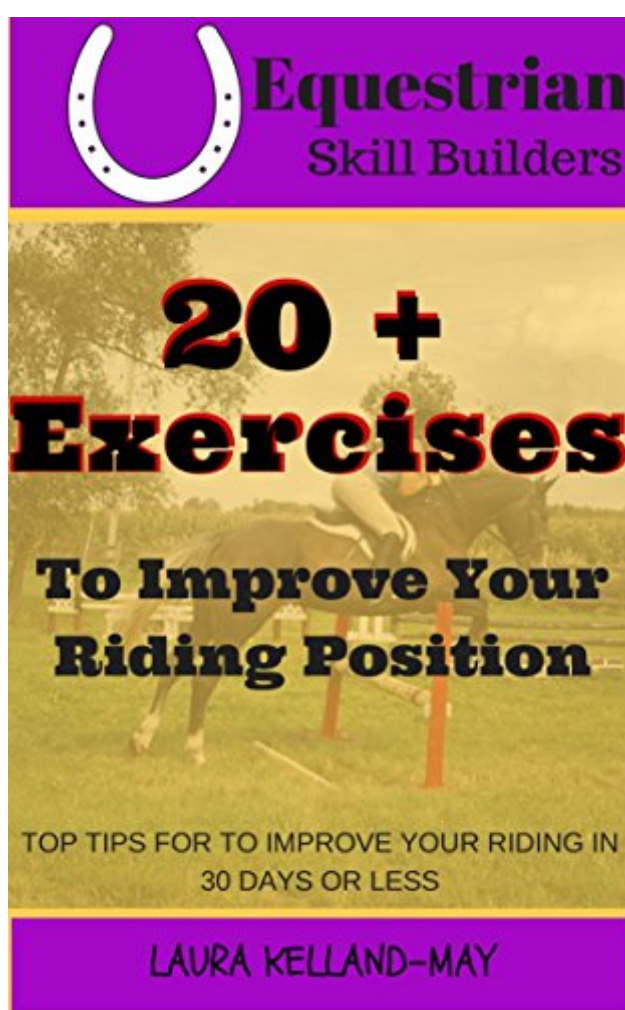


The book was found

Equitation Tips- 20+ Exercises To Improve Your Riding Position: For Dressage, Hunter, Jumper And Horseback Riding In General (Equestrian Skill Builders Book 1)



Synopsis

Do you want to be a better rider in 30 days? Learn the secrets that top trainers know. Perform some of the easiest and effective exercises to get your riding position where you want it to be. Follow the simple program outlined in this book and you will be a better rider in 30 days; or possibly sooner! We've all seen those riders who magically get their horses to seamlessly perform without any effort. It may be a beautiful hunter round, jumper course, dressage or western reining or pleasure. How do they do it? With this simple outline I hope to offer you some important strategies to improve your overall riding ability and get noticed for your riding style. If you've got 30 days then this book will help you enhance your riding skills. Get these 20+ exercises and variations of exercises to add to your arsenal of horseback riding techniques. It is not just "put your heels down" that makes for a strong leg; it is the balance and form of the leg that determines the strength. You can have your heels down and not be effective or secure. These exercises will direct you and develop strategies to improve all aspects of your riding position. With this proven program of exercises to perform each week your riding will exponentially grow and your horse will thank you for it.

Book Information

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Customer Reviews

Nicely written. Basic skills as well as tips for strengthening exercises. Will be great goals for unmounted programs during times unable to ride.

Lots of great deas for improving your riding!A helpful book for those of us who ride without regular instruction

Great book! So helpful and something I will continue with week after week! Helping your body, teaching your body how to ride correctly is good for you but even better for that horse! We learn to correctly communicate with them!

Laura Kelland-May outlines a 4 week plan to help riders improve their position in the saddle. There are exercises that can be done off the horse as well as when riding to improve balance and suppleness. She also offers solutions to some common riding problems such as - if your leg slips too far forward or backward; if your hands move up and down while trotting, etc. It's a useful reference for novice riders and their coaches.

Some good info but much repetition and digression. Some nice pictures. Will occupy your time. If they ever decide to charge for it.....

I gave this one only 4 stars due to the number of typographical errors or additional words caused by the auto correct feature. It was very distracting. Otherwise, it was helpful in knowing several key points to improve my riding.

Although my trainer has used these techniques in the past and passed them on to me, this is an AWESOME book for beginners. Use the exercises; they do work!

they are very good exerciseespecialy for someone like me not beeing very well trained riderthank you for the book

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