



## 40 5-Minute Jumping Fixes: Simple Solutions for Better Jumping Performance in No Time

*Wendy Murdoch*

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Better balance in the saddle, improved body control from head to toe, and increased influence with your seat are just a handful of the simple fixes offered in this straightforward training manual for jumping. Most of the suggestions provided require only a few minutes to learn and offer solutions for making jumping more enjoyable for both riders and their horses. By starting and ending each ride with these simple, easy, and effective fixes, equestrians will happily and efficiently replace old habits with new ones and get out of the riding rut we all find ourselves in at some point in our riding career.



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