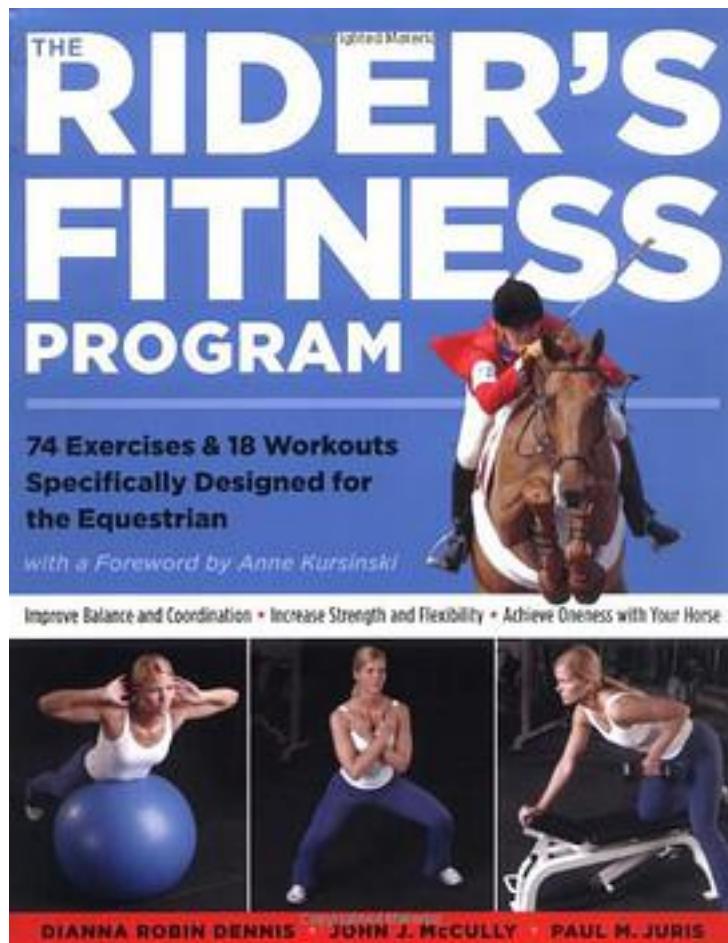


# The Rider's Fitness Program



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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 can't get out during the winter but want to be fit

when spring arrives. The Rider's Fitness Programme 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 ultimate goal, of course, is to achieve oneness" with the horse. The routines are flexible, so individuals can customize the workout they 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). The exercises are progressive, from basic to advanced, and suitable for riders at all fitness levels.

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