

# The Equestrian Athlete Plan

## Quick Start Guide

### *The first steps to becoming riding fit*

Thank you for purchasing The Equestrian Athlete Plan!

You're now 8 weeks away from getting riding fit and feeling fantastic.

Before you go bolting off, there are a few steps you need to take to make sure you get the most out of the program.

Follow these steps in the order shown, so that you don't miss anything out.

- 1) Read The EAP Introduction
- 2) Read EAP How To Create Your Riding Fit Body.

This will ensure that you understand why the program works so well, as it will keep you going on the tough days when you wonder if it's all worth it! When you attach education to a goal it becomes very powerful.

- 3) Read EAP Training Manual and print out the weekly schedules.
- 4) Check out the video links at the end of The EAP Training Manual and familiarise yourself with any exercises that you don't know. It would be a very good idea to **look at them all** before beginning because exercises get called different names from time to time by different coaches.

You won't find pages and pages of photos with the training plans themselves but you will have The Equestrian Athlete Exercise Library. This is deliberate as I don't want you messing around trying to find photos during sessions.

- Your training will work best if you know what you need to do. Then you can get in, do it and then get on with eating well and living your life to the max.

- 5) Get in any equipment you need which you don't have.

#### **You will need a**

- a) Stability/ Physio Ball
- b) Tennis Ball
- c) Elastic Resistance Band
- d) A [Z-trainer](#) which are amazing for the posture or a Beach Towel can be used.
- e) Ideally a stop watch timer (['gymboss'](#) is really good and you can get the app for your i phone as well).
- f) A pair of dumbbells anywhere between 1 and 6 Kg is usually fine. Obviously everyone is different but perhaps get two pairs within that range.

I strongly suggest that you invest in The [Z-Trainer](#). This is a great piece of equipment, which is so versatile and easily used when at home and travelling. I wouldn't be without mine. Click [HERE](#) to find out more.

6) Join [The Equestrian Athlete Inner Circle](#). You will be asked to create an account, I will then verify you and accept your application and you are in.

7) Read The EAP Hot to Trot Nutritional Plan

Take time to fully understand the key principles. It won't take long, but will be vital in optimising your performance.

Clear out your cupboards and get in only the foods which are compliant with your Hot to Trot Nutritional Plan. There is a Shopping List which will give you maximum energy whilst shedding body fat if you need to.

You will then be ready to get started with The Equestrian Athlete Plan!

**Commit to giving 100% to the program** and don't be tempted to mix it with other training or leave bits out.

This is why many people fail to get noticeable results from their training programs.

They know they need a new direction but they insist on altering it to be more like what they are used to!

How crazy is that?!

*If nothing changes, then nothing changes!*

Well what are you waiting for?

So if you haven't already, you need to click [THIS LINK](#) to be taken to the email activation page.

Fill in your details and I will start to send you the weekly support emails.

Remember to [click this](#) on a Saturday if you are doing the programme during the season.

Let's get riding fit!

Matt☺