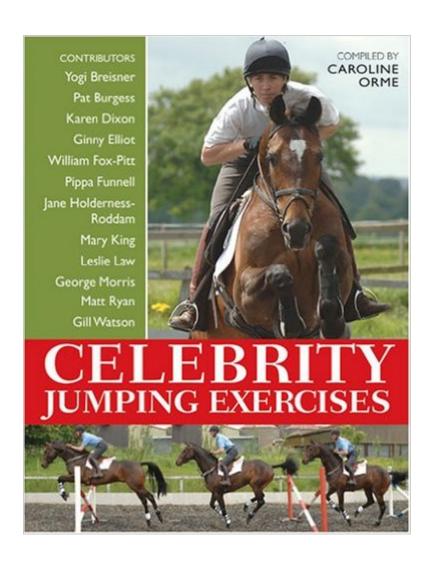
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Celebrity Jumping Exercises





Synopsis

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.

Book Information

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Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

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> Individual Sports > Horses > Equestrian

Customer Reviews

Each celebrity brings his or her style to the exercises described. And so, learning how to jump is that much more interesting since the exercises never get too repetitive or boring. One drawback is that the exercises are classified by the name of the trainer, and not in the order of difficulty, - yes the book has the instructions on how to start a young horse or a young rider over jumps, but you won't find those on the first page.

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