



# Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance

*Narelle C. Stubbs and Hilary M. Clayton*

[Download now](#)

[Read Online](#) 

# Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance

*Narelle C. Stubbs and Hilary M. Clayton*

## **Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance**

Narelle C. Stubbs and Hilary M. Clayton

Activate Your Horses Core consists of a 95 minute DVD and a step-by-step manual with laminated pages and spiral binding that can be taken to the barn.

The DVD and manual show how to perform exercises that mobilize the joints and engage the muscles used to round and stabilize the horses neck, back and pelvis during athletic activities.

In addition to improving strength and flexibility, these exercises will improve your horses posture, self-carriage and balance, especially in the highly-collected movements.

The exercises are performed from the ground and do not require sophisticated equestrian skills or special equipment.

The exercises have been designed by a veterinarian and a physical therapist to improve performance and reduce the risk of injuries by strengthening the muscles of your horses core.

## **Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance Details**

Date : Published January 1st 2008 by Sport Horse Publications

ISBN : 9780974767017

Author : Narelle C. Stubbs and Hilary M. Clayton

Format : Spiral-bound 32 pages

Genre :

 [Download Activate Your Horses Core: Unmounted Exercises for Dyna ...pdf](#)

 [Read Online Activate Your Horses Core: Unmounted Exercises for Dy ...pdf](#)

**Download and Read Free Online Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance Narelle C. Stubbs and Hilary M. Clayton**

---

## **From Reader Review Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance for online ebook**

Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Activate Your Horses Core: Unmounted Exercises for Dynamic Mobility, Strength and Balance Narelle C. Stubbs and Hilary M. Clayton books to read online.