



Horse Rider's Mechanic Workbook 1: Your Position: Learn how to correct your own position (Horse Rider's Mechanic Series)

Jane Myers

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Improving your position is the key to improving your riding. It is of key importance because without addressing the fundamental issues you cannot obtain an 'independent seat'. This book looks at each part of your body in great detail, starting with your feet and working upwards through your ankles, knees and hips. It then looks at your torso, arms, hands and head. Each chapter details what each of these parts of your body should be doing and what you can do to fix any problems you have with them. It is a step by step guide which allows you to fix your own position problems. After reading this book you will have a greater understanding of what is happening to the various parts of your body when you ride and why. You will then be able to continue to improve your position, your seat and your riding in general. This book also provides instructors, riding coaches and trainers with lots of valuable rider position tips for teaching clients. You cannot afford to miss out on this great opportunity to learn!

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