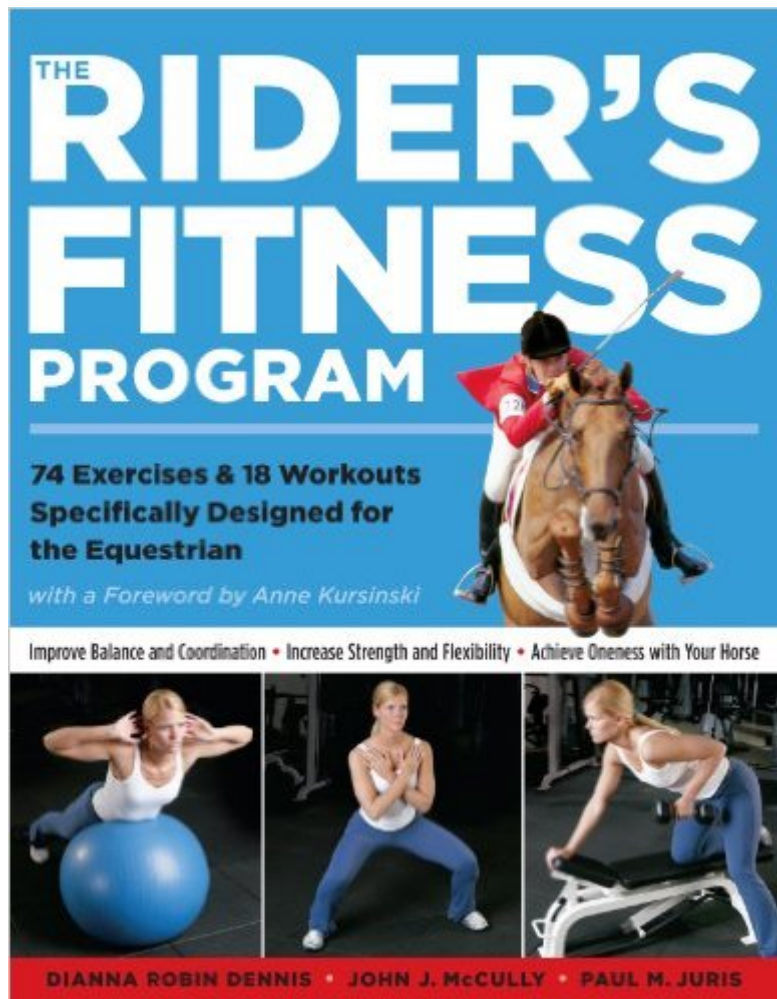


The book was found

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. Youâ™ll learn how to create workout routines that are customized for specific disciplines like jumping, dressage, and rodeo. Whether youâ™re a beginning rider or have years of experience, increased fitness will help you prevent injury and improve your riding form.Â

Book Information

Paperback: 224 pages

Publisher: Storey Publishing, LLC; First Edition edition (November 15, 2004)

Language: English

ISBN-10: 1580175422

ISBN-13: 978-1580175425

Product Dimensions: 8.5 x 0.6 x 10.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (69 customer reviews)

Best Sellers Rank: #31,729 in Books (See Top 100 in Books) #15 inÂ Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding #15 inÂ Books > Sports & Outdoors > Individual Sports > Horses > Equestrian #4834 inÂ Books > Health, Fitness & Dieting

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 day's workout.

[Download to continue reading...](#)

The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian
How to Learn & Memorize a Randomized Deck of Playing Cards ... Using a Memory Palace and Image-Association System Specifically Designed for Card Memorization Mastery (Magnetic Memory Series)
How to Learn & Memorize Legal Terminology: ...Using a Memory Palace Specifically Designed for Memorizing the Law & its Precedents (Magnetic Memory Series)
How to Learn and Memorize English Grammar Rules: Using a Memory Palace Network Specifically Designed for the English Language, Magnetic Memory Series
How to Learn and Memorize English Vocabulary Using a Memory Palace Specifically Designed for the English Language: Special Edition for ESL & EFL Teachers
How to Learn and Memorize German Vocabulary: Using Memory Palaces Specifically Designed for the German Language
How to Learn and Memorize Spanish Vocabulary: Using Memory Palaces Specifically Designed for the Spanish Language
How to Learn and Memorize Latin Vocabulary: Using a Memory Palace Specifically Designed for Classical Latin (Magnetic Memory Series)
How to Learn and Memorize Arabic Vocabulary: Using a Memory Palace Specifically Designed for Arabic (Magnetic Memory Series)
How to Learn and Memorize Italian Vocabulary...: Using a Memory Palace Specifically Designed for the Italian Language (Magnetic Memory Series)
Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss
World of Dreamy Girls - A book designed for coloring: World of Dreamy Girls - A book designed for coloring, coloring book of female character designs in fantastic world, fashion stylish beauty
African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends)
The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends)
Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it.
Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it
101 Arena Exercises for Horse & Rider (Read & Ride)
101 Jumping Exercises for Horse & Rider (Read & Ride)
101 Jumping Exercises: For Horse and Rider
Equestrian Style: Home Design, Couture, and Collections from the Eclectic to the Elegant

