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# 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

**Jessica J Manson**



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