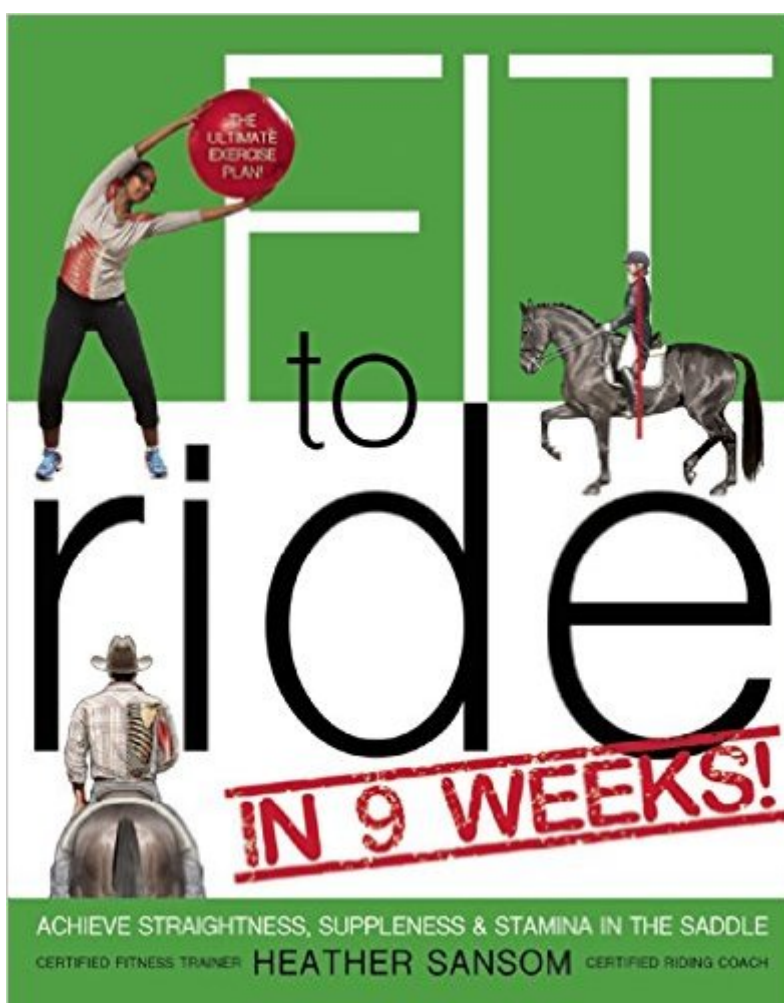


The book was found

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

Paperback: 208 pages

Publisher: Trafalgar Square Books (June 14, 2016)

Language: English

ISBN-10: 1570767300

ISBN-13: 978-1570767302

Product Dimensions: 8.2 x 0.4 x 10.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars — See all reviews (5 customer reviews)

Best Sellers Rank: #49,310 in Books (See Top 100 in Books) #33 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding #33 in Books > Sports & Outdoors > Individual Sports > Horses > Equestrian #207 in Books > Biographies & Memoirs > Sports & Outdoors

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. I'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

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

Fit to Ride in 9 Weeks!: The Ultimate Exercise Plan: Achieve Straightness, Suppleness, and Stamina In the Saddle BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Stretch Exercises for Your Horse: The Path to Perfect Suppleness ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidelines for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsm's Resources for the Clinical Exercise Physiology) Exercise Every Day: 32 Tactics for Building the Exercise Habit Max Ride: Ultimate Flight (Maximum Ride (Hardcover)) Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health The Guitar Finger-Gym: Build Stamina, Coordination, Dexterity and Speed on the Guitar Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS Common Core Achieve, Reading And Writing Subject Module (BASICS & ACHIEVE) Common Core Achieve, Social Studies Subject Module (BASICS & ACHIEVE) The Hidden Magic of Walt Disney World Trivia: A Ride-by-Ride Exploration of the History, Facts, and Secrets Behind the Magic Kingdom, Epcot, Disney's Hollywood Studios, and Disney's Animal Kingdom When You Ride Alone You Ride with bin Laden: What the Government Should Be Telling Us to Help Fight the War on Terrorism Gunsmoke and Saddle Leather: Firearms in the Nineteenth-Century American West Horse Crazy (Saddle Club(R))

Cleve Wells Going For Broke: 15 Lessons To Teach Your Young Horse To Be A Willing, Respectful Partner In Hand & Under Saddle Making, Not Breaking: The First Year Under Saddle

[Dmca](#)