



50 5-Minute Fixes to Improve Your Riding: Simple Solutions for Better Position and Performance in No Time

Wendy Murdoch

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5 minutes a day is all the time you need to achieve: • Better balance in the saddle • Improved body control from head to toe • Increased influence with your seat • Flawless leg position and subtle aiding • Quieter, softer hands and contact your horse can trust • Less physical stiffness, tension, and riding-related pain • Confidence in your ability to communicate with your horse! PLUS, in just 5 minutes you can improve a horse that's: • Unwilling to go forward or "dead" to the leg • Hollow-backed, high-headed, or above the bit • Heavy on the forehand and unbalanced • A chronic "puller," "leaner," or "head-tosser"! Start or end your riding sessions with Wendy Murdoch's 5-Minute Fixes, and you'll be amazed how quickly you can replace old habits with new ones, get out of your "riding rut," and transform what you *can't* do into what you *can* do...naturally, capably, comfortably, and consistently alongside a happy riding partner—your horse.

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