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To Ride In 9

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Weeks!: The Ultimate
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Stamina in the Saddle
by Heather Sansom

(ISBN:
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Fit to Ride in 9 Weeks!:

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The Ultimate Exercise
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A fitness program to
develop straightness,
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in the horse's

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Fit To Ride In 9 Weeks,
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The week plan for riders of both genders, with a wealth of truly amazing illustrations.

Straightness

Book Review: Fit To
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Horse Journals

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Heather Sansom. ...

Sansom's book is the key to enjoying the ride, being fair to your horse, and getting into fabulous shape in nine weeks! GENRE. Sports & Outdoors.

The Saddle

Fit to Ride in 9 Weeks!

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Fit to Ride in 9 Weeks

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Achieve straightness,
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unique needs of the
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Fit to Ride in 9 Weeks »
The British Horse
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According to certified fitness trainer Heather Sansom in her book *Fit to Ride in 9 Weeks!*, specific core exercises can build the rider's ability to hold a neutral spine. Horse Network

As a professional trainer, rider and coach struggling with chronic Lyme, it is hard for me to keep up strength and muscle (and therefore

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straightness and
suppleness).

Fit to Ride in 9 Weeks!:
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Lyme, it is hard for me
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trainer and riding coach Heather Sansom has developed an utterly achievable 9-week plan to give every rider the straightness, suppleness, strength, and stamina she needs to ride her best. With hundreds of one-of-a-kind illustrations depicting accurate musculature on the rider's body, and ...

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"According to certified
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'As a professional
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Ride in 9 Weeks!: The
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How we started - Neil
Watts, the owner and
founder of fit to ride has
12 years of bike fitting
and commercial cycle
industry experience. He
was bike fit trained by
American custom frame
builders Serotta bikes
and spent the
subsequent 11 years
perfecting his fitting

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techniques with well
over 1000 satisfied
clients throughout the
UK.

Straightness

Welcome to fit to ride -
Fit To Ride

Fit2Ride is specialised
personal training for
horse riders. It helps
riders to achieve
oneness with their
horses and be fit &
healthy for riding as

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Long as possible. Riding is a very demanding sport on the body, where nearly all major muscle groups are put under stress and need to maintain a certain position for some time.

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Weeks!: The Ultimate
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Paperback Product
dimensions: 208 pages,
10.25 X 8.25 X 0.59 in

Shipping dimensions:
208 pages, 10.25 X 8.25
X 0.59 in Published:

June 24, 2016 Publisher:
Trafalgar Square Books
Language: English. The

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following ISBNs are
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"Heather Sansom's
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Ride In 9 Weeks,
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Square Books, brings it
all together with a nine-
week plan for riders of
both genders, with a

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wealth of truly amazing illustrations." Margaret Evans, Canadian Horse Journal (read full review here) **GET THIS BOOK!!** You'll thank me, really.

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Straightness,
Suppleness, and

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Stamina In the Saddle
by Heather Sansom.

Regardless of discipline,
level of expertise,
training philosophy,
body shape, or fitness
level, all riders do
better in horse-related
activities on the ground
and in the saddle when
they take care of their
bodies ...

Fit to Ride in 9 Weeks!

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Get Free Fit To Ride In 9 Weeks

by Sansom, Heather
(ebook)

Fit to Ride in 9 Weeks

Regardless of discipline,
level of expertise,
training philosophy,
body shape, or fitness
level, all riders do
better—in horse-related
activities both on the
ground and in the
saddle—when they take
care of their bodies and
maintain their fitness in

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ways other than just
riding.

Exercise Plan

Achieve Fit to Ride in 9 Weeks! |

Straightness

Fit to Ride in 9 Weeks!

Suppleness And Stamina In by Sansom, Heather/ Henderson, Marg (ILT).

The Saddle

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Fit to Ride in 9 Weeks!

- Sansom, Heather/

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Henderson, Marg ...

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