

APR Membership Plan



Brand: Applied Posture Riding

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Short Description

APR Membership Program

\$59 per month

Description

Applied Posture Riding Training Riders To Ride

"Learn The Fundamentals of

"Riding With Your Core".

and ride with balance, skill, and confidence

by following my step by step mentoring program

for just \$59 a month."

So Here is What You Get!

You will receive my E-Book "Applied Posture Riding The Fundamentals of Riding".

This is a 67000-word document. (Value \$99)

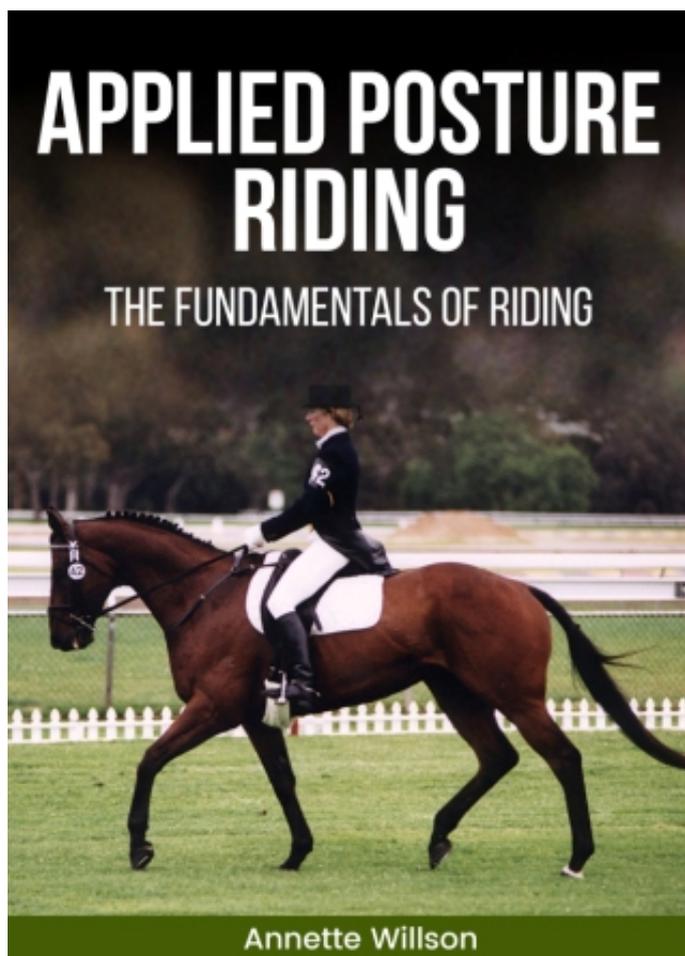
This file has all the instructions in written and colour picture form. You will follow the chapters in the book as well as view the videos in each lesson. The lessons will consist of video content and written information in the manual. As a member, you will have your own login details and have access to each chapter with all the lessons at two weekly intervals.

Every two weeks I will give you access to the next lesson. This will give you time to follow the lessons in detail and accurately. Once you have completed your unmounted training and your in the saddle rider training you will have access to ongoing lessons and information. You will also have the opportunity to have me assess your riding skills and advice on any problems you have not been able to overcome. This is only available to members.

You will learn HOW TO find, test, train and transfer your core strength and core function into efficient consistent riding skills. This will set you up to train your whole riding posture forever.

Part 1

Introduction



In addition to the Applied Posture Riding E-Book, you will have access to all the videos in the ARP program along with bonus videos to complement your learning.

I introduce the program and explain how to follow the manual and the videos side by side. You will be able to read about my background on developing the Applied Posture Riding program.

I explain the tools required for the program and also optional tools for advanced training.

- I have included information about simple posture support braces. I prescribe braces to riders when needed. You will be able to discuss any problems you have with me as you work through the program. Any Physiotherapy advice is included.

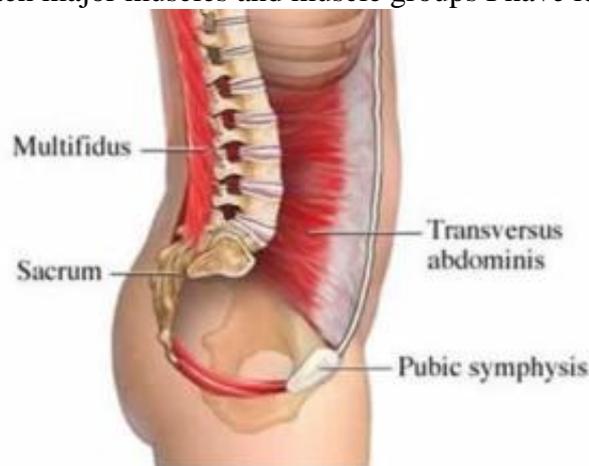
The introduction will give you an outline of the step by step program and how your training will progress.

Once you have been introduced to the program and have organized the tools you need you will start your new unique training program.

We get into the real learning in the next series of videos.

Chapter 1 The Riding Muscles and Their Function In Riding

- There are ten major muscles and muscle groups I have identified for riding. (Of course, there are more).



The Muscles required for Horse Riding include the deep core muscles.

The Core provides the base for stability, strength and control. This is essential to achieve skilled, balanced riding.



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- I show you where they are, how they work and what function each has when you are riding.
- You will be able to read through the manual and inspect the pictures as well as follow the videos I have put together.
- I have added two bonus videos to complement your learning about the core muscle.
- Bonus Video 1 Anatomy of Core Muscle Stability
- Bonus Video 2 Yoga Core Muscles

After completing Chapter 1 your knowledge of the Horse Riding Muscles Anatomy and Function

- will set you up to follow the training steps easily
- will give an understanding of where the muscles are when you start your training
- will give you knowledge of what they do for your riding
- will start you on a new way of thinking about rider training
- will start you being aware of your riding muscles both in the saddle and out of the saddle

Chapter 2 The Core Crunch

I spend a lot of time on teaching you the "Core Crunch".



- This movement pattern is the "secret weapon for horse riders".
- The core is the key to all good riding. A rider must have a strong stable functioning core and know how to use it in the saddle.
- I will teach you exactly how to do this.
- The manual has numerous photos and details and sequential instruction on HOW.
- I go through the process in detail in the videos to show you How To Core Crunch.
- You will learn where your core muscle is and how to engage it on demand.
- You will start the Core Crunch in the saddle as practise.

As part of the membership program, I have included 4 Bonus Videos.

The information in these videos is essential for your future biomechanical setup.

- Bonus video How To Engage Your Core
- Bonus videos How To Engage the Foot Support Muscle
- Bonus video How To Engage The Knee Support Muscle
- Bonus video How To Engage The Hip Muscles

After completing Chapter 2 you will be able to "Core Crunch".

- you will be able to perform the "Core Crunch" in six different positions
- you will be able to feel your core engage on demand
- you will feel and see your waistline reduce as your core tightens
- you will be able to recruit all of your core fibers
- you will be able to increase your core recruitment on demand in all six positions
- you will be able to coordinate your breathing with your core control
- you will know how to "wake up" and engage your foot support muscle
- you will be able to "wake up" and engage your postural knee muscle
- you will know where and how to re-establish your major hip muscle
- you will be able to start your core strength training program

Chapter 3 Muscle Testing

This section is broken up into 4 parts

- In this chapter, I will show you how to test all your major muscle groups yourself.
- 
- Once you have done this you will be able to identify your areas of weakness and your areas of inflexibility.
 - This will give you a starting point for your own exercises.
 - If you are weak you will need to do more strength training.
 - If you are stiff and inflexible you will need to do more stretching.
 - Later in the program, everyone one will learn the specific movement patterns for riding and perform them exactly the same.
 - In this chapter, I have included a video and the written lesson on How To Test For A Gap.
 - This is vital for all women and especially those of your returning to riding after a baby.
 - You will also test you Balance for efficiency and strength.
 - Bonus Video How The Abdominals Work

After completing Chapter 3 you will have a record of your horse riding muscles strength

- you will know how strong your core is before you even get started
- you will have a record of an abdominal gap if you after just had a baby
- you will have an understanding of how strong you are in all your muscles
- you will have an understanding of how flexible your body is
- you will have a starting point to improve your balance in sitting and in standing
- you will be ready to start your rider training

Chapter 4 My Jargon

As you move through the program you will need to understand the language used for Rider Biomechanics teaching. In the next two lessons, I talk about my Jargon which is the language I speak and use because much of what I teach is unique to me and my training.

After completing Chapter 4

- you will understand the language I speak and why I use it
- you will be able to apply this language to your training
- you will be able to follow the training steps easily without confusion

Chapter 5 Specific Movement Patterns For The Horse Rider

- Now we are coming to the nitty gritty lessons to set you up for riding.
- The next sessions are the rider specific uniquely designed, only taught here, APR movement patterns.
- I will take you through 18 unique rider specific movement patterns designed by myself as a rider and as a Physiotherapist.
- These are not taught anywhere else or by anyone else.



- As a Rider Biomechanics Specialist with my Riding skills and Physiotherapy education, I know How and Why you need to learn these movement patterns.
- You will continue to read and follow the manual but you will also receive the complete Video lessons to study watch, replay and be sure you get it right.
- Having already tested your muscles yourself you will know by now what you need to focus on and also why these movement patterns are the same for each of us when riding.
- These lessons are well worth spending a lot of time on.
- Bonus Video this time include a session on the mechanical rider showing the need for a strong core and the counter movements required.

After completing the Rider Specific Movement Patterns

- you will be in love with your new body and how it works
- you will be able to independently isolate body movements
- you will know why these movements are so important to the horse rider.
- you will be able to isolate your core and use it to train your upper body

- you will be able to isolate your core and use it to train your arm posture
- you will be able to isolate your core and use it to train your pelvic movements
- you will be able to isolate your core and use it to train your lower legs
- you will be able to isolate your core and use it to train your balance
- you will be able to isolate your core and use it to train your breathing
- you will be able to isolate your core and use it to train your upright posture
- you will be able to isolate your core and use it to train your back muscle strength
- you will be able to isolate your core and use it to train your whole riding posture

Chapter 5b Stretching and Exercises

Now that you have knowledge of the muscles, the way they function, how to test them, how to use them for specific riding through rider movement patterns, it is time to learn some simple strengthening and stretching exercises.

I differentiate between exercises and a movement pattern because of the detail and importance of getting the pattern correct.

Many people just do exercises and don't really understand what or why they doing it.

In a movement pattern the setup, alignment, and execution are finite.

The pattern slowly becomes a habit to transfer into the saddle. The mistake many riders make is that they don't learn the correct patterns and therefore cannot reproduce it in the saddle.

In this session I will teach you some strengthening exercises for your shoulders, these are simple routines you can perform often during the day.



I will also move onto a full session of stretching.

Here you will be taken through a whole series of stretches to improve your symmetry, flexibility, and range of movement.

A stiff rider is a poor rider and a stiff rider will cause their horse to stiffen up.

So if you want to keep yourself happy and your horse happy and pain-free this is a great session for you.

Bonus Videos

- Hamstring door stretch
- Hamstrings Stretch
- Quad Stretch
- Psoas Stretch On Foam roller

After Completing Chapter 5 Exercises and Stretches

- you will be able to identify your areas of weakness and stiffness
- you will be able to follow targeted specific stretches that are suitable for you
- you will start to feel great about your body and how it is responding to your new rider specific training

Chapter 6 Advanced Strength Training

Ok, now it is time to add in some Advanced Strength Training.

The next few sessions I will take you through a number of advanced strength training exercises.

Now, I have put together the routines I enjoy and have great success with.

I have a Pilates Floor routine I follow and I also do short workouts on the big ball and the OOV to strengthen my core and my abdominals.

I also use the Body Blade for a total body workout.

I will show you how I keep my core strength and functional use.

In these last session I will also teach you how to use a spiky ball for self-massage as well as a few simple daily routines.

After completing Chapter 6

- you will have a number of routines to follow at the end of the day
- you will be able to focus on the areas you discovered need training and or stretching from the testing
- you will be able to practice the rider specific movement patterns on your ball while you work or watch TV
- you will be able to train your balance at intervals that suit you
- you will be able to incorporate your independent isolated movement intermittently during the day
- you will be able to train new habits of movement
- you will be able to use your core and combine the "Core Crunch" with strength training or movement patterns
- you will have a whole new end of day routine to train you to ride the best you can
- you will have a purpose with a target in mind
- you will be able to reset your riding goals
- you will just love what you are doing
- you will be able to practise both in the saddle and out of the saddle

Well, this brings you to the end of your unmounted training and now that you have been set up to train yourself for riding you just need to do it.

Once you have completed the unmounted training I will introduce you to the Rider Lessons.

Part 2

The Rider Lessons

Each of these lessons is unique to Applied Posture Rider Training. Your rider training is now transferred to the saddle so you can apply your new skills to your riding in the saddle. This is the exciting part of the program and finally, you can see the benefits of your unmounted training.

- The Walk Lesson
- The Rising Trot Lesson
- The Sitting trot Lesson
- The Sideways Forward Movement Pattern In The Saddle
- The Figure of Eight Movement Pattern Lesson
- The Canter Lesson

After you have completed the Individual APR Rider lessons

- you will be able to ride the paces with and without stirrups and feel the movement of your horse
- you will be able to apply seat, leg and hand aids, deliberately with control and with a good strong core
- you will be able to apply the same aid each time and train yourself as well as your horse without confusion
- you will be able to use your seat effectively
- you will be able to stabilize your lower leg to give you better balance
- you will stop balancing in the reins
- you will sit up straight
- you will move with your horse and not behind
- you will be gentle on your horse
- you will ride with less jarring
- you will have a connection with your horse
- you will love the way you ride

Part 3 Managing Pain, Injury, and Posture

Your learning will continue with access to ongoing content specific to riders riding problems. I have numerous videos with tips and "How To" in the member's area. These include riding, rider lessons as well as Physiotherapy advice and tips. It actually never ends.

How To:

- manage shoulder pain

- manage lower back pain
- manage neck pain
- work around horses safely
- guest interviews and speakers

The next step is yours.

Be confident, this is the opportunity you have been waiting for. The opportunity to train yourself in "The Fundamentals of Riding" and to train yourself to not only use your core muscles but actually train your whole body for the best riding skills and posture you are capable of.

Every rider uses the same muscles to look good feel good and ride well, now you can too.

Have a look at my [Testimonial page](#) and see what others are saying about my program.



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