



# Headlines

ISSUE no.5



Events

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# JOSÉ DANIEL MARTÍN DOCKX & GRANDIOSO WIN MADRID CDI3\* SPECIAL

José Daniel Martín Dockx and Grandioso won the Grand Prix Special at the CDI3\* Madrid in preparation for the European Championships aiming to qualify Spain for the 2016 Olympic Games in Rio de Janeiro. Manuel Vega on Ben Hur da Broa got second and Jordi Domingo Coll on Wonder third. 🏆

*Photo by: Ken Braddick*







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# KENT FARRINGTON AND VOYEUR

## SEIZE WORLD CLASS VICTORY IN LGCT HAMBURG



US star rider Kent Farrington had an intense victory at the Longines Global Champions Tour Grand Prix presented by H&M in Hamburg.

Luciana is now top of the Longines Global Champions Tour of ranking with 125 points. Pius Schwizer is on second with 110 points, Scott Brash is in third on 105 points and Kent Farrington moves into 4<sup>th</sup> position on 92 points. 🏠

*Photo by: Stefano Grasso/LGCT*



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# BRILLIANT BRITISH

## MAKE IT A BACK-TO-BACK DOUBLE IN THE FURUSIYYA FEI NATIONS CUP™ IN ROME

Team Great Britain produced a superb back-to-back double in the Furusiyya FEI Nations Cup™ Jumping 2015 Europe Division 1 League when following up their success at La Baule, France a week ago with another extraordinary victory at Piazza di Siena in Rome, Italy.

Sweden lined up third behind The Netherlands while Spain, Switzerland, Italy, Qatar and Belgium filled the remaining places. 



### *Furusiyya FEI Nations Cup™ 2015 Europe Division 1 Standings (after Round 3 in Rome, Italy):*

1. France - 160
2. Italy - 155
3. Belgium - 150
4. Spain - 135
4. Netherlands - 135
6. Sweden - 130
7. Ireland - 125
8. Great Britain - 100

*Source of the article: FEI*



## CANDICE KING AND VALINSKI S DOMINATE TRYON SPRING 6 ADDING ANOTHER WIN IN THE HORSEWARE IRELAND GRAND PRIX

Candice King of Wellington, FL, and Valinski S brought home another victory at Tryon Spring 6 for Wyndmont, Inc. Horseware Ireland Grand Prix at Tryon International Equestrian Center (TIEC).

Angel Karolyi on Venus dropped a pole to finish second, and Gemma Paternoster on Zonneglans was placed Third. 🏆

*Photo by: Sportfot.*







## SPECIAL OFFERS



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## RIDER FITNESS: GROUNDWORK CORE EXERCISES

YOUR LEGS ARE NOT WHAT KEEP YOU ON THE HORSE, IT'S YOUR UPPER BODY THAT'S GOING TO FALL; NOT YOUR LEGS. WITHOUT A STRONG CORE, YOU CAN'T BALANCE YOUR BODY. EVEN THOUGH MOST PEOPLE THINK OF CRUNCHES, THEY'RE NOT THE ONLY WAY TO BUILD UP ABDOMINALS AND OTHER MUSCLES IN THE TORSO.

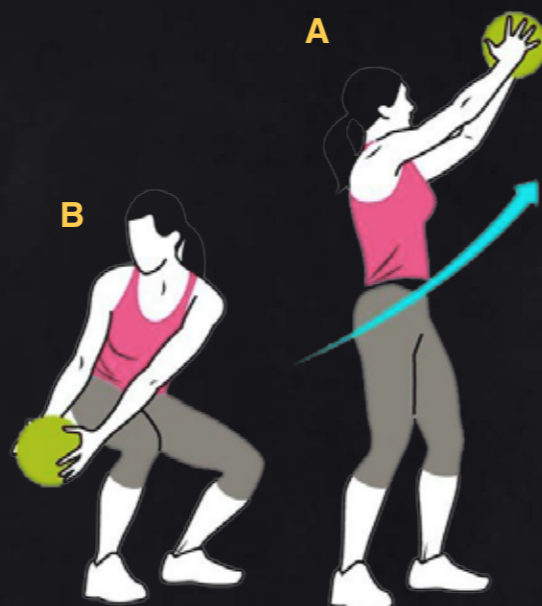




## THE WOODCHOPPER

*This exercise works the abs, obliques, and has a cardio benefit, too.*

Stand upright with your feet shoulder-width apart and knees soft. Hold a medicine ball or light dumbbell with both hands above your right shoulder. Then with your arms extended in front of your torso, pull the ball or weight across your body until you reach a point just outside of your left hip. Reverse the movement along the same path until you reach the starting position above the right shoulder. Complete 15 repetitions, and then switch sides.



## THE PLANK

*When it comes to cultivating core strength you have to try this exercise.*

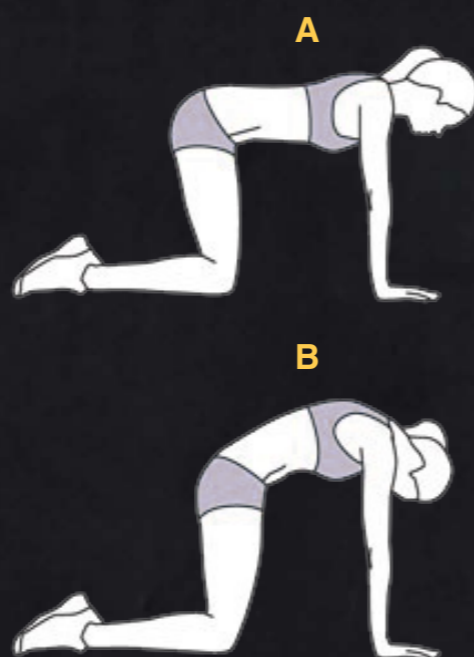
Lie face down on the floor and support your weight on your forearms. Slowly lift your torso and legs off the ground until only your forearms and the balls of your feet touch the floor. Keep your back straight and squeeze your abs. Hold the positions for 15 to 30 seconds, then relax. Do eight to 12 repetitions.



## CAT UP/DOWN

*This exercise is to stretch and relax lower back muscles.*

Get down on all fours with your knees under your hips and your hands under your shoulders with a neutral spine. Inhale through your nose, then exhale and engage the core abdominal muscles. Round your spine upward and lower your head to your chest, keeping your shoulders down. Inhale as you arch in the other direction — head up, chest up and tailbone up. Repeat seven more times. 🐱



*Source of the article: [www.horsechannel.com](http://www.horsechannel.com)*



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