



How Your Horse Moves

Gillian Higgins

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This is a unique 'inside-out' view of how the horse uses its body, presented in a graphic, easy-to-follow way to aid you in improving all aspects of riding and training. You can discover the true effect of riding and training on each part of the horse by seeing the skeleton and major muscles painted on the outside. Practical exercises demonstrate how to improve movement, build the right muscles and increase suppleness in the horse. It includes step-by-step guidance on the correct way to warm-up your horse and stretching routines to help guard against injury. Unlike other books on biomechanics and anatomy "How Your Horse Moves" is truly applied.

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