

Combining stretching exercises and massage therapy, this volume guides readers in understanding the muscle tone and overall health of their equine companions. Fitness in Motion is divided into four main sections which focus on a specific part of the horses anatomy: the head and neck; shoulders and front legs; back and belly; and, hindquarters and hind legs. Each section illustrates specific exercises to prevent and correct injuries and ailments. Using an holistic approach to the health and care of horses, this volume also identifies signs of injury and sickness, and advises when to seek medical help.

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