

JEC ARISTOTLE BALLOU, Author of *101 Dressage Exercises*

# Equine Fitness

A CONDITIONING PROGRAM  
of Exercises & Routines for Your Horse

CONDITION YOUR HORSE'S MUSCLES to be strong, engaged, and supple, whether for competition, work, performance, or pleasure.



GUIDE YOUR HORSE TO IDEAL POSTURE and improved strength, soundness, stamina, and longevity using interval training, ground work, and other tools.



HELP YOUR HORSE STAY FIT FOR LIFE, using systematic warm-ups, loosening laps, stretches, massage, and cooldowns, with tips on assessing progress.



# Equine Fitness A Program Of Exercises And Routines For Your Horse

**Jec Aristotle Ballou**



## **Equine Fitness A Program Of Exercises And Routines For Your Horse:**

*Equine Fitness* Jec Aristotle Ballou, 2009-12-09 Get your horse in shape and maintain his overall fitness regardless of his age or abilities Equine Fitness will have your horse looking and feeling his best with a series of fun exercise routines specifically designed to enhance his strength stamina and agility Clear step by step instructions and detailed illustrations make the exercises easy to follow and the book includes a handy set of pocket sized cards that you can use in the ring Jec Ballou s simple conditioning program promises lasting results for healthy horses and satisfied riders

**33 Strength and Fitness Workouts for Horses** Jec Aristotle Ballou, 2025-11-04 The go to reference for riders and trainers aiming to improve equine conditioning in ways that are strategic engaging and fair to the horse For just about everything we do with horses from trail riding to top level competition a healthy state of fitness is key to both performance and longevity Every horse will go better for longer if his mind and body are well prepared for the ask When it comes to improving fitness whether for humans or animals the success of an exercise relies on dosage How an exercise is applied the duration and frequency of execution and the weekly schedule within which it is incorporated determine its impact on fitness Equine training and conditioning expert Jec Aristotle Ballou has now provided a book that takes the guesswork out of fitness gains It clarifies how long and frequently to do a particular exercise and provides guidance in how to combine it with others for best results The result is maximized health and athleticism in the horse The 33 workouts in these pages help accomplish the performance goals that many riders strive for but fall short of reaching stronger more agile and more balanced horses They do this by circumventing the tension both physical and mental that often spoils conditioning attempts made within a discipline specific or skill based training session By providing the right amount of stimulus while avoiding boredom fatigue and habituated neuromuscular patterns Ballou s workouts lead to positive physiological gains Her plans include Ways to measure a horse s current fitness Guidelines for active and passive rest Basics for stretching warming up and improving mobility Unique groundwork that keeps both you and your horse engaged Hill hikes and terrain tests with multiple benefits Suggested schedules for basic fitness goals as well as special considerations for young horses and trail riders With easy to follow step by step instructions and clear illustration this book is a fundamental piece of any conscientious rider s training plan and a key component to keeping horses performing happily for more years of their lives

**33 STRENGTH AND FITNESS WORKOUTS FOR HORSES** JEC ARISTOTLE. BALLOU, 2024

**The Rider's Fitness Program** Dianna Robin Dennis, John J. McCully, Paul M. Juris, 2004-01-01 Here is the perfect book for beginning riders who are using muscles they never knew they had before advanced riders who want to stay in top form especially as they get older and weather bound riders who want to be fit when spring arrives The Rider s Fitness Program details a fun and effective six week program that strengthens the muscles riders use while improving overall balance flexibility and coordination The book features more than 85 exercises designed to help new riders get over the aches and pains of getting started and experienced riders hone their skills and technique and prevent

injuries The routines are flexible so you can customize the workout you need for jumping dressage reining endurance polo or rodeo The exercises are accompanied by step by step photographs that demonstrate how to perform each action properly with an emphasis on safety They progress from basic to advanced and are suitable for riders at all fitness levels The authors also include fundamental information on diet general health and safety and clothing and equipment *Equus* ,2010-04

*55 Corrective Exercises for Horses* Jec Aristotle Ballou,2025-11-04 Over time horses like people acquire postural habits compensate for soreness and injury and develop poor movement patterns This limits performance ability causes unsoundness and health issues and ultimately undermines the horse s overall well being Jec Aristotle Ballou has made a name for herself advocating for the horse and providing sensible instruction in his schooling conditioning and care Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion In her latest collection of mounted and unmounted corrective exercises Ballou demonstrates how we can actively work to improve the horse s posture and movement whether he is an active performance or pleasure mount an aging or older horse that benefits from gentle exercise or one being rehabilitated following injury illness or lack of conditioning Ballou s positive cross training techniques are free of shortcuts and her guidelines for analyzing the horse s posture and way of going help readers gain a new awareness of the equine body Applicable for all disciplines this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life Ultimate Exercise Routines for Riders Laura Crump Anderson,2025-11-04 Eight

equestrian specific workouts to suit any rider s body age ability and schedule It is no secret that riders often neglect their own needs in order to ensure their horses are met Countless dollars go toward massages chiropractic work and various other therapies that keep our equines comfortable and performing their best We carefully schedule their training programs to achieve peak fitness at just the right time and we juggle our personal lives **101 Western Dressage Exercises for Horse**

**& Rider** Jec Aristotle Ballou,Stephanie Boyles,2014-08-09 This series of Western Dressage exercises are designed to improve suppleness balance in movement and responsiveness Each exercise has a specific goal in mind and they are organized by different areas of focus softness looseness rider development engagement adjustability and ground work With illustrated step by step instructions and full arena diagrams you ll quickly be on your way to mastering this exciting discipline **101**

**Dressage Exercises for Horse and Rider** Jec Aristotle Ballou,2005-01-01 Dressage the equestrian practice in which a horse makes highly precise movements in response to barely perceptible signals from the rider has taken hold of America s equestrians Participation rates have risen by 200 percent over the past twenty years as baby boomer riders have discovered dressage to be less strenuous and dangerous than jumping yet offering the satisfaction of mastering techniques and the opportunity to compete and advance to higher levels of achievement 101 Dressage Exercises for Horse Rider presented in Storey s highly visual Read Ride format features a full arena diagram and stepby step instructions for each exercise The

exercises address all levels of riders starting with the basics and moving up to maneuvers developed by members of the U S Olympic team Training tips and masterly guidance make this an indispensable reference for all dressage riders Even Western riders interested in enhancing their performance will find these foundational exercises useful Dressage riders are information hungry readers often referred to as the thinking horsemen This book s sturdy format combbound and drilled so it can be hung on a ringside post will appeal to these reading riders whether in or out of the saddle [Library Journal](#)

,1991-07 **55 Corrective Exercises for Horses: Resolving Postural Problems, Improving Movement Patterns, and Preventing Injury by Jec Aristotle Ballou (Spiral-Bound)** Jec Aristotle Ballou,2018-06-05 **Equine Fitness** David H. Snow,Colin J. Vogel,1987 *Conditioning Sport Horses* Hilary Mary Clayton,1991 **Horse Training In-Hand** Ellen Schuthof-Lesmeister,Kip Mistral,2025-11-04 Working the horse from the ground schooling in hand as it has been known for centuries has long been an integral part of classical horse training Now this gorgeously illustrated book explains in clear step by step lessons how the modern day horse owner can incorporate classical groundwork in her daily interactions with her equine partner to both their benefit and enjoyment Whether schooling green or young horses retraining problem horses or those with poor foundations warming up advanced mounts prior to workouts confirming lateral movements on the ground before attempting them on horseback or supplementing everyday under saddle exercises work in hand provides a wonderful way to advance the horse s education as well as the standard of communication between horse and handler Its gradual progression of work on the longe double longe long lines short reins and long reins is the perfect addition to the training program that has grown a little stale or boring the manageable solution to countless problems that commonly arise in daily work with horses and by definition an equestrian art form unto itself With over 100 color photographs including many detailed series shots to demonstrate correct body positioning and meticulously hand drawn illustrations to guide you through the often confusing land of lateral work Horse Training In Hand is the first book ever to help shed classical groundwork s mystique while conscientiously preserving its magic Find out for yourself how schooling in hand can give your training program a brand new look and feel forever transforming workouts and schooling sessions into artistic endeavors that yield breathtaking results **Equine Exercise Physiology** David Marlin,Kathryn J. Nankervis,2013-04-29 Equine exercise physiology is an area that has been subject to major scientific advances over the last 30 years largely due to the increased availability of high speed treadmills and techniques for recording physiological function during exercise Despite the scientific advances many riders and trainers are still using little more than experience and intuition to train their horses The aim of this book is to sort the fact from the fiction for the benefit of those involved in training managing or working with horses and to provide an up to date summary of the state of play in equine exercise physiology Scientific theories are explained from first principles with the assumption that the reader has no previous scientific background The book is designed to save competitors and trainers a lot of time and effort trying to extract information in piecemeal fashion from a host of reference sources For the

first time everything you need to know about exercising and training horses is here in one text     *Training for equestrian performance* Jane Williams, David Evans, 2023-11-27 Training for equestrian performance is an essential guide for the modern equestrian competitor who wants to optimise their own and their horse's potential in training and competition or for the equine sports science student wanting to understand the science of equestrian training. Leading equestrian researchers and performance analysis experts bring together the fundamental scientific principles which underpin competition preparation for the horse and rider. These include exercise physiology, psychology, conformation, biomechanics and feeding for performance. The book explores the principles of training and alternative training methods and how these principles translate to management of the equine athlete to extend careers and prevent injury occurring. Suggestions for how to successfully develop training strategies and plans matched to short and long term training and competition goals are provided. Developments in performance analysis techniques and equipment for the horse and rider independently and as a partnership are reviewed. This enables the reader to select techniques and devise training regimes which can help them achieve their own competitive goals. The book concludes by applying science to the practical requirements of a range of equestrian disciplines giving practical advice and explanations of how to use science and technology to improve fitness, prevent injury and to achieve competition success. Horse owners, students, veterinarians, coaches and many other participants in equestrian sports will find new knowledge and perspectives to consider. Training for equestrian performance will become a must have training companion for the modern equestrian who wants to leave nothing to chance in their competition preparation.

Equine exercise physiology : the science of exercise in the athletic horse Kenneth William Hinchcliff, Andris J. Kaneps, Raymond J. Geor, 2008 The eBook version of this title gives you access to the complete book content electronically. Evolve eBooks allows you to quickly search the entire book, make notes, add highlights and study more efficiently. Buying other Evolve eBooks titles makes your learning experience even better; all of the eBooks will work together on your electronic bookshelf so that you can search across your entire library of Veterinary Medicine eBooks. Please note that this version is the eBook only and does not include the printed textbook. Alternatively, you can buy the Text and Evolve eBooks Package which gives you the printed book plus the eBook. Please scroll down to our Related Titles section to find this title. *Equine Exercise Physiology* provides the most up to date in depth coverage of the basic sciences required for an understanding of the physiology of the equine athlete. This book provides a thorough grounding in the basic physiology of each body system and in particular the responses of each body system to exercise and training. It is the ideal resource for those interested in equine exercise physiology: undergraduate and post graduate students in exercise science, comparative physiology, biology and veterinary science; veterinary students; horse trainers and owners of sport horses; journalists writing in equine specialty magazines and interested lay persons     **Rider and Horse Back-To-Back** Susanne von Dietze, Isabelle von Neumann-Cosel-Nebe, 2011 Geared at achieving a healthier experience for both rider and horse, this guide to the rider's

position focuses on the back and its importance in riding techniques      **Yoga for Equestrians** Linda Benedik, Veronica Wirth, 2000 A pioneering book that introduces the practice of yoga to riders of all disciplines Through a practical cross training program of postures asanas and breathing exercises pranayama the holistic nature of Yoga for Equestrians offers a groundbreaking approach toward building a strong foundation in horsemanship basics and the balanced seat It will encourage you to become a conscious rider to realize that sensitivity and understanding of your body mind connection are essential in riding and to understand that using your body to communicate with the horse is the essence of riding and your most challenging task As you gain valuable insights and techniques for effectively using your body clearly and compassionately through yoga your horse will thank you by reflecting your positive changes and become more willing balanced and pleasurable to rider      Humane, Science-Based Horse Training Alize Veillard-Muckensturm, 2017-08-21 A must read book for anyone looking for an ethical yet effective way to train horses

Equine Fitness A Program Of Exercises And Routines For Your Horse: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. Equine Fitness A Program Of Exercises And Routines For Your Horse : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Equine Fitness A Program Of Exercises And Routines For Your Horse : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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