



Fit Trainer Sandy Osborn on Plato earning a 68% in the Grand Prix.

July Fit Rider Newsletter

Featuring an interview with 'Fit Trainer' Sandy Osborn



The Wood Chopper

The wood chopper is a good core and torso warm-up exercise. It incorporates a large range of motion for the torso and requires some stability of the muscles surrounding the spine. Stand with your feet shoulder width apart and hands together over your head. Then bending your knees swing your arms downward as if you are chopping wood. For an extra challenge try this move with a weighted medicine ball.

Summer Chicken Vegetable Salad

One rotisserie chicken from the store. Skin removed and chopped.

2 cucumbers peeled and diced.

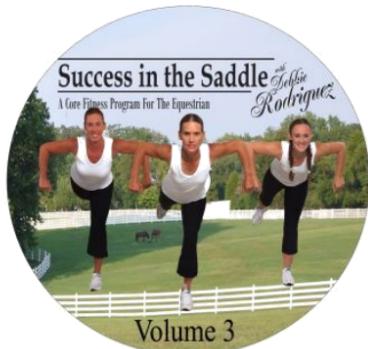
4 ears of sweet corn, cooked and the kernels sliced off. (or a can of sweet corn drained)

Salt and pepper to taste.

Add a light coating of your favorite vinaigrette dressing and serve chilled. Serves 3-4.

"Do not let what you cannot do interfere with what you can do." –John Wooden

People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success." -Norman Vincent Peale



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From a friend of Success in the Saddle on [Facebook!](#)

Debra J. -"Just finished Success in the Saddle Day 4. It kicked my ABS! ; -)"

The Fit Trainer interview with

Sandy Osborn

www.SandyOsbornDressage.com

Brief bio:

Sandy Osborn is an "S" judge and a USDF Gold and Silver medalist who has trained and competed 2 horses to the Grand Prix. Originally from Mass, Sandy was the Director of Equitation at the University of Mass for 8 years before going back into the private sector to teach and train. Many of her graduates from those years at the university are top trainers in New England today. She currently lives in Madison, GA where she teaches and trains out of the beautiful "After the Fox Farm" with Roel Theunissen and Adam Lastowka.

What prompted you to increase your fitness levels?

When I first moved down to Georgia in the fall of '07, I began to take classes at a local, family oriented gym. While I tried the spin and also the step aerobics classes, I found that the ones I enjoyed the most were the classes with the free weights and the aerobics classes. Initially, I did it for 2 reasons, first for something social to do in the evenings and second, more importantly, as something to help counteract the effects of my addiction to chocolate! Those effects become more evident with each passing year! I am dreading the time when I'll have to consider cutting back on all those things that taste great but aren't so great for one's figure!

What is your fitness routine?

Currently, I work with a personal trainer twice a week and run on a treadmill once or twice/week in between those sessions with the PT. I am going to look into swimming again (something I also did when I first moved down here, before that gym closed, and something I did in high school somewhat competitively). This is in addition to riding 3 to 4 horses/day right now. During the winter I was riding 6-7 horses/day. I am convinced that it is the added fitness from the gym that allows me to ride that many in a day. When I travel for judging, I bring the "Success in the Saddle" videos along and work out in my hotel room and/or run on the treadmill in the fitness room. After a full day at the barn, I find I have to go to the gym to work out. I don't have the discipline to do it alone in my apartment. It's much easier to "veg out" on the couch in front of the t.v!

Benefits to riding

In addition to what I mentioned above in terms of simply the improved stamina, I believe that my core strength is greatly improved so that my posture in the saddle and my ability to make a half halt from my seat and back are improved. Being only 5'2" tall, it is helpful to be stronger in general to deal with the horses on a daily basis. Grooming and tacking up requires a certain amount of fitness and strength especially when the horses are 17 hands or more! When I help my trainer with the work in hand, I can keep up with the horses without getting so out of breath as well! Another fringe benefit, in addition to the riding, is to be more aware of asymmetries in my own body as well as in those of my students. I'm more sympathetic to my students' lack of awareness of their own position and reactions to the horses since I'm finding out how unaware of incorrect techniques I am when lifting weights and the PT has to tell me the same things each week! .

What benefits do you notice in your daily life?

. Working out has definitely made a difference not only in my overall stamina but also in my improved metabolism as well. I love to eat and I don't want to worry about counting calories as I get older! Also, riding doesn't do a lot for one's cardiovascular fitness and tends to stress the same areas of one's body repeatedly, while having no impact on other parts. For example, I am quite strong in my hamstrings and have no problem with the machine that works that muscle group but am much weaker in my quadriceps. Working out also definitely helps me stay on an even keel emotionally as well! When I'm wrestling with things in my brain (when the Jack Russells in my brain get going chasing tails they haven't got!) it helps me to calm down and think rationally!

Favorite healthy food?

I could be very happy eating salmon 7 days/week! I love it cooked in butter and lemon juice, served over spinach. I'm not sure how healthy that is, though! Because I'm not much of a cook, a favorite summer dinner of mine is to get a rotisserie chicken at the grocery store, stack the white meat with tomato slices from the garden and with avocado slices, sprinkle that with basil, then drizzle with olive oil and lime juice and sprinkle with a little salt! It's a great dinner in the heat of the summer!

Favorite indulgence?

CHOCOLATE!!!!!!



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