

Cambridgeshire Fitness & Rider Analysis Clinic

16th June 2015

At Moatsway Equestrian, Cambridgeshire



What Is Involved?	Rider Analysis	Individual Fitness Assessment & Programme
What's Involved	Russell uses high speed cameras, Visualise jackets and Quintic software to analyse your riding and the horses way of going. You will then look at the footage and discuss what is happening	Carys will run you through a full movement assessment, which will highlight areas of weakness and strength. She will then discuss how that effects your riding. Finally, she will put together an individual programme to help work the areas discussed in your clinic, and go through the exercises
What's Included	<ul style="list-style-type: none">• Rider Analysis• Detailed feedback form• DVD of some of the key areas to work on• Plan of action	<ul style="list-style-type: none">• Full Movement Assessment• A Write Up• A Individual Programme with Videos To Follow• Plan Of Action• A Month's Full Membership To Our Website
What You Need To Bring	<ul style="list-style-type: none">• Your Horse• Close fitting clothing (Russell will bring the tops)• Riding clothing etc	<ul style="list-style-type: none">• Loose fitting clothing• Trainers• Also think what your trainer regularly comments on during a session• Details of current exercise• No Horse
Who Is Doing The Session	Russell works as a consultant for the British Equestrian Federation and has given presentations on the use and application of biomechanics and has spoken at over 100 venues throughout Europe and America. He has featured in many articles and been involved in many research projects, including the Fairfax girth	Carys has been working in the Sport and Exercise Industry for over 10 years, spending nearly 5 years working for the English Institute of Sport as a Strength and Conditioning Coach, helping athletes prepare for Beijing 2008 and London 2012. She currently works as a consultant for the British Equestrian Federation, working with their development riders.

Cost £120

Bookings can be made from our [website](#)

Any queries, please email us at carys@theactiverider.com