

# EQUESTRIAN FITNESS HABIT

## Roadmap

Creating a daily fitness habit  
for better performance in the saddle  
a Step by step guide

EQUESTRIAN ATHLETES MAGAZINE



# 5 REASONS WHY FITNESS IS IMPORTANT TO YOU

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4.

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5.

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# 5 BIGGEST STRUGGLES

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# 5 SOLUTIONS TO YOUR STRUGGLES

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# TOP 5 STRENGTHS

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# TOP 5 WEAKNESSES

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# EXERCISE RESEARCH

## EXERCISES THAT WILL IMPROVE YOUR WEEKNESSES

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# ACTION PLAN

ONE EXERCISE PER DAY FOR 5 DAYS FOR 5 WEEKS

1.

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4.

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5.

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# REASSESS

- AFTER 5 WEEKS REASSESS YOUR STRENGTHS AND WEAKNESS
- BEGIN RESEARCH FOR NEW EXERCISES
- BEGIN ANOTHER 5 DAY FOR 5 WEEK PLAN

WE NEVER STOP GROWING, WE NEVER STOP GETTING BETTER. THEREFORE, WE CREATE A HABIT OF SUCCESS, DETERMINATION, AND GROWTH.

