

# The Riders Fitness Program 74 Exercises And 18 Workouts Specifically Designed For The Equestrian

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## **The Riders Fitness Program 74 Exercises and 18 Workouts**

January 27th, 2019 - The Riders Fitness Program 74 Exercises and 18 Workouts Specifically Designed for the Equestrian Dianna Robin Dennis Johnny J McCully Paul M Juris on Amazon.com FREE shipping on qualifying offers Get in top riding shape Designed to strengthen the muscles commonly used by equestrians while improving overall balance

## **Rider Fitness Body and Brain 180 Anytime Anywhere**

February 9th, 2019 - Rider Fitness Body and Brain 180 Anytime Anywhere Exercises to Enhance Range of Motion Motor Control Reaction Time Flexibility Balance and Muscle Memory Eckart Meyners Julia Welling on Amazon.com FREE shipping on qualifying offers Ideal for riders looking to get fit this program helps equestrians at every level improve their riding position and endurance and work out like

## **Magazine Values List of all Magazines**

February 7th, 2019 - 18 Karati Italy Cover Price 186 00 Member Price 145 00 18 Karati is an international high quality design magazine published in Italy featuring fine jewelry Large detailed photos displaying the most exclusive looks from the designers that Italy has to offer

## **WLDX Fayette s News Sports and Information Leader**

February 10th, 2019 - WLDX Presents Guy Penrod Christmas and More Tour By WLDX Sunday December 17th 2017 3pm at the Earl McDonald Auditorium on the

campus of Bevill State Community College Fayette AL

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