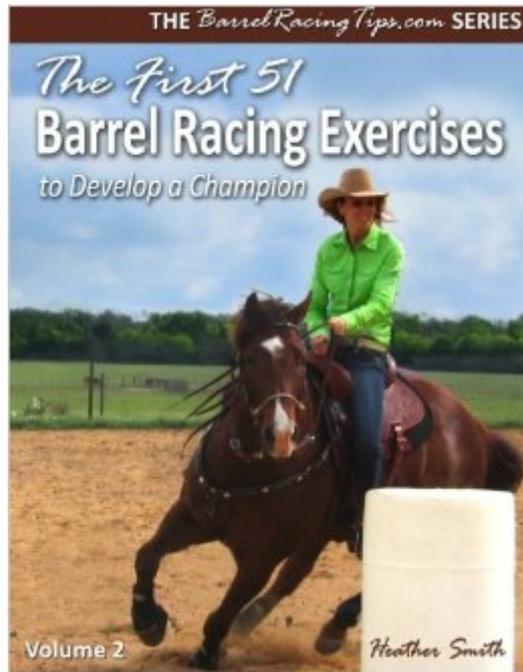


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# The First 51 Barrel Racing Exercises To Develop A Champion (Volume 2)



## Synopsis

As the second book in the BarrelRacingTips.com series, *The First 51 Barrel Racing Exercises to Develop a Champion* delivers that and much more. Author Heather Smith has gone above and beyond to share the critical and often overlooked elements absolutely necessary for achieving positive results with any barrel racing exercise. She has gone in-depth to explain why and when certain exercises are appropriate, as well as how they should be implemented to be most effective. With chapters addressing rider development, groundwork, quality movement, problem solving, the mental game for both horse and rider, and much more, *The First 51 Barrel Racing Exercises to Develop a Champion* provides tools for creating greater awareness and advancing skills to empower barrel racers to dissolve obstacles standing in the way of achieving high level barrel racing success. Guidelines are offered for training barrel horses as well as building strength and coordination - necessary for expressing speed on the barrel pattern. What sets this one of a kind resource apart is that it provides structure for developing mental engagement in horses resulting in greater understanding, responsiveness, communication and connection. Within many of the practical exercises featured are actually several exercises described with possibilities for variation and expansion to build upon, advance, and customize to meet the needs of each individual horse and rider. Truly unique in that it addresses the mental, physical and emotional aspects of the barrel racer and the barrel horse, *The First 51 Barrel Racing Exercises to Develop a Champion* will become your #1 resource for learning, and continuing to do the simple things with excellence, which is the foundational element for success in barrel racing, and any other equine discipline.

## Book Information

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## Customer Reviews

Heather Smith's dedication and commitment to the barrel racing industry is so very obvious in her new book, "The First 51 Barrel Racing Exercises to Develop a Champion." The way in which she breaks down exercises for the horse and the rider can do nothing but help you to improve your ability and relationship with your horse. I know that I can't wait to start putting them into action. Now that I have collected all of the books in the barrel racing tips.com series, I have a clearer understanding of the relationship between me and my horse. My dreams are now becoming a reality. Thank you Heather Smith for helping us to find our potential!

Heather Smith has done it again! Just as in her first book, *Secrets to Barrel Racing Success*, her new book gives clear and concise exercises for both horse and rider to improve their horsemanship and relationship no matter what discipline one follows! Though I am not a barrel racer, I feel that almost all of these exercises will help my connection with my horse, as well as helping him to become more responsive and flexible. I also appreciate the chapters on exercises for the rider as these will also help with my core strength which will improve my riding overall. Thanks, Heather, for being so thorough and breaking it all down for us! Love the patterns and pictures which give good illustrations!

Finally, finally there is a top-notch guide to fitness for BOTH horse & rider! Any equestrian knows that we don't just "sit there", but the muscles and coordination to work with our 1200-lb teammate make us true athletes. This book is well laid out and easy to use. HIGHLY recommend to any rider wanting to up their game and get the best from yourself and your horse.

This book presents progressive exercises that are easily understood and well illustrated. I especially appreciate Heather's emphasis on a true connection between horse and rider. The quotes she includes in her book are apt and thought provoking!

Excellent and in-depth book for barrel racers! Get your note cards out and take notes as you read. We took notes, had them laminated and are implementing the various exercises into our workout. This book has pretty much all you need in one place.

I'm finishing reading the first volume "Secrets to Barrel Racing Success", and I'm loving it! She is so committed to helping RIDERS and HORSES, making our lives better and happier! She gives us an

amount of tools - knowledge - so we can improve ourselves as rider, horsemen and to develop the best in our horses! She really makes the world a better place for both riders and horses, no matter what discipline you ride! She gives clear exercises for horse and rider to improve our horsemanship, to become truly CONNECTED and this amazing! With the 2 books I know I can improve my riding and make a huge difference in my horses's lives! Now I have a clear understanding about my relationship with my horses and I know what to do and WHY! She has changed mine and my horses's lives! I'll never thank you enough for that, Heather Smith! God bless you!

I love how Heather puts the relationship first and foremost. This is a concept that can get pushed to the side but is the key to having success. The exercises that she mentions are simple to follow but they require your horse to focus on you as a leader and not on everything else. I was also impressed with the part of the book where she talked about exercise habits that we as humans could do to improve. So often we get caught up in what our horse needs to do better that we forget to also focus on what we could do to improve ourselves.

The First 51 Barrel Racing Exercises is an excellent collection of exercises and concepts to help advance human and equine athletic ability, develop a positive relationship between the human and horse, and prepare both for a successful future. I had a lot of AH HA moments while reading it - a must have for all barrel racers.

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