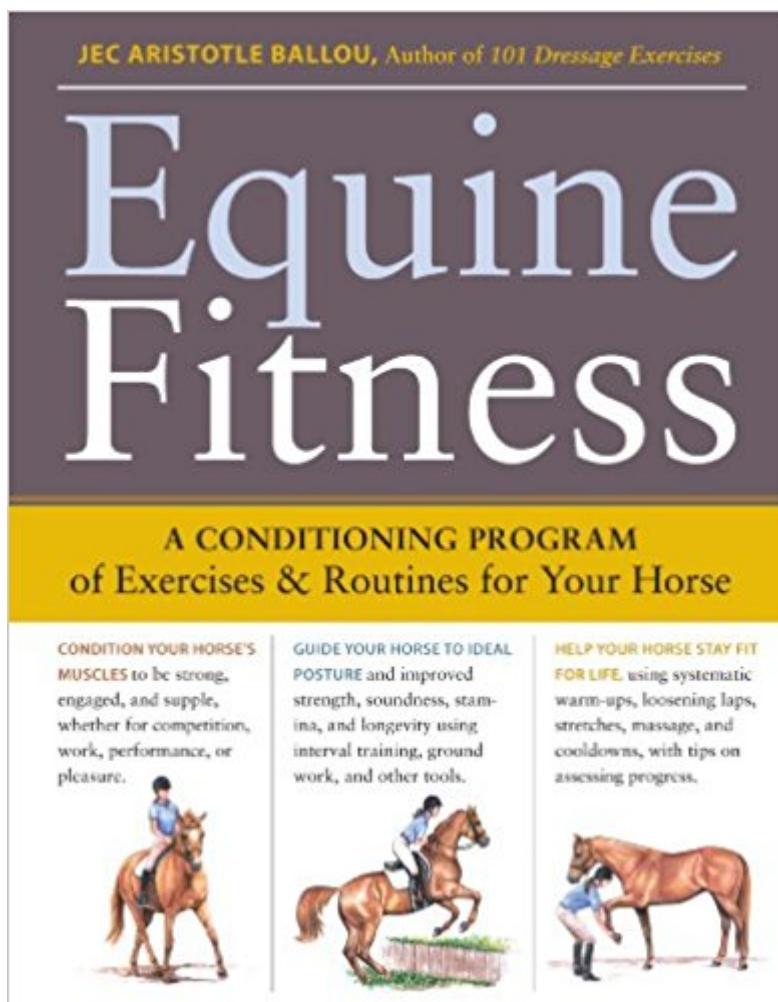


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# Equine Fitness: A Program Of Exercises And Routines For Your Horse



## Synopsis

Get your horse in shape and maintain his overall fitness, regardless of his age or abilities. Equine Fitness will have your horse looking and feeling his best with a series of fun exercise routines specifically designed to enhance his strength, stamina, and agility. Clear step-by-step instructions and detailed illustrations make the exercises easy to follow, and the book includes a handy set of pocket-sized cards that you can use in the ring. Jec Ballou's simple conditioning program promises lasting results for healthy horses and satisfied riders.

## Book Information

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## Customer Reviews

Total-Body Conditioning for Your Healthiest Horse Keep your horse fit, happy, and eager to please with exercise routines that are simple to follow and fun to perform. Designed to improve equine strength and agility, these exercises give every horse -- regardless of age, ability, or discipline -- the fitness training to perform at consistently high levels. Additional benefits of these routines include increased stamina, improved range of motion, and fewer injuries in your well-conditioned horse.

Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

I am a new horse owner, and am trying to plan lessons between my actual lessons with an instructor. I have found great exercises in this book, and love the little cards. I should probably get them laminated. I am not super excited about the on the ground stretches (pull the tail, flex the joints, etc), and this is probably because this is completely out of my comfort zone and I am worried I could do something wrong. I will check that with my instructor...But overall I would recommend this book.

I highly recommend this book to anyone who wants to get their horse fit in many areas. Some comments say that western riders can't benefit from this book because it has jumping exercises in it, but there are only 3 or 4 jumping exercises and they are doable on the lunge line as well. Overall, this is a great book. Ballou makes it easy to understand what she is saying with illustrations and great instruction. Pretty much anyone could do most of these exercises, from beginner to advanced.

I have several books on equine fitness and this one is, by far, the best! The author's explanation of equine anatomy and the development of equine fitness was outstanding and her program for the development of the horse at any age was perfect for my herd. Add to that, the fact that it is in digital form makes my life a whole lot easier. I can read it anywhere.

Great tips and information from front to back. It helped me significantly in creating a training/conditioning program I want to use on my 11 y/o mare who has been a pasture pet her whole life. Come spring I feel like I have a very educated plan for getting her in shape a safe and effective way that will encourage her willingness to work.

Pretty good

This book is fabulous! I read as many equine related books as possible to help my relationships with my horses in anyway that I can and I have to say that this is the best book I have come across yet! I found it so helpful, and so easy to read and understand. The fact that there are cut-out cards in the back so I can easily take them to the barn with me is fantastic. I want to buy a copy for every horse owner/rider I know! So very pleased with this purchase.

This book made so much sense, as in targeting workouts for specific results, same as bodybuilders

and athletes. Plus giving you actual exercises to do them. The only thing I would have preferred would have been actual photos rather than drawings, no matter how beautifully done. A great addition to any equine library.

Full or really great exercises for you and your horse! Some will be limited though. It certainly depends on what you have available in your area (i.e. hills). Worth the buy for sure!

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calisthenics for beginners,calisthenics books, calisthenics program) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Golf Fitness: An All-Inclusive Golf Fitness Program For Golfers Only Equine Sports Medicine and Surgery: Basic and clinical sciences of the equine athlete, 2e

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