

# 《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

### 在线阅读本书

Welcome relief for millions of riders      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.

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