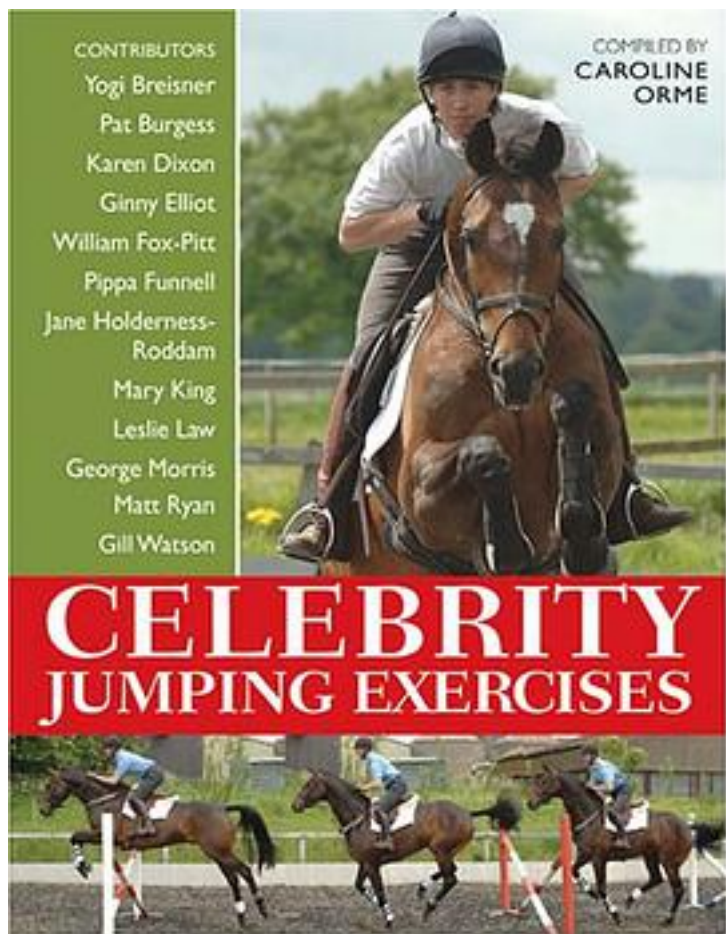


Celebrity Jumping Exercises



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著者:Orme, Caroline (COM)

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An ideal training guide with simple explanations of the different exercises and their aims. The contributors are all Olympic riders or trainers at the very top of eventing. Their achievements include World, European and Olympic medals, Badminton and

numerous Burghley Horse Trial wins. It has commented sequential photographs and notes as to when to use the exercises, when not to and how to fix common problems. It also includes photographs of the celebrity riders and their training philosophies.

作者介绍:

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