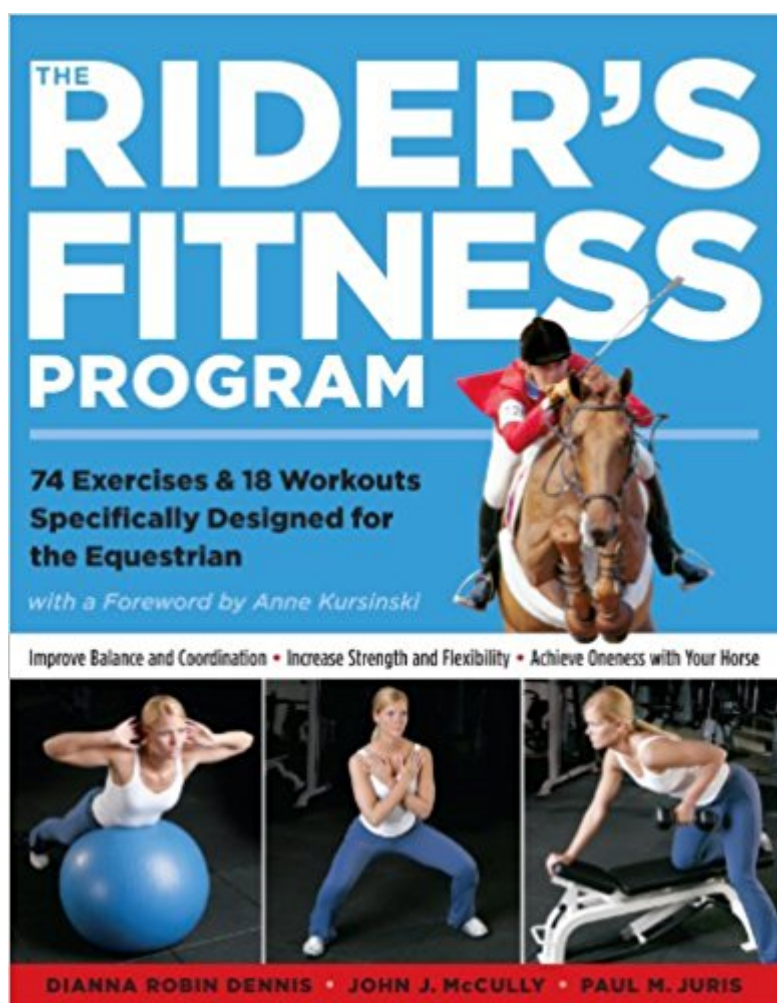


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# The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed For The Equestrian



## Synopsis

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.

## Book Information

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## Customer Reviews

"...a comprehensive assortment of exercises to motivate any rider to get fit." -Chronicle of the Horse

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 shapeâ€”physically, mentally, and emotionally.

I started a riding program almost a year ago and discovered fairly quickly that gym work was going to be essential to achieving my personal goals. I spent a few months attempting to do programs of exercises that others had recommended and, finally, decided to buy this book since it was a complete program. It has made all the difference. Balance issues are going away quickly as my balance, strength, and flexibility grow. My trainer has been amazed at my progress. The instructions are clear and the program is balanced so that no one area gets overworked for any session. Most importantly, the program builds the muscles needed to do the the more difficult exercises. My only wish is that the thing came in a 3-ring binder or similar so I can remove the pages I want without having to take the whole thing to the gym. Thus, today, I am disassembling my book to do just that.

I can't write this review without having my experience in body mechanics/physical training interfere. If you are an equestrian that has extensive experience with working out, being in a gym or PT in any way, this book is full of exercises you already know. All you'll need to do is think about the movements of riding, note the muscles used and apply the exercises most typically used to strengthen those muscle groups (and, of course, core) If you have little to no experience in the gym and are an equestrian, then this book could be GREAT for you. It will very simply and easily explain various strengthening exercises to you that will help you along. . .especially if you can't ride every day.

I LOVE this program. I have a difficult time exercising because it is hard for me to justify what I consider to be a waste of time. This program specifically explains how the exercises will help improve your abilities in the saddle. I have a reason to exercise now!!!! I did have to purchase quite a few little exercise tools (although we did already have some of them from previous attempts at work outs), but these didn't cost too much, less than \$100 for everything (and that's for two people to share doing the program together), and that is enough equipment to get you through almost the entire program on repeat as long as you want. There are some exercises (only a couple) that can't easily be done without gym equipment, but my husband and I have improvised the best we can, and have been able to modify every exercise in the book for home except for one. That one exercise, we simply swap out for something else that is similar. I did have a gym membership, but I cancelled it several months ago, as I'd much rather work out in the comfort of my own home if that is possible for me. One other observation we have found is that the exercises are very easy. I do not in any way

consider myself to be fit, I am quite the opposite actually, and even I needed to significantly increase the exercise reps in order to have any sort of affect. What we typically do is rather than doing the small number of reps given by the book, we just do as many reps as we can do, (high reps and low weights kind of thing). We have only been doing the program for a few weeks, but I have noticed that the number of reps that I can do for most of the exercises is steadily increasing each time. We are not close to the more advanced exercises yet, but I think the program will be beneficial overall. My husband does not ride, but this program helps anyone who wants to build strength, and so he was willing to try it along with me, which is nice, as some of the exercises suggest having a partner to help. The only reason I have given it 4 out of 5 stars is because of the low reps thing. Maybe it was set up this way for someone who doesn't already ride, and may not have that strength? I'm not sure, but we just modified it to what worked for us. I would definitely recommend this book to someone wanting a program that actually tells you how it will help you ride, and is flexible enough that you can follow along, but also modify it to what works best for you, be that more reps, or thinking of ways to modify exercises at home when you don't have certain pieces of gym equipment!

I found this book had lots of exercises I could happily carry out but not having the gym equipment and not having a gym close by I had to choose what was practical for me to do. By purchasing some of the basic equipment I increased the range of exercises that I could do. The exercises I could carry out were very useful for my physical development - strength, balance and flexibility - and I'm older than most beginner riders having only started riding at age 65! I'm getting more fit & I'm sure it will be of value in my old age! The exercises would be good even if I wasn't riding. I liked the way the exercises were related to the needs of the horse rider.

Nice book with some ideas about how to get in better shape for your horse when you are not able to ride. Some of the exercises require hard to find equipment or machines. After going through the 6 weeks of exercises, I thought the book was not strenuous enough to improve my riding---the exercises did get me excited to ride again while I waited out the snow. Now that the weather in my area is good for riding, I find nothing really replaces being on the horse.

I am using in place of standard exercise program with weigh-loss routine. Hopeful to be strong enough to balance better this riding season. Nice progressive plan with the ability to change it up and stay fresh.

This was hit and miss. At first I loved it. It gave me a clear guide as far as what to do in the gym. But after a while, I didn't really feel I was getting anything out of it. I was doing the stretches and did the exercises just like the book indicated. The way the guide has you do the exercises was a little off for me. Some days, even with proper weight amounts, I felt like I didn't do any work. Others it would be all I could do to do half of it. It didn't feel very balanced. This book definitely needs a gym membership to go along with it. Using this book at the gym is a must. However, I felt like I gained more muscle riding than working out at the gym. This book is ok, just not exceeding expectations. If you know what muscles you need to work and which gym machines work those muscles, then this book isn't needed. If you have no idea what the inside of a gym looks like, this book can be a good stepping stone to getting you more comfortable in the gym. But overall, I feel it didn't do much in terms of fitness.

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