

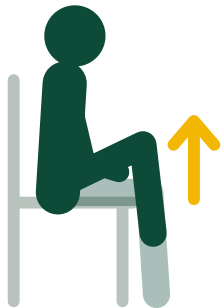
THE MELBOURNE CUP CHALLENGE 2026 · RACE 3

JOCKEY FITNESS CHALLENGE

Gentle seated exercise. Do up to 10 of each, at your own pace.

1

Jockey March



10 gentle marches

Lift one knee, then the other.
Like trotting on the spot.

2

Rein Pulls



10 rein pulls

Hold the reins out front, then
pull gently back to your chest.

3

Arm Raises



10 arm raises

Lift both arms up high, then
lower them slowly.

4

Forward Reaches



10 forward reaches

Reach both arms out in front,
then bring them back in.

5

Big Cheer



Give a big cheer!

Arms up, wave and cheer.
Well done, everyone!

● Go at your own pace

● Seated is perfect. Standing is optional

● Stop if anything hurts