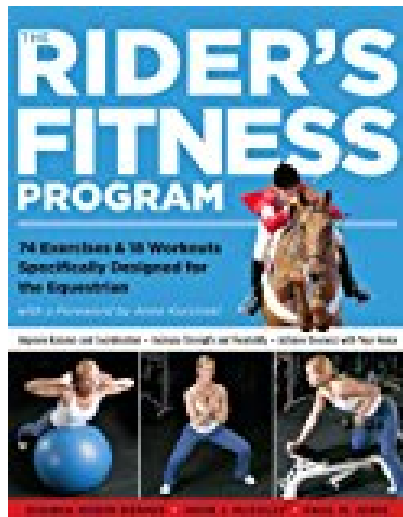


# The Riders Fitness Program 74 Exercises & 18 Workouts Specifically Designed for the Equestrian

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## BOOK DETAILS

- Author : Dianna Robin Dennis
- Pages : 224 Pages
- Publisher : Storey Publishing, LLC
- Language : English
- ISBN : 1580175422



## **BOOK SYNOPSIS**

Here is the perfect book for beginning riders who are using muscles they never knew they had before, advanced riders who want to stay in top form (especially as they get older), and weather-bound riders who want to be fit when spring arrives. The Riders Fitness Program details a fun and effective six-week program that strengthens the muscles riders use while improving overall balance, flexibility, and coordination. The book features more than 85 exercises designed to help new riders get over the aches and pains of getting started and experienced riders hone their skills and technique and prevent injuries. The routines are flexible, so you can customize the workout you need for jumping, dressage, reining, endurance, polo, or rodeo. The exercises are accompanied by step-by-step photographs that demonstrate how to perform each action properly (with an emphasis on safety). They progress from basic to advanced and are suitable for riders at all fitness levels. The authors also include fundamental information on diet, general health and safety, and clothing and equipment.

### **THE RIDERS FITNESS PROGRAM 74 EXERCISES & 18 WORKOUTS**

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