

<<骑手坐骑指南The Rider's Fi>>

图书基本信息

书名：<<骑手坐骑指南The Rider's Fitness Guide to a Better Seat>>

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内容概要

More than six million people in the U.S. ride horses, and many riders at all levels suffer from chronic back pain. Complete with photos and illustrations, this spiral-bound, take-anywhere book prescribes a unique core muscle workout with three progressive, easy-to-follow exercise routines to help riders develop a balanced and aligned body with strong core muscles to secure spinal alignment and stability. Riders minimize the risk of injury, maximize performance, eliminate back pain and post-riding soreness, and have a more pleasurable riding experience. Readers can take each of the exercise routines anywhere on three gatefold, tear-out posters.

书籍目录

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