

Unleash Your Horse's Potential: A Deep Dive into 28 My 12 Best Bets With Horse Fitness Edge

Unlock the secrets to equine excellence with "28 My 12 Best Bets With Horse Fitness Edge," a comprehensive guide that empowers horse owners and enthusiasts to optimize their animals' well-being, performance, and longevity. Delve into a treasure trove of insights from leading equine fitness expert, Dr. Ric Redden, and discover a holistic approach to horse fitness that transforms training and care.



28.8 My 12 BEST BETS - With a horse fitness edge.: How Fit is a horse, too many pro punters think this is a dark area that is hard to fathom. Whether you ... mounting yard; I will teach you how to rate

by Hans Gregersen

★★★★☆ 4.3 out of 5

Language	: English
File size	: 6720 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 248 pages
Hardcover	: 552 pages
Item Weight	: 2.1 pounds
Dimensions	: 6.14 x 1.25 x 9.21 inches



Delving into the My 12 Best Bets

At the heart of this groundbreaking book lies Dr. Redden's meticulously curated "My 12 Best Bets" – 12 essential pillars for equine fitness success. Explore each pillar in depth, from nutrition and hydration to injury prevention and rehabilitation, and gain invaluable knowledge to enhance your horse's overall well-being.

Essential Elements of Horse Fitness

Beyond the 12 Best Bets, the book delves into the fundamental elements of horse fitness, providing a comprehensive understanding of how each aspect contributes to equine health and performance. Explore topics such as:

- **Biomechanics and movement analysis:** Understand the mechanics of equine locomotion and identify areas for improvement.
- **Exercise physiology:** Optimize training intensity, duration, and recovery to maximize fitness gains and prevent overexertion.
- **Equine psychology:** Delve into the mental aspects of training, fostering a positive and cooperative relationship with your horse.

Practical Application and Case Studies

"28 My 12 Best Bets With Horse Fitness Edge" is not mere theory. It's a practical guidebook filled with real-life case studies and actionable tips. Witness firsthand how Dr. Redden's principles have transformed the lives of horses and their owners, inspiring you to implement proven techniques in your own training and care routines.

Exclusive Insights from an Industry Expert

Dr. Ric Redden, a renowned equine fitness authority with decades of experience, shares his wealth of knowledge and insights throughout the book. Benefit from his expert guidance and learn from the best in the field, unlocking the secrets to equine fitness success.

Benefits for Horse Owners and Enthusiasts

Whether you're a seasoned professional or a passionate horse enthusiast, "28 My 12 Best Bets With Horse Fitness Edge" offers invaluable benefits:

- **Improved horse health and well-being:** Promote longevity and prevent injuries by implementing proven fitness principles.
- **Enhanced performance:** Unleash your horse's athletic potential through optimized training and conditioning.
- **Stronger bond with your horse:** Foster a positive and harmonious relationship through effective training and care.

"28 My 12 Best Bets With Horse Fitness Edge" is an indispensable resource for anyone dedicated to the well-being, performance, and longevity of their equine companions. Join Dr. Ric Redden on a transformative journey and empower yourself with the knowledge and tools to elevate your horse's fitness to new heights. Invest in your horse's future and unlock the full potential that lies within them.



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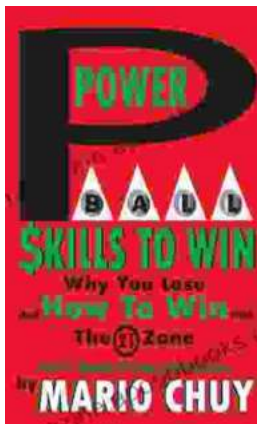
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