



The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian

By Dianna Robin Dennis, Johnny J. McCully, Paul M. Juris

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

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Editorial Review

Review

"...a comprehensive assortment of exercises to motivate any rider to get fit."

-Chronicle of the Horse

From the Back Cover

You're just six weeks away from world-class strength, balance, and flexibility!

Being strong and fit is the key to achieving the ultimate goal of oneness with your horse. Now, with *The Rider's Fitness Program*, you can practice skills at home or in the gym that will bring you closer to this goal when you're in the saddle.

This unique, six-week workout routine is designed specifically for equestrians. Each exercise will help you build the strength, endurance, and skills that will enhance your riding experience.

Novice and weekend riders will appreciate the exercises designed to reduce aches and pains and prevent injuries. Returning riders will find that these workouts refresh their muscles' memory until they are up to speed again. And experts will discover new ways to hone their skills off the horse.

No matter where you stand on the riding spectrum, *The Rider's Fitness Program* will help you get in shape?physically, mentally, and emotionally.

About the Author

Dianna Robin Dennis is a full-time equestrian writer and lifelong rider. She has written for many equestrian magazines in the United States and abroad, including *The Chronicle of the Horse* and *Equestrian* (Horse Show) magazine.

John J. McCully is a certified fitness professional and personal trainer. He co-founded Equestrian Fitness Company, which tailors fitness programs for individual riders.

A specialist in sports development and rehabilitation, Dr. Paul M. Juris has served as Kinesiologist Research Coordinator at Beth Israel Medical Center in New York City and as a consultant to numerous professional athletes and sports teams in the United States.

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Lois Cox:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the book entitled The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian. Try to stumble through book The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian as your good friend. It means that it can to get your friend when you feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortuned for yourself. The book makes you a lot more confidence because you can know everything by the book. So , let me make new experience and also knowledge with this book.

Angela Dreiling:

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Margaret Velasquez:

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Edna Vachon:

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