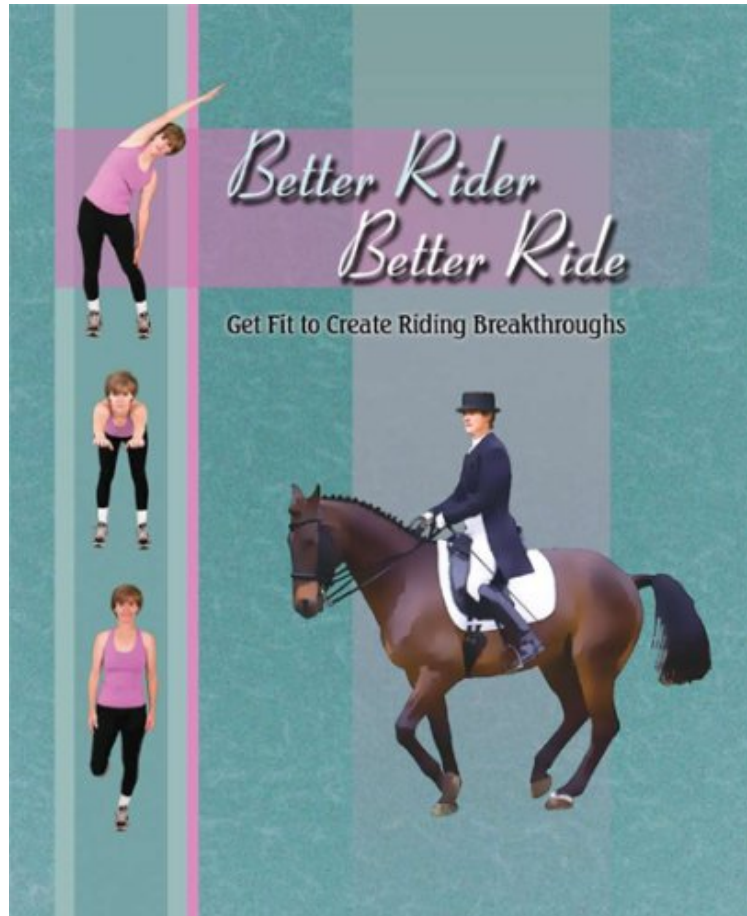


(Download) Better Rider, Better Ride: Get Fit to Create Riding Breakthroughs

Better Rider, Better Ride: Get Fit to Create Riding Breakthroughs

Linda Schultz

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Linda Schultz : Better Rider, Better Ride: Get Fit to Create Riding Breakthroughs before purchasing it in order to gage whether or not it would be worth my time, and all praised Better Rider, Better Ride: Get Fit to Create Riding Breakthroughs:

0 of 10 people found the following review helpful. I read it twice and I still can't ride. ha ha haBy Maryann PartykaLike I said in my title, I still can't ride. In fact those big horses kind of intimidate me.I give a lot of credit to anyone that can ride. The book was very descriptive and detailed, but not so much that a person like myself who only knows the front and back of a horse really understood it. If nothing else I use the exercises all the time and maybe I'll try it again sometime. Over all the author wrote it so that children and adults can both benefit from this book. Excellent

It's true! Becoming fit will lead to real breakthroughs in your riding. By using this detailed program, you'll see tremendous improvement in many areas you need to be good at in riding: * Better posture * Improved reaction times * Improved body composition * Better balance and coordination * Better discipline Author Linda Schultz identifies

common riding problems and how they can be corrected through specific exercises. Includes a self-test to allow readers to accurately assess their current fitness level. Clear color photos demonstrate each beginner, intermediate and advanced exercise. Challenge yourself to become the best rider/athlete you can be---your horse deserves nothing less!

About the Author Linda M. Schultz is Director of Marketing for the United States Dressage Federation. She also owns and manages Kantelauf Farm, Inc., a dressage training facility in Georgetown, KY. Ms. Schultz is also an associate instructor with the USDF, earned her USDF bronze and silver medals, and holds a BA in Journalism from Northern Illinois University and an MBA in Marketing from Keller Graduate School of Management.