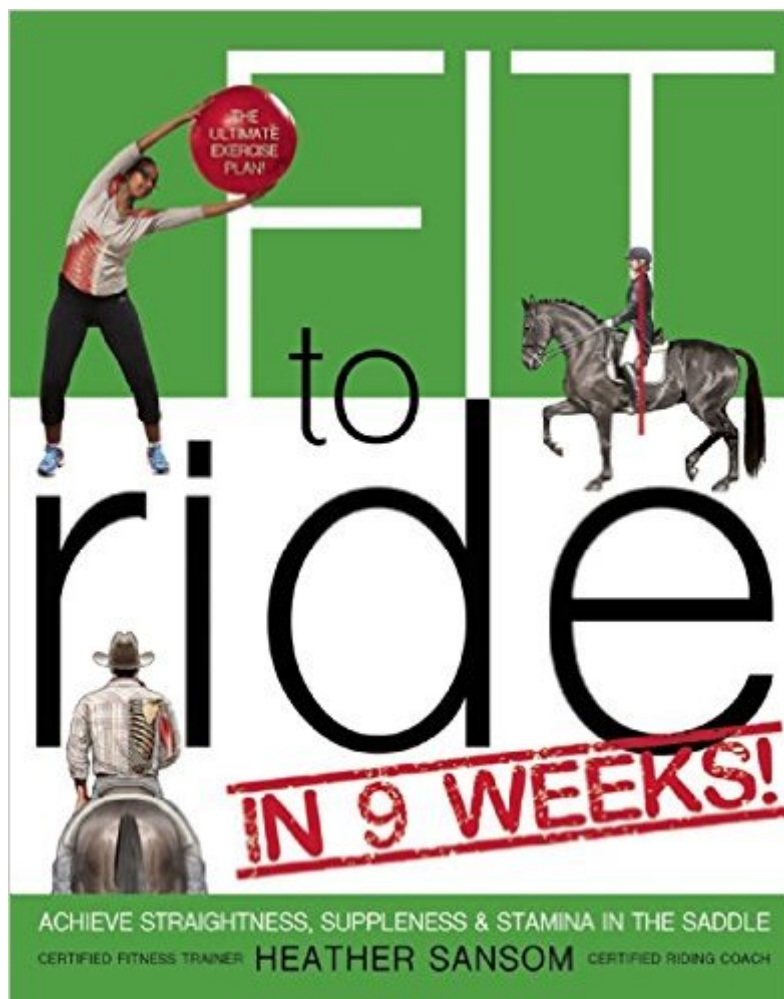


The book was found

# Fit To Ride In 9 Weeks!: The Ultimate Exercise Plan: Achieve Straightness, Suppleness, And Stamina In The Saddle



## Synopsis

Regardless of discipline, level of expertise, training philosophy, body shape, or fitness level, all riders do better—in horse-related activities on the ground and in the saddle—when they take care of their bodies and maintain their fitness. While riding is a great way to enjoy an active lifestyle, on its own it is not enough to condition and tone the body to the degree we need, and then the horse must make up the fitness gap in our physical partnership. If our reflexes are slow, if our bodies fatigue, if our position collapses, if tension patterns appear, then the horse suffers repetitive asymmetrical strain or develops compensatory movement habits. It is for his good, as well as ours, that certified personal trainer and riding coach Heather Sansom has developed an utterly achievable 9-week plan to give every rider the straightness, suppleness, strength, and stamina she needs to ride her best. With hundreds of one-of-a-kind illustrations depicting accurate musculature on the rider's body, and dozens of proven exercises organized in a progressive fitness program with easy-to-use schedule charts, Sansom's book is the key to enjoying the ride, being fair to your horse, and getting into fabulous shape—in nine weeks!

## Book Information

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## Customer Reviews

As a professional trainer, rider and coach struggling with chronic Lyme, it is hard for me to keep up strength and muscle (and therefore straightness and suppleness). This book has been an amazing help. The plan is for three days each week about 30 minutes a day, but you can break it down into smaller blocks of time to suit your schedule—this is great for staying on track when days get busy! I've only been working on these exercises for two months, and I already notice a

difference. Iâ™ve gained endurance, mobility and suppleness, and the horses have noticed and love it!

Exactly what I have been looking for.

Not a good basic - how to start book

Great demo instructions and background history into riding

Fabulous

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