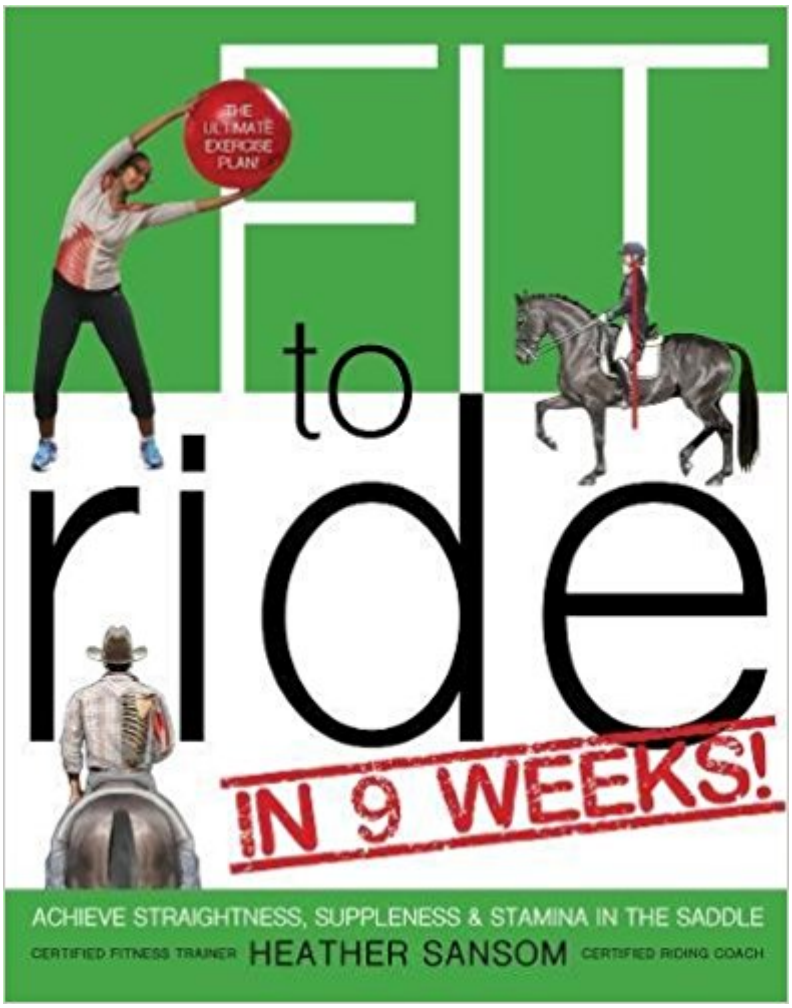
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Fit To Ride In 9 Weeks!: The Ultimate Exercise Plan: Achieve Straightness, Suppleness, And Stamina In The Saddle



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Synopsis

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 and maintain their fitness. While riding is a great way to enjoy an active lifestyle, on its own it is not enough to condition and tone the body to the degree we need, and then the horse must make up the fitness gap in our physical partnership. If our reflexes are slow, if our bodies fatigue, if our position collapses, if tension patterns appear, then the horse suffers repetitive asymmetrical strain or develops compensatory movement habits. It is for his good, as well as ours, that certified personal 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 rider her best. With hundreds of one-of-a-kind illustrations depicting accurate musculature on the riderÃ¢â ¬â„¢s body, and dozens of proven exercises organized in a progressive fitness program with easy-to-use schedule charts, SansomÃ¢â ¬â„¢s book is the key to enjoying the ride, being fair to your horse, and getting into fabulous shapeÃ¢â ¬â •in nine weeks!

Book Information

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Customer Reviews

“As a professional trainer, rider and coach struggling with chronic Lyme, it is hard for me to keep up strength and muscle (and therefore straightness and suppleness). This book has been an amazing help… IÃ¢â ¬â„¢ve only been working on these exercises for two months, and I already notice a difference. IÃ¢â ¬â„¢ve gained endurance, mobility and suppleness, and the

horses have noticed and love it! Each one of my dressage students will be encouraged to get a copy of their very own, and my college riding team will receive weekly ‘challengesÃ¢â ¬â„¢ taken from its collection of helpful, simple exercises.Ã¢â ¬Â• “Fit to Ride highlights the reasons why we, as riders, should be fit for the sake of our horses and how to do just that in a simple nine-week-long plan.Ã¢â ¬Â• —Katherine Selby, Coach at The Middlebury College Equestrian Team"With hundreds of one-of-a-kind illustrations depicting accurate musculature on the riderÃ¢â ¬â„¢s body, and dozens of proven exercises organized in a progressive fitness program with easy-to-use schedule charts, SansomÃ¢â ¬â„¢s book is the key to enjoying the ride, being fair to your horse, and getting into fabulous shape—in just a couple months."—Trail Rider Magazine

Heather Sansom is a certified Personal Fitness Trainer and equestrian Coach through the Canadian national equestrian federation, Equine Canada, as well as a Level 1 Centered Riding Instructor. In the mid 2000Ã¢â ¬â„¢s she developed expertise in fitness and biomechanics for riders, leading this field in North America. In 2007 she launched her coaching business Equifitt.com and has since published over 200 articles on rider fitness in national and international equestrian magazines including Dressage Today. Her six ebooks on fitness and conditioning sell worldwide. Her writing has influenced this field, which has seen a growth in rider fitness practitioners and published articles since.She has spoken and conducted workshops at regional, national and international equine symposia on rider fitness and athlete development, including Equine Canada convention and CHA International Conference. She taught and coached fitness for riders at the University of Guelph (Kemptville). She has coached Olympic and elite riders in multiple disciplines in their fitness and conditioning. Through Equifitt.com, she offers riding and biomechanics clinics, riding instruction and personal training, and online personal training for equestrians, worldwide. From a broader perspective, Heather also does wellness coaching and is completing her PhD in youth resilience through equine based physical activity. She does organizational consulting, project management and research in sport and public health, recreation, and equine based activity for psycho-social learning and development.Passionate about horses for over 40 years, HeatherÃ¢â ¬â„¢s main personal focus is classical dressage. She counts polo, mounted games, foxhunting, horse trials, competitive trail, skijoring, barrel-racing, trick and liberty training, and driving among her other equestrian experiences.

Think the description of how a rider’s posture and balance impacts the horse and vice versa was

spot on. She makes a lot of worthwhile points about rider fitness, why it is important, and how you can achieve it. Also think the exercises recommended were decent. But as a licensed and practicing physical therapist and a certified fitness instructor, I thought the photos depicting various exercises were in many cases lacking. For a book that is espousing the importance of posture, the people performing the exercises in the pictures provided often demonstrate poor alignment, specifically head and neck alignment. For example, when performing an exercise like the diver (can't remember what she called it in the book), you are essentially on one leg, hip flexed to 90 degrees with opposite leg extend out and in line with arms which are stretching forward, the neck should be relaxed, chin gently tucked, and in line with the rest of the spine. The person demonstrating this exercise has the neck hyperextended, or looking up. This is not only wrong, but demonstrates exactly the kind of imbalance the author is supposedly warning against while mounted.Another example is a photo where the demonstrator is in the athletic position (knees soft and flexed at the hips) but she is also hyperextending her lower back (pelvis in an anterior pelvic tilt vs. neutral), clearly not engaging her core through a brace properly, which again is something the author points out as a common problem while riding. If you don't practice proper bracing techniques while working out, it is very unlikely you will do it on the horse. Bracing is less about abdominal strength and more about neuromuscular coordination. You reinforce it in whatever you do, and if you do it incorrectly while performing exercises, you will reinforce a faulty pattern.In summary, while the ideas in this book are worthwhile, please note that the photos provided for guidance are in some cases very bad, bad enough to make a physical therapist wince and cringe. It is sad that the author didn't invest more in the photos (which in some cases were even a little blurry) as I think they are essential in books that recommend exercises. The illustrations earlier in the book were quite good. Maybe she should have stuck with illustrations or found models who had better body awareness. I suppose you can google the exercises online before performing. But when in doubt, your ears, shoulders and hips should maintain proper alignment...ALWAYS.Imagine you had a broom stick taped to your back that prevents you from either arching or rounding. If you need to look up, do so sparingly or better yet, use your eyes. Everybody makes a big deal about the core, forgetting the core also applies to the scapular stabilizers, the rotator cuff, and the deep muscles of the neck. the deep hip rotators...it's not just abs, and its not just about pelvic neutral, although that is certainly important.I bought this for my daughter, who is turning 11, and I am a little disappointed. Obviously, I can correct her, but the idea was to have something she could do on her own.

I love everything about Fit to Ride in 9 Weeks. In my opinion, Heather Sansom's book is the most

important horse-riding related book since Sally Swift's Centered Riding. I have spent decades exercising my to improve physical asymmetries with sufficient success for my everyday active life style. Once I started horse-back riding however, I found my physical asymmetries prevented my pairing with my horse into the horse-person connected at our centers that Sally Swift describes. Fit to Ride in 9 Weeks is quickly changing that. I was familiar with about half of the exercises in Fit to Ride in 9 Weeks. HeatherÃƒÂ¢Ã â ¬Ã â„¢s step-wise approach and her stretches and exercises that I was unfamiliar with are making the difference. Even my chiropractor said I am better now than in all the time he has known me. I definitely recommend this book of all riders and non-riders. My husband, a non-rider, is trying it out to his benefit as well.

Lots of good information and an exercise program to complete at your own pace. It should help horse and rider balance and improve rider strength and endurance. May take longer than 9 weeks.

I think you have to be a base line athlete to start with. I am recovering from hip replacement. Might be fit in 9 months. goin g to try for 9 weeks anywaY

Very clear explanations

This book is well written, easy to understand, and makes a lot of sense. I am still working through the 9 weeks, but I have never felt so strong. Walking and jogging are effortless. The exercises are fun and challenging. You can follow the main course, or modify exercises easier if you need, or more difficult.

Love this book! Doing the exercises consistently has definitely helped my riding. I am more balanced and in control.

Great exercises!

Download to continue reading...

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