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## Horse and Rider Fitness: The Essential Guide for All Riders

By Linda J. Purves

Kenilworth Press, Wykey, 2006. Hard Cover. Condition: New. Dust Jacket Condition: New. 1st Edition. This is the definitive guide on fitness training for both horse and rider - without the use of the gym. Linda Purves gives a wealth of practical, effective, sport-specific exercises designed to take both horse and rider from fat to fit and from out of condition to competition ready. The simple, yard-based exercises, all illustrated with photographs, make fitness training fun and accessible to riders of all abilities. Comprehensive training programmes cater for all levels and take the rider progressively from the beginner in the riding school through to the advanced demands of competitive riding. Specific detail is provided on a wide range of equestrian disciplines including eventing, polo, endurance, dressage and show jumping. Aimed at today's busy horse owner, additional chapters include healthy eating to how to create a 'ten-minute stable work-out', making this an invaluable guide to improving fitness and flexibility for both horse and rider. Size: 4to - over 9¾" - 12" tall.



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