



Ride Right with Daniel Stewart: Balance Your Frame and Frame of Mind with an Unmounted Workout and Sports Psychology System.

By Stewart, Daniel

Trafalgar Square Books, 2004. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: Most riders concentrate endless hours on their horses: warming them up; improving their strength and stamina with gymnastic exercises; cultivating specialized diets to keep them in peak condition; and ensuring that through proper turnout, time off, and companionship, they remain psychologically content. What is often forgotten is that the horse is half of an athletic partnership. The rider's own physical and mental fitness affects the end performance of the team, and warming up, conditioning, diet, and psychological stability apply to them as well. This highly illustrated book helps equestrians improve their own bodies and minds on the ground, so they can better perform on a horse. Daniel Stewart received a degree in exercise physiology from the University of Calgary and spent seven years at the renowned Sports Training Institute in New York City working with the institute's equestrian clients. He is a coach for the United States Endurance Team and Paralympic Dressage Squad.



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