



POSTURE AND PERFORMANCE: PRINCIPLES OF TRAINING HORSES FROM THE ANATOMICAL PERSPECTIVE

GILLIAN HIGGINS

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From the author of the hugely successful titles 'How Your Horse Moves' and 'Horse Anatomy for Performance', comes a completely different training manual, also based on the Horses Inside Out philosophy: 'Understanding Anatomy Improves Performance and Reduces the Risk of Injury'. Divided into three main parts: Principles of Anatomical Riding and Training; Exercises for Horse and Rider; Troubleshooting, the book contains a wealth of practical tips and exercises broken down into easy to follow, well-illustrated steps showing how riders can improve their riding skills and potential. The author suggests ways to improve horses' physique, flexibility, stability, core strength, performance and movement and how to reduce muscular and movement problems, and reduce the risk of injury. This beautifully illustrated book looks at how to deliver a safe, varied, fun, effective and achievable training programme. It provides all the ingredients for riders to make informed decision to maximise their own and their horse's potential, gain more enjoyment, satisfaction and improve their skills. Based on the principles of anatomy and biomechanics with welfare in min learn all about: skeletal maturity, how to achieve good back posture, how to reduce strain on ligaments and tendons, movements to strengthen and condition muscles and more.

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