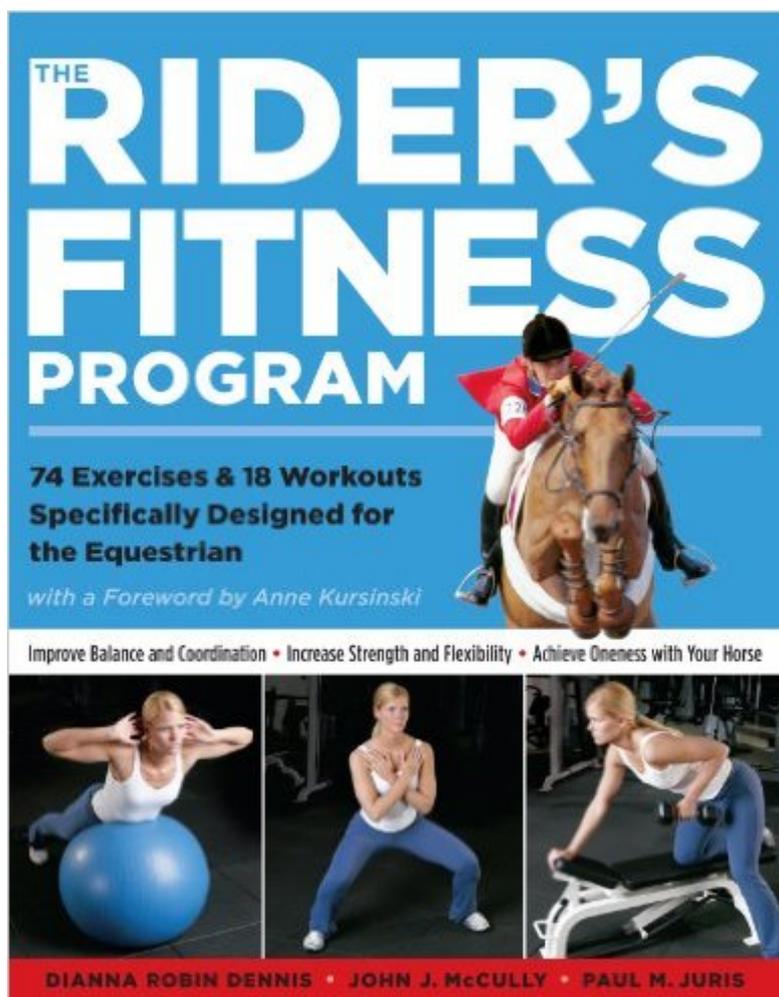


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# The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed For The Equestrian



## Synopsis

Get in top riding shape! Designed to strengthen the muscles commonly used by equestrians while improving overall balance, flexibility, and coordination, this six-week fitness program includes clear instructions and step-by-step photographs for more than 70 exercises. You'll learn how to create workout routines that are customized for specific disciplines like jumping, dressage, and rodeo. Whether you're a beginning rider or have years of experience, increased fitness will help you prevent injury and improve your riding form.

## Book Information

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## Customer Reviews

As a week-end rider, I eagerly anticipated the release of this book because I wanted to target my riding muscles to help me improve. The first disappointment came when I realized I needed to belong to a gym. They do give you home alternatives for some, not all, of the exercises but many are not workable, requiring anchor points at specific heights for the resistance band alternatives. I supposed I could tap a bunch of screw eyes into one wall and the ceiling, but I bet my landlord wouldn't be too happy! There was also a pretty complete set of equipment you were expected to own; benches, free weights, weight bars, ankle and wrist weights, exercise balls, medicine balls, resistance bands, tilt boards, rollers, etc. The helpful web link to sources of the equipment took me straight to one of the author's equipment sales web page. I had about half the equipment needed and am being resourceful for the things I don't have. Free weights, exercise balls, medicine balls, resistance bands and tilt boards are all going to be needed. The second disappointment was most of the exercises were the same old same old. Some of them were packaged a bit differently and

toward the end of the six week series, the exercises look more interesting, combining strength, balance and posture in one exercise. (I have read the whole book and have completed week one) At first, I thought the layout of the book was a bit awkward, but as I began to use it, it became clear the variations in routine (One of the things I really like about the book) makes the layout necessary. There is a warm-up/stretch section without a lot of instruction, so I just used what I thought was appropriate for that days workout.

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