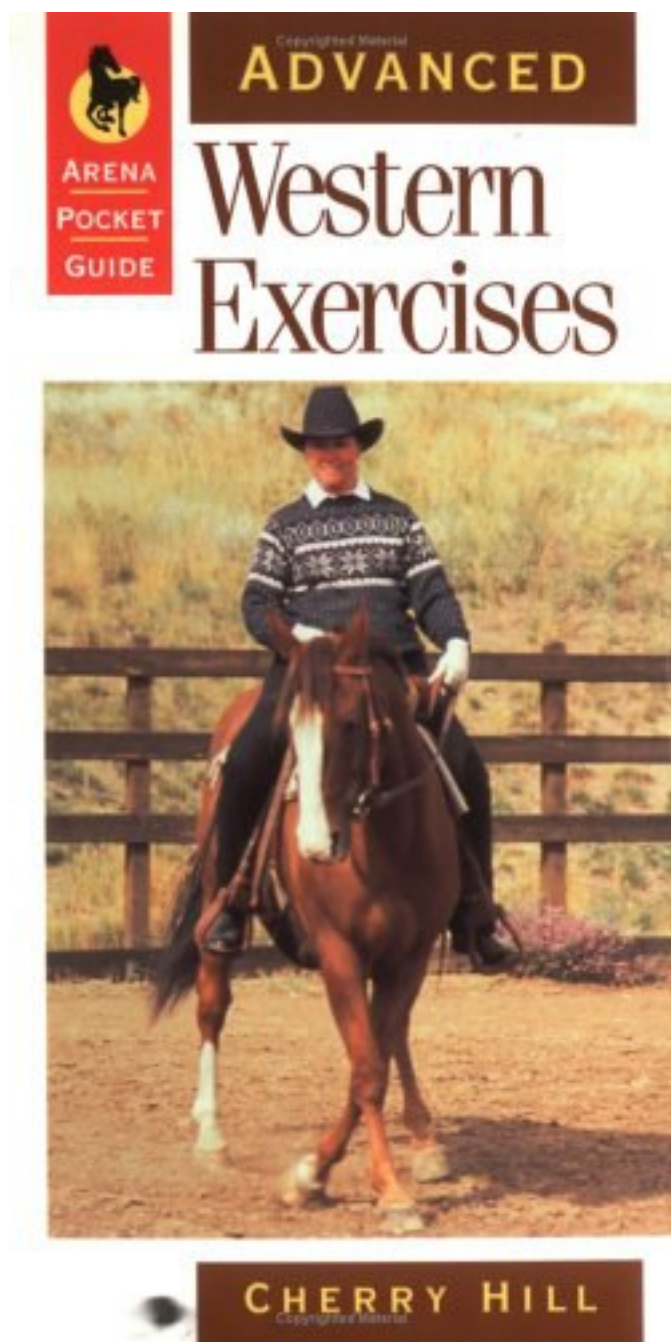


Advanced Western Exercises (Arena Pocket Guides)



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Arena exercises are a cross between gymnastics, meditation, and geometry. They are essential keys for discovering many important principles about training and riding. The pocket-size book from Cherry Hill, designed for every level of rider, is the perfect in-the-right guides to those most effective exercises.

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