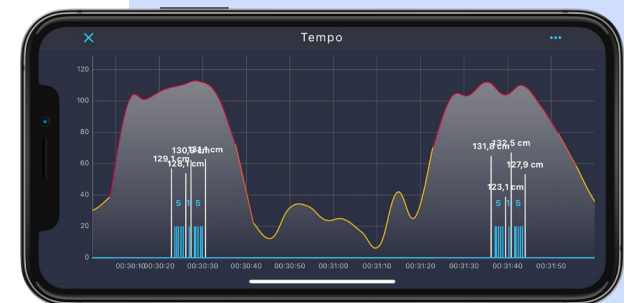
Distances are the tricky parts of every course; even the most experienced riders do not always get them right. The tempo graphics show you your details step by step. They write down up to fifteen strides, and you see the composition of the distances. You see if the strides were equal, or if some were shorter than others - you see the fluency of the given piece of a session.

This way, you can view your lines after you jump them and aim for more even strides next time. In the same way, you see the distance to the obstacle, so you can look back and see if you were in the same position in front of the fence or if you were taking off from different places.

Detailed tempo chart displaying distances.



After you have practiced an exercise during your session, you may look back at it and control how it went. In the following picture, there are two attempts of the same line. As you can see on the tempo graph, the horse was speeding up during the first set of fences. As for the second attempt, the curved line tells us that the tempo was not entirely smooth.



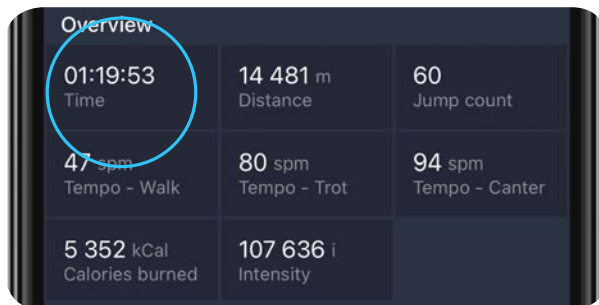
THIS WAY, YOU CAN VIEW YOUR LINES
AFTER YOU JUMP THEM AND AIM FOR
MORE EVEN STRIDES NEXT TIME

DRILLS AND EXERCISE.

TIME.

Sometimes, your hack seems like an hour while you have been out for fifteen minutes. Sometimes, you may be schooling your horse new features for what might seem like twenty minutes when you discover you have been riding for over three-quarters of an hour. Our perception of time is highly subjective; therefore, it is helpful to have a hint telling you the real time of your session. Your horse might be thankful for that!

The precise time of a session in an overview.



You may also see the real time of your session during the ride itself:

Live tracking - EQUIMO mobile app.



OUR PERCEPTION OF TIME
IS HIGHLY SUBJECTIVE 

Live tracking - EQUIMO watch app.



DRILLS AND EXERCISE.

DISTANCE.

It is hard to tell the distance you cover while riding. To know how far you have come and to estimate the length of your way (whether you are riding in the arena or outdoors), the distance function tells you the exact distance measured in meters or kilometers.

The distance you have covered during a session displayed in an overview



In this table, you can view detailed info about your speed, distance, and ascent. All values are further divided into individual gaits. When you go cantering outside, for example, you see the average and maximum speed, distance covered, and ascent in canter, as well as in trot and walk.

The ascent data come in handy during work on your horse's fitness. Apart from the covered distance, you can also view how high you have ascended, and the altitude meters are a significant value in your training.

MAP.

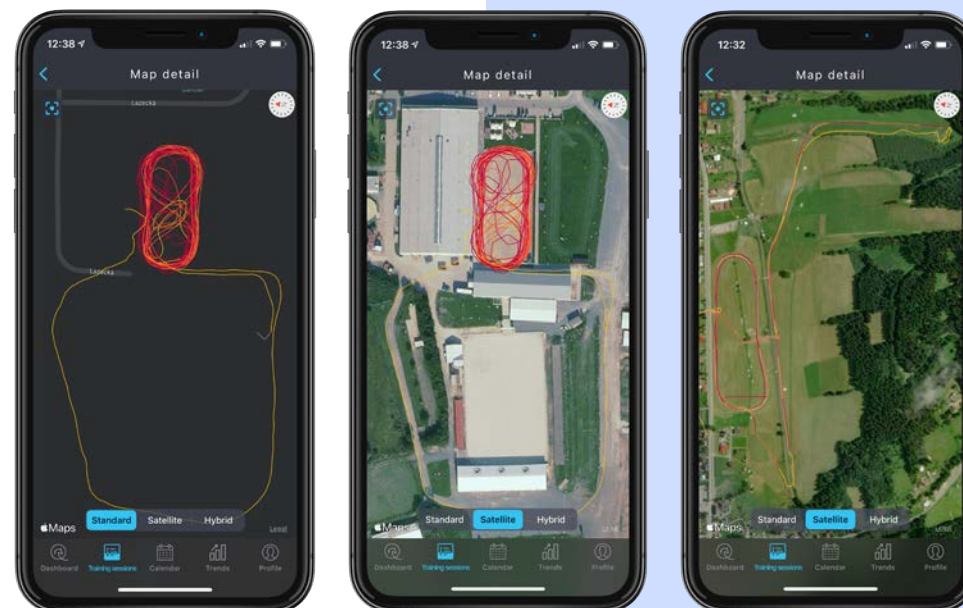
THE MAP MARKS YOUR GAITS IN DIFFERENT COLORS: YELLOW FOR WALK, ORANGE FOR TROT, AND RED FOR CANTER.



EQUIMO tracks your ride to visualize it on a map afterward. If you ride in an arena, you may see your figures like circles and tildes later. If you go on a hack, you may see your whole way marked into a map. This marking can be helpful to see where you have gone, and also to be able to show your new path to a friend. You can choose from three types of map.

Different map views; from left to right the Standard, Satellite, and Hybrid view.

On the map, you can see the path of your hack.



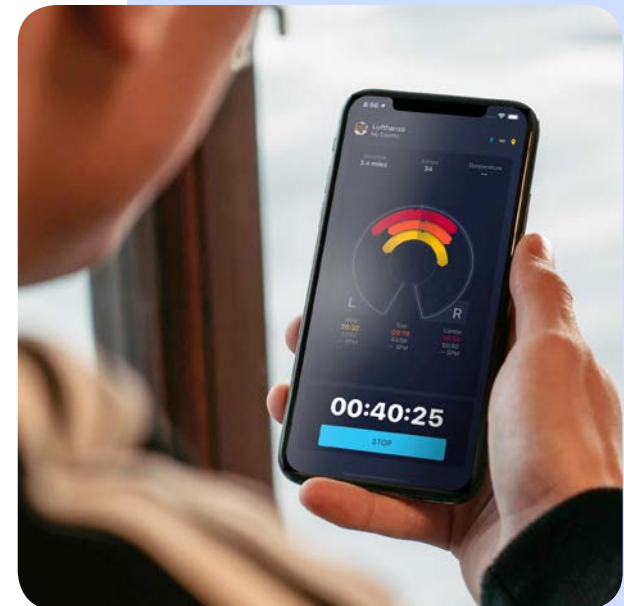
DRILLS AND EXERCISE.

REAL-TIME TRACKING.

Are you able to tell how long you have been trotting or cantering? Whether you are riding a horse recovering from an injury or preparing a horse for a show, it is helpful to know your current session's exact time. The real-time tracking shows you your progress through the horseshoe graph and its symmetry rings; the time spent in each gait, and the percentage of movement to left and right. With this aid, you can control your session's symmetry in progress, make sure you do not burden one side of your horse more or less, and aim for a balanced training!

View the progress of your current session on your smart watch and mobile.

 **CONTROL YOUR SESSION'S SYMMETRY
IN PROGRESS**



DRILLS AND EXERCISE.

EQUITRONOME.

A regular pace is one of the secrets of a good showjumping round, it is essential for a successful dressage test, and it is the foundation of a smooth passing through a cross-country track. Equitronome is here to help you just with that. You will enter the required pace in m/s and the length of your horse's stride into our unique calculator. EQUIMO then suggests a suitable tempo that you can listen to in your headphones or cell phone. You can find Equitronome setup in the setting of your horse's profile.

Then it is your job to try to keep the rhythm the Equitronome provides and learn that rhythm. Good luck!



REGULAR PACE IS THE FOUNDATION
OF A SMOOTH RIDE



The first screen shows the setup Equitronome screen, while the second one shows an active Equitronome during a training session.



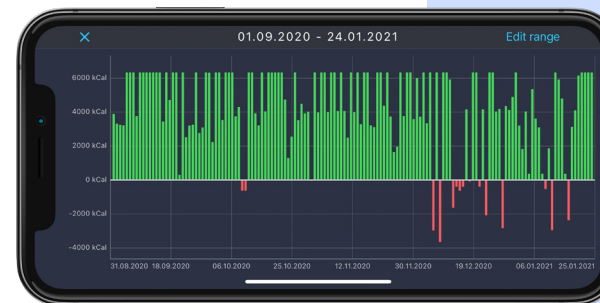
DRILLS AND EXERCISE.

SAVE AND COMPARE OVER TIME.

Has something gone wrong over the last few months, and you cannot get the gist of it? Or has otherwise the last weeks been successful, and you want to discover the core of your achievement? A little flashback may be beneficial to see the things that have changed. Go through your training analyses and see the changing trend; your “archive” is at your service. Maybe you can see the modification of your routine, and maybe

the issue is in small detail. Either way, your old analyses are here to advise and help you get back on the right track or to continue a successful road, if that is the case.

Scroll through your old sessions - your training list saves them all.



Long-term calories chart to see your horse's energy levels from a long-term point of view.

 **A LITTLE FLASHBACK MAY BE BENEFICIAL TO SEE THE THINGS THAT HAVE CHANGED**

List of training sessions filtered by horse. The illustration on the right shows the type of training.

WELLBEING.

The main concern of equestrians should be the well-being of their horses. Although keeping them in the perfect physical and mental condition is not always easy, it is a touchstone to build upon. EQUIMO can help you measure your horse's well-being and write down, organise, measure, plan, and retrospectively evaluate all the factors needed for a healthy and happy horse.

INTENSITY.

Intensity means the amount of effort a horse puts into a session. It is helpful to know the intensity of your training as you are aiming towards a goal. For example, if you train a youngster or a green horse, in the first few months, longer sessions in low or moderate intensity may affect the horse's fitness. However, for a horse that has been ridden longer, these sessions do not improve fitness anymore. The rider should implement high-intensity interval training if they wish to improve the horse's fitness.

The intensity graphics help you to evaluate and better adjust workload for your horse. When you have planned a session, this graphics gives you feedback on how hard it was for your horse, and therefore whether it did or did not accomplish the desired goal.

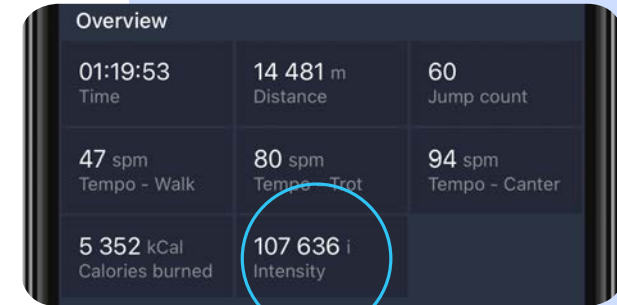
It can also work as a retrospection. You see the effort needed for the training session and the distribution of more challenging parts during the training. With these graphics, you can be sure your horse's workload is not too easy or, on the other hand, too demanding (the high peaks on your graphics should not be too long, and they should be followed by a period of lower intensity). It is vital to realize that there is no such thing as "general ideal intensity." You need to feel out and determine the optimal intensity for each horse individually.



**FEEDBACK ON HOW HARD IT WAS
FOR YOUR HORSE**



The overall intensity in a session overview.



The intensity chart often mirrors the tempo graph, but they are never quite the same. Although they may look similar, they provide two different sets of information.

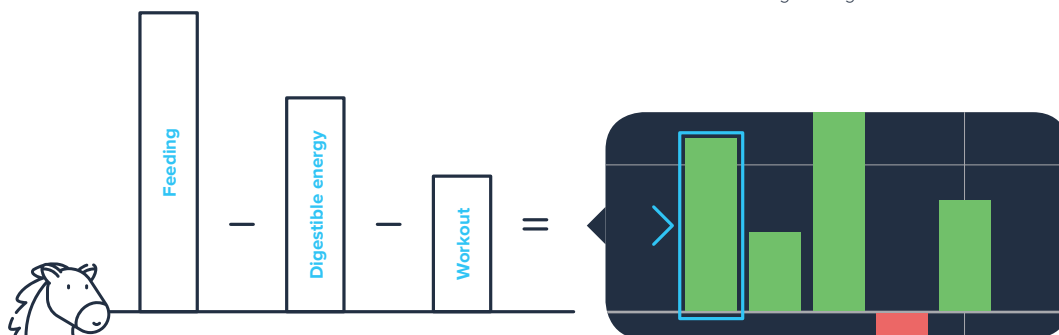
WELLBEING.

CALORIE MANAGEMENT.

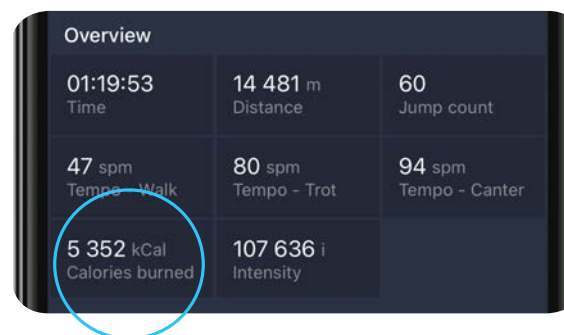
An average 550kg horse with a moderate workload needs approximately 26 500 Calories per day. This number varies enormously; this horse in light work needs 22 600 Calories daily, and if their workload is heavy, they need around 30 400 Calories per day.

Still, two horses of the same body-weight, workload, and the same calorie income may gain or lose weight differently. There are several reasons for that; individual body condition, metabolism, stress, and others.

It is, therefore, essential to keep track of your horse's burned calories. After an exhausting training, you may want to supplement your horse with added feed. If your horse is on rest, you may want to consider lowering your feeding dose.



The EQUIMO app works with digestible energy levels, which is the energy the horse needs to cover their metabolism's needs. Everything above this level is a consequence of a workout, and the numbers grow according to the workload. This is why it is vital to cover a horse's whole day (there is a possibility to add unmeasured training) to estimate how much calories the horse needs in the feed form.



Calories burned during training in a session overview.

You can also see a long-term overview of your horse's calorie management. EQUIMO is here to help you know if your feed dosages are right and to help you realize if you are overfeeding your horse or underfeeding on the contrary.

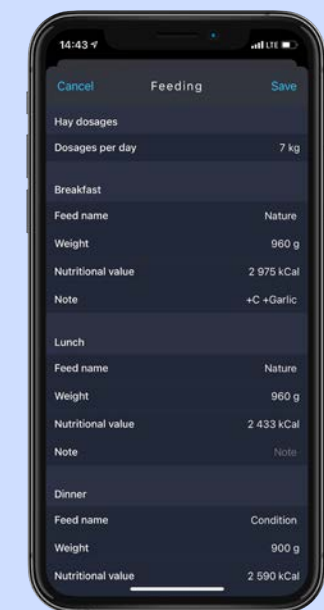


In the calories chart, the value of lines presenting calories should not be anywhere near zero!



IT IS, THEREFORE, ESSENTIAL TO KEEP
TRACK OF YOUR HORSE'S BURNED
CALORIES

To be sure how much you are feeding your horse, write your feeding doses into your horse's profile. You will be sure how many calories your horse consumes daily, and any change will not go unnoticed.



WELLBEING.



BALANCE AND SYMMETRY.

Our horseshoe graph and its symmetry rings show you a couple of essential values: the time spent in each gait, the percentage of riding to left and right in each gait, and the ratio of the gaits during a session.

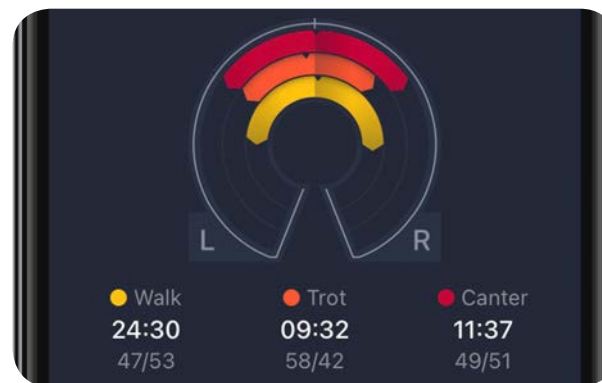
These numbers tell you if you equally burden your horse's left and right side. Some riders use this as a mere controlling function because they naturally ride equally to left and right. However, many riders are surprised when they see their results, because they may not be as even as the riders expect them to be. One of the main reasons is that both horses and riders feel more comfortable moving either to left or right. In horses, you can liken it to the left- and right-handedness. If a horse is, for example, right-handed and has a more comfortable movement to the right, the rider may unconsciously prefer this direction.

Then there comes the rider themselves. If they feel more comfortable in one direction, either because of a pathological, physical, or mental reason, they may diminish the time spent in a less comfortable direction.

Unequal burdening of the horse's body may lead to health problems or even pain, and it can become a virtuous circle. Therefore, it is important to control the evenness of your

movement to avoid problems and lengthy health issues, and to support the natural balance of your horse's body.

Another way of using your symmetry information is within rehabilitation. If your vet or other specialist gives you a precise time frame of your horse's workload, your EQUIMO analysis provides information to help you stick to this time frame.



Symmetry rings displaying the balance of a session - yellow is for walk, orange for trot, and red for canter. In the first picture, you can see a relatively balanced session. In the second picture, you see an overly unbalanced session. If you often provide unbalanced sessions, your horse may, as a result, develop uneven muscles, which lead to an unbalanced body and problems with the motion system.

UNEQUAL BURDENING OF THE
HORSE'S BODY MAY LEAD TO HEALTH
PROBLEMS OR EVEN PAIN

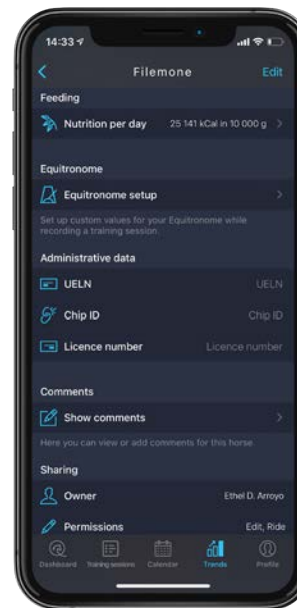


STABLE MANAGEMENT.

HORSE PROFILES.

Profiles of your horses offer to record various kinds of information. Starting with basic info about your horse, you can also view your horse's averages like time of a session, average burnt calories, intensity or tempo. A graphics displaying calories distribution of your horse follows.

When you first set up a new horse's profile, your app asks you to measure body length, chest circumference, leg length, and another data. These data are essential for an accurate analysis, so make sure you measure them well! Another item is feeding. Our app offers to write down your horse's meals, including hay. Where are the goods of this? For starters, you have an idea about your horse's dosages, as EQUIMO counts the summary of your horse's daily feed weight and calories. Secondly, everyone seeing your horse knows what they eat, even if you are not present. And last but not least, you see the comparison of your horse's consumed and burned calories, and know for sure whether you need to change your training or feeding approach.

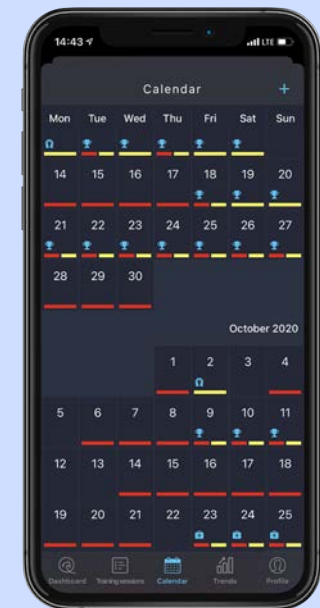


The presented screens show parts of the information in horse profiles. A horse profile contains much more information about feeding, sharing, workouts, and planned events.

PLAN.

YOU CAN PLAN YOUR WHOLE TRAINING STRATEGY AND SHARE IT WITH ALL THE IMPORTANT PEOPLE

EQUIMO calendar is here to help you have all the things under control. Different icons visibly mark all the essential types of events, such as farrier or training sessions. However, these markings may not be helpful just for you. The calendar poses as a platform, where you can plan your whole training strategy and share it with all the important people. Your trainer can plan the dates and times of your sessions. When you are away from the stable, you can plan your horse's sessions for your B-rider or plan duties for your groom... The options are endless, and it is only up to you how you apply your organizing skills!



Calendar with marked events; veterinary, farrier, blood draws, and a competition.



therapist



competition



blood



veterinary



vaccination



dentist




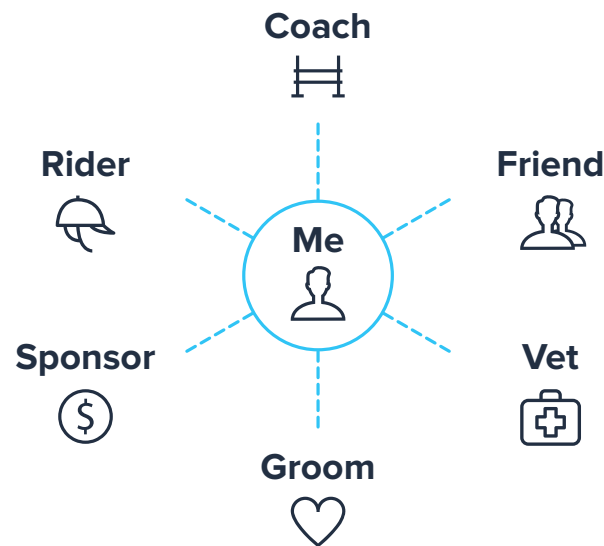
farrier

STABLE MANAGEMENT.

TEAM MANAGEMENT.

Following planning in the calendar, the team management allows you to create your own team. Choose the roles of people in your team (such as a groom or an owner), share your horses with certain people, and let EQUIMO be the platform where you all meet. It makes communication with various people easier and also more efficient. You do not have to worry about forgetting to tell someone important details or agreeing on different dates or times for an event mistakenly; in your app, you have everything clearly marked.

 **SHARE YOUR HORSES WITH CERTAIN PEOPLE, AND LET EQUIMO BE THE PLATFORM WHERE YOU ALL MEET**




In the first picture, you see a list of your team. Those are the people you have added to your team as riders or trainers, for example. In the second picture, you can see your roles. Those are the roles you play in other people's teams. You may be a groom in a team for one person, while for other people, you might be listed as a friend.

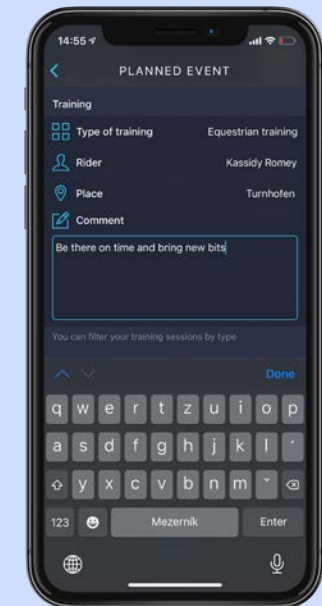
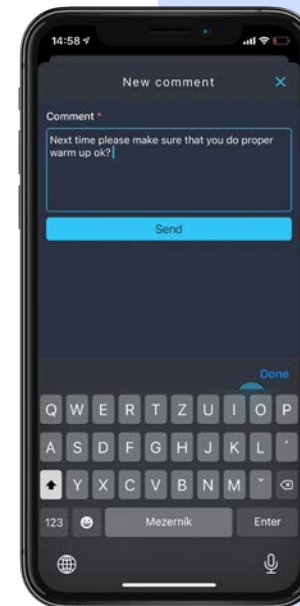
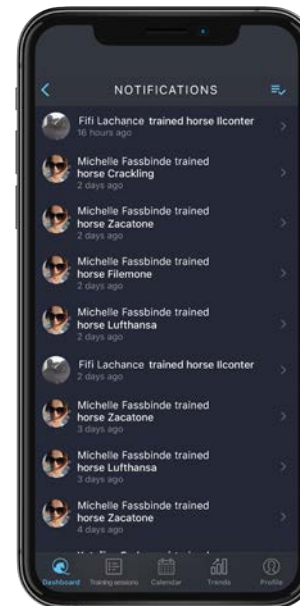
STABLE MANAGEMENT.



COMMUNICATION.

COMMUNICATION IS A CRUCIAL
CHARACTERISTIC OF TEAMWORK 

As mentioned above, you may plan your horse's sessions for your groom or B-rider when you are not present in the stable. Well, they do not need to call you after the training to tell you about your horse's work - you will see it yourself in your app. You can also leave notes or remarks in the comment section to adjust the next session to your liking. Communication is a crucial characteristic of teamwork, and it is now easier than ever.



There are several ways of communication in your EQUIMO app: comment on a finished training session, see notifications for updates, and write notes for planned events!



THE HANDBOOK.

HOW TO GET THE MOST OUT OF EQUIMO



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