

COMING FEBRUARY 2022

FROM TOP COLLEGIATE COACH SALLY BATTON, FOUNDER OF THE ATHLETIC EQUESTRIAN LEAGUE

THE ATHLETIC EQUESTRIAN

OVER 30 EXERCISES
for Good Hands, Power Legs,
and Superior Seat Awareness

RIDE LIKE A
VARSITY ATHLETE
with

SALLY
BATTON
and
Christina Keim

A proven rider training system to sharpen position and vastly improve skill in the saddle.

Whether competing in the show ring or riding at home on the trail, every rider wants to be more secure and balanced in the saddle and effective with their aids. This innovative guide uses highly effective exercises to develop your athleticism on horseback so you can say goodbye to common rider problems, such as:

- Swinging lower legs.
- Stiff arms.
- Trouble balancing over the horse's center of gravity.
- Half-halts that go unanswered.
- Incorrect mechanics, on the flat and in the jumping position.
- And more.

PREORDER YOUR COPY AT ATHLETICEQUESTRIAN.COM