

## Freedom Rider Tack Shop

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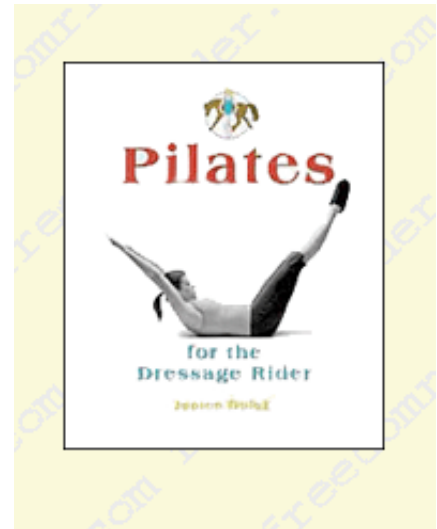
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### Horseback Riding Exercise Books

#### **Pilates for the Dressage Rider**

Dulak. This book shares three basic goals: to give you an introduction to Pilates; to help you understand and gain control over the engagement of your own spine; and to help you use this knowledge to find new ways to improve your riding. The exercises in the book have been specifically chosen from the over 500 Pilates exercises to best suit the needs of the dressage rider. Gives basic workouts to do at home or on the horse. Clear photos and detailed instructions clarify each exercise.

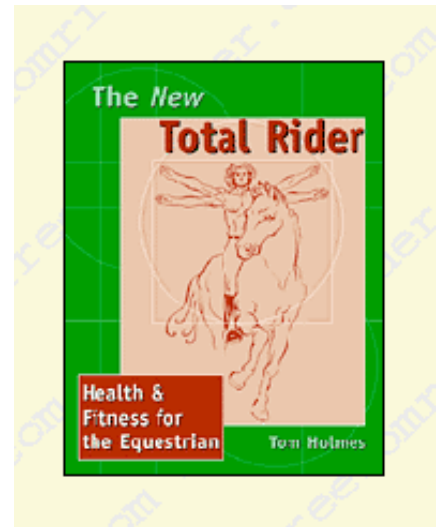
**08-0184 Pilates for the Dressage Rider \$25.99**



#### **The New Total Rider**

Holmes. Focuses on the three key ingredients for health: physical fitness; nutrition; and mental fitness. Provides a complete health and fitness program designed to increase the rider's level of skill and confidence. Includes the latest information on nutrition, including special advice for competition days. Also includes a physical exercise program designed exclusively for the rider athlete. A section on sport psychology helps riders get past mental blocks.

**08-0133 The New Total Rider \$28.99**



#### **Fit For Riding**

Meyners. Over 120 specific exercises for riders, illustrated with line drawings. 168 pages, paperback.

**08-0105 Fit For Riding \$19.99**





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**Better Riding Through Exercise**

Pearce. English picture guide offers wonderful exercises and stretches to improve the rider's position.

**08-0157 Better Riding Through Exercise \$13.99 08-0127 Flexibility and Fitness for Riders \$12.99**

