

# The Fit Rider

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## Success in the Saddle *with Debbie Rodriguez*

A Core Fitness Program For The Equestrian

### Staying ON TRACK over the Holidays

1. Make plans in advance for an active event. It can be as simple as a family soccer game or sign up to run a Jingle Bell Race or News Year Day Race. Follow the foxhunters tradition of a Boxing Day Hunt and adjust it to your fellow riders for a Boxing Day trail ride or cross country school.
2. Stay on track and don't let one indulgence snowball. Everyone should have a treat or two but there is no need to have seconds on every temptation that presents itself.
3. An exercise buddy is helpful for staying committed, even if it is just a friend to follow up on an email about your day's workout.



### THE PLANK POSITION

The plank is a basic core movement, simple yet effective. On your toes and elbows keeping a straight line from your heels to your shoulders gets you to engage all the core muscles. Keep your neck in a neutral position, with your elbows under your shoulders and your belly button in toward your spine. Have a friend check to see if you are correctly aligned or look in a mirror to check your own position. By itself the plank is a challenging position. Try to see how long you can hold the plank in good form. I like the plank best as a go to position between more dynamic moves.



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### Stay Fit! Eat Right!

#### Marinated Broccoli Appetizer

2 cups broccoli florets.  
(1 small broccoli crown cut-up)

1 tbsp olive oil

2 tsp red wine vinegar

½ tsp salt

½ tsp crushed red-pepper flakes (opt)

½ red bell pepper cut into slices (opt)

Combine all the ingredients in a container with a lid, shake well and let sit for at least two hours up, then serve or refrigerate for up to 24 hours. Remember an attractive presentation helps encourage folks to try something new.



### LISTEN TO WHAT RIDERS ARE SAYING!

Hi Debbie,

Just a quick note to let you know how much I'm enjoying the workout program!

I'm finding it terrific for strengthening and stabilizing/balancing.

Take care,

Beth Gillespie

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