

BECOMING A DRESSAGE ATHLETE CLINIC

Fitness • Nutrition • Lifestyle • Mindset

Core Strength

Learn which muscles dressage riders need
Get exercises to do in your own home
Improve posture, balance and stability

Your Environment

Learn how your office affects posture
Get simple tools to overcome this
Improve posture by improving daily habits

You Are How You Move

Discover how you move off your horse
Learn how movement affects your body
Improve daily movement habits



*bought to you by
Nicola Smith*

You Are What You Eat

Learn how food affects our cells
Your nutrition is as important as your horses
Find foods that help you shine as an athlete

Mobility

Learn simple exercises to improve mobility
Discover how your mobility affects horse
Learn the art of daily self care

Mindset

A distracted mind, leads to an unfocused ride.
Learn simple tools to improve your mindset
How to stay focused and stay committed

Dressage Rider Health + Fitness



GET IN TOUCH TO BOOK A CLINIC NEAR YOU

nicola@dressageridertraining.com

www.dressageridertraining.com