



# **Rider Fitness: Body and Brain: 180 Anytime, Anywhere Exercises to Enhance Range of Motion, Motor Control, Reaction Time, Flexibility, Balance and Muscle Memory**

*Eckart Meyners*

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"Ideal for riders looking to get fit, this program helps equestrians at every level improve their riding position and endurance and work out like professionals. Ground exercises help to develop suppleness, flexibility, and coordination, while simple mounted exercises help riders correct common problems such as seat stability and aid coordination. The activities-demonstrated by an Olympic dressage rider-are specially created for athletes to help them reach peak strength. Perfect for both the barn and the show circuit, this guide is also designed to help reduce stress and tension in the saddle"--

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