



The New Total Rider: Health & Fitness for the Equestrian

Tom Holmes

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The New Total Rider: Health & Fitness for the Equestrian Tom Holmes

Here's a great investment---in yourself! This excellent book focuses on the three key ingredients for health: physical fitness, nutrition and mental fitness in a complete health and fitness program designed to increase the rider's level of fitness and skill. The nutrition section reflects the latest thinking, including special advice for competition days (yes, you are what you eat!). The physical exercise program is designed exclusively for the rider-athlete (yes, we're different from runners or swimmers or just about anyone else!). The section on sport psychology will get you past your mental blocks and bug-a-boos.



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