

## FOREARM PRESS

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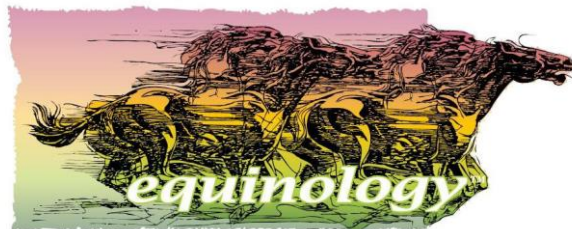
**Forearm press:** Rest your entire arm just above the brachiocephalicus for the forearm press. Sink inwards (medially). You may need to hold the initial "sink" for up to 90 seconds until the horse relaxes under your arm. In the photo, it is the green muscle lying just below the worker's arm.



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Once the horse offers some pressure on your arm, meet his lean and lift upwards towards the mane, still keeping contact with entire forearm. Try to avoid slipping across the skin. You will notice he will lower his neck for more pressure. When he does, hold for 90 seconds. Look for that soft eye.

This move is safe to do on a daily basis.



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