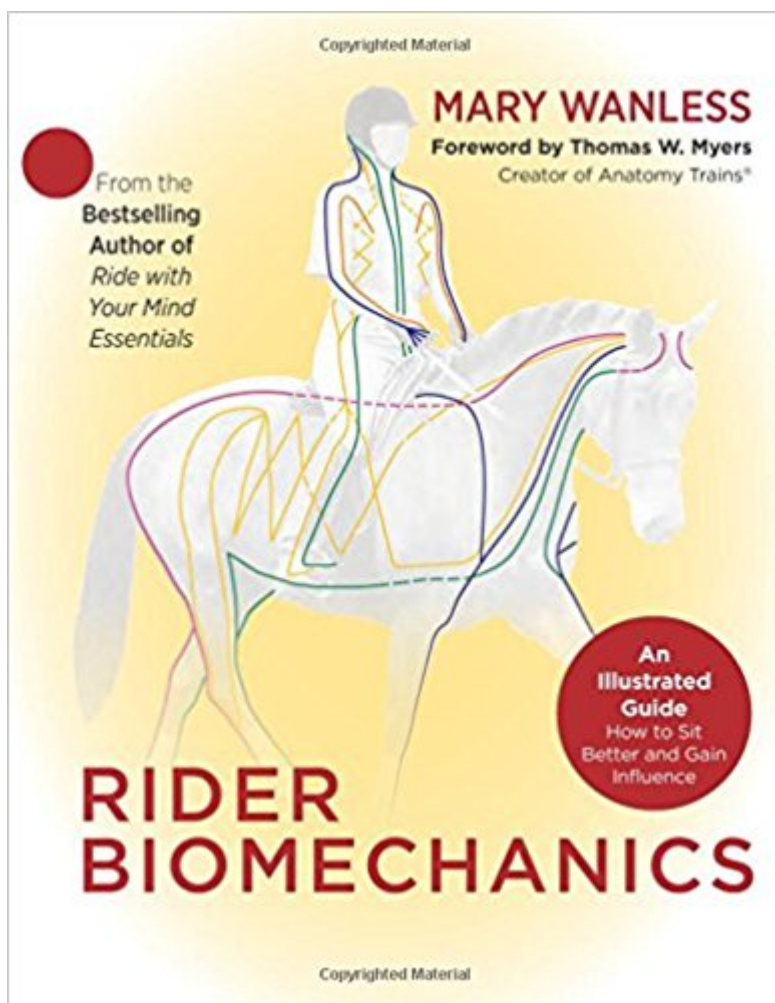


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# Rider Biomechanics: An Illustrated Guide: How To Sit Better And Gain Influence



## Synopsis

Through *Rider Biomechanics* one gains a complete understanding of the biomechanics of the rider via a new understanding of fascia, - the fabric of the body that links muscles into functional chains, rather like strings of sausages. Within both human and equine bodies these form 'lines of pull', affecting posture, movement, stability and mobility. Through clear 'how to' descriptions, coupled with copious illustrations, the reader learns how to rebalance the tension within and between one's own 'lines of pull'. The ultimate task is to use this developing awareness to rebalance the tension in the horse's 'line of pull', gaining much more influence over his carriage and movement. The secrets of talented riders are laid bare.

## Book Information

Paperback

Publisher: Kenilworth Press Ltd (June 12, 2017)

Language: English

ISBN-10: 1910016144

ISBN-13: 978-1910016145

Product Dimensions: 11 x 0.8 x 8.6 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #98,525 in Books (See Top 100 in Books) #63 in Books > Sports & Outdoors > Individual Sports > Horses > Equestrian #63 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding #249 in Books > Engineering & Transportation > Engineering > Bioengineering

## Customer Reviews

'If there is one equestrian author who single-handedly changed how we looked at riding it has to be Mary Wanless. *Rider Biomechanics* is an incredibly detailed book, beautifully illustrated with colourful diagrams and photographs which show the influence of the body, including the front and back lines as well as the influence the arms and spinal position has on the rider's ability to help or hinder the horse. This is such a long way away from the instructions of old where we were merely told to have a straight line from the horse's mouth to our elbows. I am sure there must be many a horse who, with a rider who is aware of what their body is doing, must think 'thank goodness for Mary Wanless!'. - Jacqui Broderick, Horse & Pony Ireland; 'Mary teaches a centred, balanced approach to riding that's light years away from the 'heels down, head up' approach that many of us

learnt as children. In her new book, she concentrates on using the fascial system and core muscles to build a deeply balanced riding position that's in tune with the way the horse moves.' - Horse & Countryside

Mary Wanless is an internationally renowned coach, and the author of the highly successful *Ride With Your Mind*, *For the Good of the Rider*, *For the Good of the Horse* and *Ride With Your Mind Essentials*. She has also authored 12 DVDs. She coaches riders at all levels, from relative novices to elite riders, including some who have competed at the highest levels of international competition. She has BSc degrees in both Physics and Applied Sports Coaching, holds the BHSI certificate and is a Fellow of the Royal Society for the encouragement of Arts, Manufactures and Commerce.

This book is a wealth of useful and actionable information and a must have for riders serious about improvement. It includes excellent examples of correct and impactful rider position, common rider issues and asymmetries, physiological information on the origin of these issues, and high impact exercises to make corrections. The correlation between horse and rider is very informative as to how we as riders impact our horses through our position and asymmetries, and how they in turn impact us. As a rider, teacher, and trainer, I highly recommend this book. As a student of Mary's I can attest that her knowledge is the key stone to understanding what elite riders do but can't teach.

Still reading but any book by Mary Wanless is worth every penny!!!

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