



The Horse's Muscles in Motion

Sara Wyche

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This book aims to show how the horse's muscles work and explains how this knowledge can be put to good use in riding, whether in competition or for recreation. Using her own careful anatomical drawings, Sara Wyche studies the skeleton, the action of the muscles, and the role of the nervous system before applying this information to various riding situations. The demands placed on the horse's systems in dressage, jumping, eventing, racing, and even polo are all examined, with advice on how good riding practice can help avoid problems. With the knowledge of the horse's anatomy gained in this book, the rider will better understand what is being asked of the horse, and how to achieve it with sympathetic riding and horse care, making this an essential manual for all riders.

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