

## The Rider's Edge

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**A Rider's Training Journal**<sup>®</sup> – *specifically designed for equestrians* – lets you to track both your personal fitness and ride. Discover and improve your warm up and work out routines to produce your best ride.

**A Rider's Training Journal**<sup>®</sup> takes into consideration the needs for good riding; i.e. riding skills, state of mind, body tone (fitness), instructor's comments and horse's management.

**A Rider's Training Journal**<sup>®</sup> Start tracking your journey today and find out how this powerful training tool can help you to improve your riding.

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