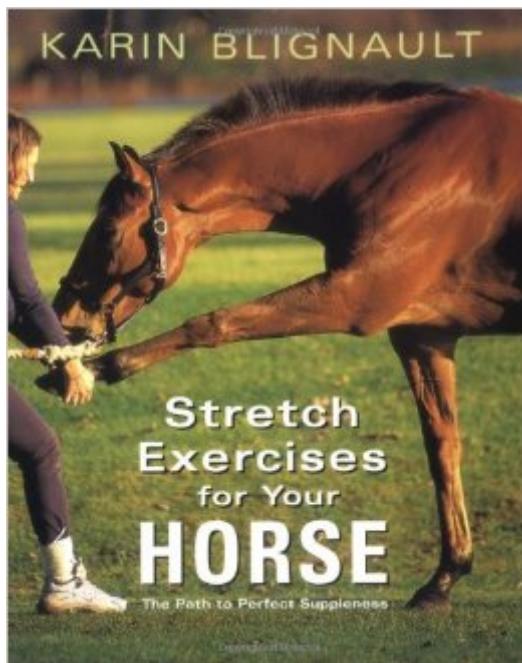


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# Stretch Exercises For Your Horse: The Path To Perfect Suppleness



## **Synopsis**

A convenient, at-the-barn reference to help riders give their horses the perfect warm-up, featuring 124 color photos and drawings.

## **Book Information**

Spiral-bound: 160 pages

Publisher: Trafalgar Square Books (March 1, 2003)

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Product Dimensions: 7 x 0.6 x 8.5 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.0 out of 5 starsÂ  [See all reviewsÂ \(22 customer reviews\)](#)

Best Sellers Rank: #812,247 in Books (See Top 100 in Books) #41 inÂ Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Showing & Training #654 inÂ Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding #671 inÂ Books > Sports & Outdoors > Individual Sports > Horses > Equestrian

## **Customer Reviews**

I found this book to be excellent for my back sore horse and horses recovering from stall rest. It certainly cannot hurt for horses that you don't want to end up back sore or on stall rest. I have seen major improvements in the suppleness of my horses. The spiral bound format also allows you to keep it set up ringside for quick reference and it won't close on you unexpectedly!

I purchased this book to help keep my 30 year old Morgan supple. Some of it can get technical and some of the sections are oriented towards the jumping horses, but you can definitely piece together a nice stretching routine for your horse, no matter what your goal.

One of the greatest mistakes riders make is not preparing their horses to ride. They just jump on and go. They don't warm the horses up or stretch them after they have worked to keep muscles supple. Then they wonder why their horses become lame or injured. The stretches suggested in this book are a great way to treat your horse like the athlete he is.

For whoever said there is nothing new in this book you must be a very proficient and

contentiousness horse person. I found this book pack full of goodies. Perhaps there is nothing "new" for you, but for most horse owners it is a fantastic book. It has clear illustrations of all the stretches and explanations about why you do them. I also find this a good book for taking out to the barn and working through with my horses. They enjoy the change from being ridden and the exercises also make good warm up and cool downs. They are the basic exercises but you don't really need to learn 999 different exercises. Just do the ones in this book well.

As a Equine Sports Therapist I often coach owners and trainers on techniques to maintain their horse. This is the most valuable book I have, it is well written and easy to follow with lots of variety. **PERFECT**

Not only does this book guide you on stretching your horse, it introduces you to the horses physical makeup in layman terms. It is well-written, thorough & I look forward to using these methods on my thoroughbred.

What a great book! All you need to know about your horse's muscles, why you need to stretch and in what situations, is in this book. I have never come across something quite so comprehensive and easy to understand in one book before. It has wonderful big glossy colour pictures, spiral bound for easy page turning as well as being able to keep it open on the page you want while trying out some exercises on your horse. I did several relevant stretch exercises on my horse's sore back end, and within a week he was helping to stretch himself and really seemed to enjoy it, closing his eyes, relaxing and wiggling his lips. His lunging work has also become easier as he has become more supple. I especially recommend this book for anyone doing competition work with their horses, as they can become quite tense in certain areas and this book helps to explain and show you how to release the tension. Highly recommended.

This book is adjusted to who it is starting to work with physiotherapy and it desires to have slight knowledge on the diverse techniques of passive and active allonge for horses. It serves the veterinarians and owners of the animals.

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