



Fitness in the Horse

Susan McBane

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A horse's physical fitness and condition are central to his ability to perform well and to fulfil the considerable demands that are frequently made of him. This book explains what fitness is, how it affects general health and capability, and how to achieve it for your own horse. Topics covered include: the domesticated horse and his basic requirements; feeding and nutrition; muscles, movement and stress; the respiratory system; traditional and modern methods of increasing fitness; monitoring fitness and preventing problems; consolidating progress and maintaining condition; illness and injury, and finally, care and management and prohibited substances.

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