

Breathe Life Into Your Riding Hardback

50 5-Minute Fixes to Improve Your Riding Fuel Your Ride Pressure Proof Your Riding Riding Recollections The Daltons. A day's ride An Illustrated Guide to Riding Punch Our Corner The Novels of Charles Lever Gentlemen Riders Unity Godey's Lady's Book AERA. Outing; sport, adventure, travel, fiction The Circuit Rider Philip Augustus; or, The brothers in arms, by the author of 'Darnley'. by G.P.R. James The Young Circus Rider, Or, The Mystery of Robert Rudd The Youth's Companion Combined with American Boy The Works of H. Rider Haggard London Bicycle Club Gazette Wendy Murdoch Molly Hurford Stewart Daniel George John Whyte-Melville Charles James Lever Eric Baird Mark Lemon Charles James Lever John Maunsell Richardson Edward Eggleston George Payne Rainsford James Horatio Alger Henry Rider Haggard

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5 minutes a day is all the time you need to achieve better balance in the saddle improved body control from head to toe increased influence with your seat flawless leg position and subtle aiding quieter softer hands and contact your horse can trustless physical stiffness tension and riding related pain confidence in your ability to communicate with your horse plus in just 5 minutes you can improve a horse that is unwilling to go forward or dead to the leg hollow backed high headed or above the bit heavy on the forehand and unbalanced a chronic puller leaner or head tosser start or end your riding sessions with Wendy Murdoch's 5 minute fixes and you will be amazed

how quickly you can replace old habits with new ones get out of your riding rut and transform what you can do to what you can do naturally capably comfortably and consistently alongside a happy riding partner your horse

athletes know that proper nutrition is important but finding the right balance can be complicated fuel your ride is a comprehensive guide to performance nutrition for cyclists and provides all the tools you need to customize a unique nutrition plan to achieve maximum performance this book teaches riders everything from what to eat on race day to avoid the dreaded bonk to how to lose weight while consuming enough nutrients and power hard training rides fuel your ride combines the expert advice of numerous nutritionists coaches and professional cyclists to present a simple clean and whole foods approach to eating complete with easy to follow recipes that include delicious and nutritious vegetarian vegan and gluten free options in addition to chapters on in exercise food and hydration supplements and weight loss special attention is placed on what to eat and the best time to eat taking into account the different nutritional requirements for training rides race performance and recovery fuel your ride provides cyclists with the comprehensive nutritional information you need to efficiently power your rides and perform at your very best

sport psychology expert and international riding coach daniel stewart has spent a lifetime training equestrian athletes to pressure proof their riding in this book he shares dozens of specific tools and tricks that can be used to manage the stress nerves distraction and panic that so often hinder performance you will find clearly defined individual steps to mental and physical success in the saddle including ways to strengthen mental imagery and handle brain babble goal setting tools stress management tips relaxation techniques and so much more perhaps best of all daniel reminds readers that riding is about doing what you love and loving what you do his humor and enthusiasm are certain to inspire invigorate and ensure a lifetime of goals attained and fun had with your horse

the life of a 19th century circuit rider

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