

# BECOMING

## A FIT RIDER

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THERE ARE COUNTLESS DETERMINATIONS IN EVERY RIDER'S LIFE, BUT WE ALWAYS SEEM TO SLIP SOMETHING OUT! AND THAT IS EXERCISE. NUMEROUS PEOPLE NEGLECT THE ATHLETE'S FITNESS LEVEL, ESPECIALLY IF THIS ATHLETE IS A PROFESSIONAL RIDER.



**Fitness isn't just a word; it's a lifestyle that reflects a lot on the rider's performance and development, but why?**

As fitness improves many physical characteristics on the human body, it allows the athlete to undergo training, competitions and shows without feeling much drained as it builds up strength, endurance, mobility, flexibility, coordination, balance, agility, cardiovascular endurance and other qualities that affect the tolerance of the athlete.

### WILLPOWER KNOWS NO OBSTACLES

**How can a professional rider make time for exercising?**

Studies have shown that it's best to exercise 150 minutes a week which can be divided into 5 days 30 minutes each or a bit higher intensity workout for 20 minutes on 3 days per week, which would seem more convenient for a professional equestrian athlete.



### HOW TO PERSONALIZE EXERCISING FOR EQUESTRIANS

As an equestrian athlete, exercising to a personalized program would be much more effective as it provides the rider with better strength, endurance, balance, mobility and flexibility. This is called Sport Conditioning, meaning that the exercises are tailored for that specific sport. Not only does it affect their physical skills, it also allows the rider to gain more knowledge about their sport, which leads to building up motivation, ambition, confidence and mental stamina.

### MAJOR MUSCLES IN THE EQUESTRIAN ATHLETE

How do I synchronize with my horse's movement?





### Why do I keep bouncing?

Many people may believe that riding is all about having strong legs to keep the horse intact. Surprisingly it mainly consists of 3 body parts **CORE, BACK and LEGS.**

Meaning that a rider has to focus on strengthening those parts for a maximum performance, but why those three?

**CORE:** A strong core will provide the athlete with better stability and balance, leading to more security in the saddle, making it less likely for the rider to fall off.

**BACK:** A strong back will increase the rider's balance making the seat much softer and more secure.

**LEGS:** A strong lower leg is the starting point for a proper posture.

### DO'S AND DON'TS WHILE EXERCISING

Warm up before exercising to get your muscles warm and blood pumping.

Cool down by stretching to avoid DOMS (delayed onset muscle soreness).

Drink enough water to prevent dehydration and for thermoregulation.

Breathe correctly to maximize oxygen intake to prevent muscle cramping.

Get a sport massage every now and then for muscle relief.

Don't over lift.

Don't do it alone if there's an uncertainty on how to do it.

Don't exhaust your muscles by overtraining them and take some rest days.

Don't neglect rest during the workout.

### IT'S MORE THAN THAT

Some may ask, does being fit and exercising regularly mean I can eat what my heart desires?

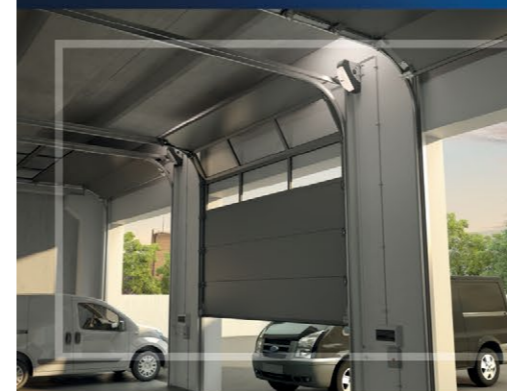
Not exactly, athletes usually follow a strict nutrition plan, but it does not always have to be like that, as many athletes aren't very fond of strict nutrition plans. Eating a balanced diet that consists of all types of nutrients is ideal for athletes, keeping in mind that they should consume an adequate amount of protein, as protein is essential for muscle growth, but certainly not in excess as in other nutrients when taken in excess it would result negatively. 🏠

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