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# BRASH AND HELLO SANCTOS CREATE A STORM IN MIAMI BEACH GRAND PRIX







World No1 Scott Brash galloped away with the inaugural Longines Global Champions Tour of Miami Beach Grand Prix title with Hello Sanctos. Bassem Hassan Mohammed (QAT) and Palloubet D Halong took Silver. While 2014 Longines GCT of Shanghai Grand Prix winner Pieter Devos (BEL) and Candy finished with a worthy Bronze medal.



**BASSEM HASSAN  
MOHAMMED  
SHOT TO THE  
TOP OF THE  
LONGINES GLOBAL  
CHAMPIONS TOUR  
RANKING**



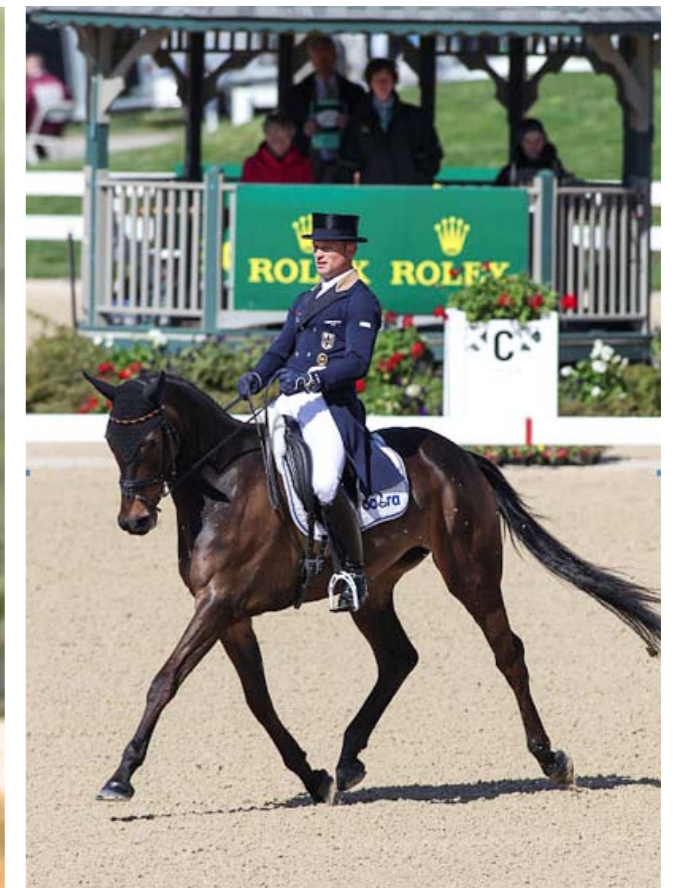
The young Qatari rider scored enough points to take the lead from Scott Brash, who won in Miami Beach, in the second leg of the Tour in Belgium with his eyes on the overall championship.


Bassem is on 66 points, followed by Hans-Dieter Dreher on 59 points taking second place in the Grand Prix. Edwina Tops-Alexander was third on the podium. 🏆





# MICHAEL JUNG CLAIMS ROLEX KENTUCKY THREE-DAY EVENT



Michael Jung (GER) had an outstanding victory riding FisherRocana FST at the Rolex Kentucky Three-Day Event (USA), third leg of the FEI Classics™ 2014/2015/. Tim Price on Wesko had to settle for second place, Michael Jung on La Biosthetique Sam FBW came in third and William Fox-Pitt on Bay My Hero in Fourth place. 



# AMERICANS WIN FURUSIYYA LEG IN COAPEXPAN







TEAM USA WON THE THIRD LEG OF THE FURUSIYYA FEI NATIONS CUP™ JUMPING 2015 SERIES AT THE COAPEXPAN EQUESTRIAN CLUB IN XALAPA, MEXICO. TEAM MEXICO FINISHED SECOND AND MEXICO II LINED UP THIRD AND CANADA IN FOURTH PLACE.

## Results:

1. USA 8 faults: Kismet 50 (Candice King) 45/, VDL Wizard (Callan Solem) 40/, Casall (Ali Wolff) 00/, Nice de Priskey (Brianne Goutal) 04/.

2. Mexico I, 12 faults: Colaski (Nicolas Pizarro Suarez) 04/, Jumex Sport Archimdes (Sofia Larrea) 40/, Wick I (Manuel Rodriguez) 124/, Aristotelis (Antonia Chedraui) 40/.

3. Mexico II, 35 faults: Cartier (Salvador Onate) 44/, Bartender (Alejandro Mills) 44/, Luminoso LS (Gonzalo Azcarraga) 019/, Careyes (Patricio Pasquel) 820/.

4. Canada 37 faults: Appy Cara (Erynn Ballard) 48/, Alberto II (Kara Chad) 88/, Zilversprings (Elisabeth Gingras) 54/, Calvin™



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# HORSE RIDING STRETCHES AND FLEXIBILITY EXERCISES

STRETCHING IS ONE OF THE MOST UNDER-UTILIZED TECHNIQUES FOR IMPROVING ATHLETIC PERFORMANCE, PREVENTING SPORTS INJURY AND PROPERLY REHABILITATING SPRAIN AND STRAIN INJURY. BELOW ARE VERY BENEFICIAL STRETCHES FOR HORSE RIDING.

## CALF STRETCH:

Stand at arm's length from a wall with your palms flat against the wall. Slowly bend your elbows and lean toward the wall. Keep the involved leg back with the knee straight and the heel flat on the floor.



## HIP ADDUCTOR STRETCH:

Sit on a firm surface and place the soles of your feet together forming a circle figure with your legs. Gently lean forward to feel an inner thigh stretch. For a stronger stretch, use your arms to gently push your knees toward the floor.



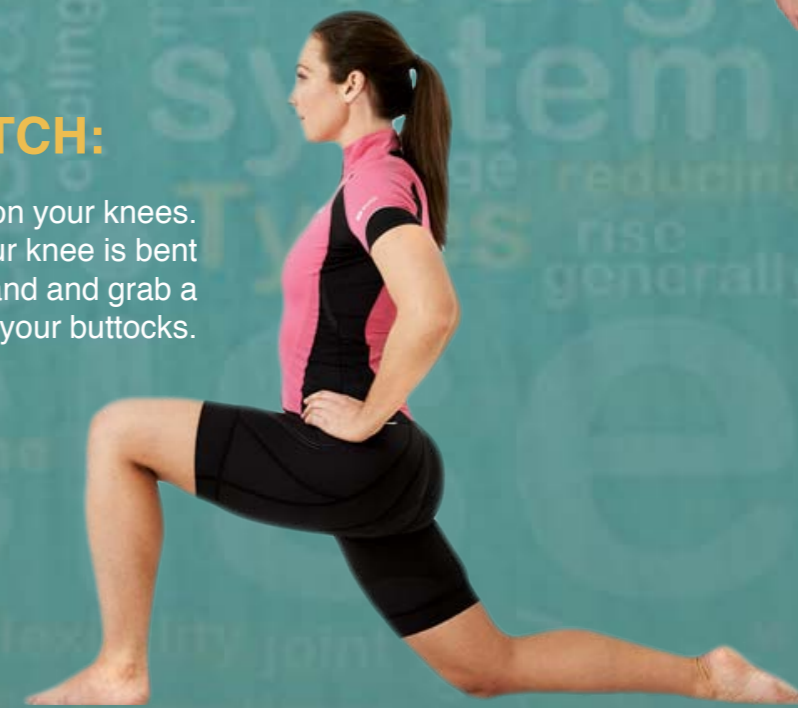
## LYING KNEE ROLL-OVER STRETCH:

Lie on the ground with your legs together. Your knees raised up with your feet on the ground. Your arms should be out to the side. You will stretch by slowly rotating your knees and legs from one side of your body to the other. Try to keep your back flat on the ground during this stretch.



## KNEELING QUAD STRETCH:

Place a mat on the ground and get down on your knees. Place your left foot on the floor so that your knee is bent 90 degrees. Reach back with your right hand and grab a hold of your right foot and pull your foot to your buttocks.



## STANDING TOE-UP ACHILLES STRETCH:

Place your toes on the edge of a stair and drop your heel toward the floor. You'll feel a stretch in your calf and the bottom of your foot.

