

*welcome to the*  
STRIDES FOR SUCCESS

30 ✨ Rider  
DAY Fitness  
CHALLENGE

MAKE EVERY RIDE COUNT

[www.stridesforsuccess.com](http://www.stridesforsuccess.com)

**Week 4**

Welcome to the Final Furlong! Week 4 of the 30 Day Rider Fitness Challenge...

The finish line is in sight 😊

Did you think that 21 days ago, when you were starting out on your journey, you would actually make it this far?

Well, even if you did sell yourself short, just look at you now!

This week we will chat a little about how we should begin changing how we think about food and eating... Hmmmm, touchy topic, I know!

We are also going to chat about certain exercises we can do while actually riding our horse. (These are on the last two pages of this workbook)

**WARNING:** Some are more difficult than others, particularly if you are over 12 years old!

**As I mentioned each week, this is only a guideline. I am not a fitness instructor or coach, nor am I a medical professional. All exercises are done at your own risk and we highly recommend consulting with your healthcare practitioner before starting any fitness plan.**

We are also going to up our jogging a little, so as we go to week 5 and beyond, that 3km goal will still be there for you to reach.

With so much to cover, let's not waste any more time chatting...

Set your sights on your finish flags and start scrubbing!

**Day 21**

**Cardio**

6 Km Brisk Walk | 3.8 Mile Brisk Walk

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**Workout**

**x3 Circuits**

		<u>1</u>	<u>2</u>	<u>3</u>
Squats	X25			
Crunch & Leg Lift	X15			
Oblique Twist	X15 (Each Side)			
Crunches	X25			
Belly Twister	X15 (Each Side)			
Side Bridge	X15(Each Side)			
Plank	30 Seconds			
1 Minute Two Point Seat x2				

So, food...

Oh this is a topic that I can chat for hours on! Remember when we began last week, our aim was to create a lifestyle that not only benefits you, but feels good and is fairly easy to implement?

Well, food is something we do EVERY SINGLE DAY... In fact, it is so important, it is truly mind boggling why more people don't give it more thought, as opposed to the afterthought it has become for most.

Today, I want you to give conscious thought to everything – yes, every little morsel, of food that passes your lips!

Awareness of something is the first step to changing anything.



**Workout**

<b><u>x3 Circuits</u></b>		<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>
Squats	X25			
Donkey Kick	x15 (Each Leg)			
Bridge	x15(Each Leg)			
Crunches	X25			
Lunge	x15 (Each Leg)			
Leg Lift	x15			
Plank	30 Seconds			
1 Minute 2 Point Seat	x2			

There is a saying in the fitness world, “You cannot out train the fork” or “You can’t out run the fork”. They both basically mean that you can exercise and train until the cows come home, but if you are not monitoring what you are putting in and, more importantly, the quality of what you are putting in, well you are just wasting your time and effort.

It sounds harsh, but it is true.

Eating good does not have to mean boring eating. Nor does it have to be expensive. It may be slightly more time consuming, but if you plan your week well and ‘batch prepare’ meals, well... The payoff is well worth the effort.

So, what can you begin making changes to right now?

How many sugars do you use in your tea / coffee? Do you really need them? Often it is just habit and you can instantly cut down.

Remember, you can ‘learn’ to enjoy any taste...

**Day 23**

**Cardio**

6 Km Brisk Walk | 3.8 Mile Brisk Walk



**Workout**

Rest

Well, look at that, a complete rest day 😊

May I suggest that you use the extra few minutes you have just gained today to begin planning a few healthy snacks which you can 'default' to when a moment of weakness strikes.

We all have those moments, so having a 'go to' default that is not only good for you, but also will give you the necessary energy to get you over the 'hump' are essential if we are to begin overhauling our lifestyle.

Let me tell you a story about how I personally incorporated these healthy snacks into my life; we began to make a 'special treat' out of carrot and cucumber sticks (yes honestly, carrots and cucumbers)!

We sat down on a Saturday or Sunday afternoon and have our carrot and cucumber sticks, with a little bit of feta or camembert cheese and of course, a glass of crisp white wine.

Initially, well I was less than impressed... In fact, anyone who knows me well will tell you that up until about two years ago, I did not eat cucumber, full stop, and carrots had to be well boiled into submission before they passed my lips! With regards to cheese, cheddar was exotic! But luckily for me, Dion was relentless in his assault on my taste buds and slowly but surely, I came to not only enjoy our little 'Weekend Snacks', but began eating the same 'sticks and cheese' during the week between meals, as a surprisingly filling snack.

The reason it works so well, is because not only is it filled with fiber from the veggies, but also some good sugar from the carrots and a boat load of protein from the cheese! Fantastic! And it only takes about 3 minutes to prepare 😊

So, begin thinking about snacks you can enjoy, remember keeping them low in salt and refined starches.

**Day 24**

**Cardio**

5 Minute Warm Up – Gentle Walking	
2 Minutes Jogging	
1 Minute Walking - Brisk	
2 Minutes Jogging	
1 Minute Walking - Brisk	
2 Minutes Jogging	
1 Minute Walking - Brisk	
2 Minutes Jogging	
1 Minute Walking - Brisk	
2 Minutes Jogging	
1 Minute Walking - Brisk	
2 Minutes Jogging	
5 Minute Cool Down – Gentle Walking	

**Workout**

**x3 Circuits**

Squats	X25
Crunch & Leg Lift	X15
Oblique Twist	X15 (Each Side)
Crunches	X25
Belly Twister	X15 (Each Side)
Side Bridge	X15(Each Side)
Plank	30 Seconds
1 Minute Two Point Seat x2	

<u>1</u>	<u>2</u>	<u>3</u>

How is your jogging going?

The intensity has really been ramped up now, are you managing to cope still?

If you are finding things a little too tough or moving too fast, rather go back a few steps. As always, this is for enjoyment, please don't put yourself under more pressure than your body can handle.

When we have higher intensity workouts or cardio, we need to make sure we fuel ourselves correctly, or our body can begin to work against us with regards to the muscle in our body.

Bananas are a great source of energy for high intensity workouts. Pop one or two into your bag before you hit the gym or the trail and snack on them as needed. Not only are they loaded with potassium, which you need after you sweat, but also three different types of sugar, which your body can access quickly and efficiently when needed.

Who knew the humble banana was so good for us?!

**Day 25**

**Cardio**

6 Km Brisk Walk | 3.8 Mile Brisk Walk

**Workout**

**x3 Circuits**

Squats X25  
 Donkey Kick x15 (Each Leg)  
 Bridge x15(Each Leg)  
 Crunches X25  
 Lunge x15 (Each Leg)  
 Leg Lift X25  
 Plank 30 Seconds  
 1 Minute 2 Point Seat x2

<u>1</u>	<u>2</u>	<u>3</u>

So, aside from bad and unnecessary sugar, the other big no-no in our diets is the other S word... SALT!

I am sure that I don't really need to say much about salt, we all know that while a small amount is essential for good health and well being, when we begin to go over that recommended daily dose... Our bodies tend to not respond well.

Salt is in most processed, canned, bottled and packaged products, so there is rarely any need for us to add any extra to our food. However, if you are unsure, speak with your doctor or dietician and ask them for a suitable eating plan which suits you, as an individual.

**Day 26**

**Cardio**

5 Minute Warm Up – Gentle Walking  
2 Minutes Jogging  
1 Minute Walking - Brisk  
2 Minutes Jogging  
5 Minute Cool Down – Gentle Walking


**Workout**

Rest

**Day 27**

**Cardio**

Rest

**Workout**

Rest

No work?!

Well you deserve it 😊 Remember, your body needs a break and because we are trying to integrate this with your life, I strongly suggest choosing one day a week that you relax and allow your body to rejuvenate a little.

You know your schedule best, so sit down weekly and figure out, in advance, which day will be your complete rest day.

Perhaps it is a day that there is just too much on, or perhaps you have other commitments on a certain day that make exercising a little difficult... Or perhaps, like me, you just like to relax on a Sunday 😊

Whatever the case is, make a point of choosing the day yourself, not allowing other agendas to choose it for you.

With regards to your food... Just try to eat clean 70% of the time and you will see a big difference with your body, energy levels and mind. However, allow yourself those treats every now and then. My personal favorite is nachos! Oh, how I love nachos!

If you have a horse, I have some exercises for you on the next page which you can begin to do while riding...

If you don't, I will see you for Week 5 tomorrow (we did say 30 days, hey?!)

### **On Your Horse... Giddy Up!**

#### Down, Down, Up

This exercise is super for developing not only awareness of your body, but also to begin riding less on autopilot and more with our minds.

The aim of the game, if that's what we can all it, is to begin in rising trot, or posting to the trot, around the arena.

Up, Down, Up, Down... Normal rising trot... Up, Down, Up, Down...

However, we are going to change things a little and begin to put two 'Downs' followed by one 'Up'

Down, down, Up, Down, Down, Up, Down, Down, Up; as though we were continuously changing the diagonal.

Hmmm... Sounds easy, however is slightly more difficult in practice

#### Up, Up, Down

The 'Advanced Version', so to speak! This time, instead of sitting for two and then rising, or posting, we are now going to post or rise for two and then sit.

Up, Up, Down, Up, Up, Down, Up, Up, Down, Up, Up, Down...

Much more complicated! This exercise not only needs you to have a strong awareness of your body, so as not to 'go with the flow', but also a strong core, to support you while 'Up' and also a good lower leg position, again to support you while 'Up'.

It is paramount that you are not pulling or supporting yourself using the reins, your thighs or knees. Rather make sure you are standing up on your heels, balancing yourself and staying up for the 'double post'.

### Standing in the Stirrups

Once you have begun to master the previous exercise, the Up, Up, Down, you can now begin staying 'Up' for longer periods.

Start first in walk, making sure that you are keeping the weight into your heel at all times, and not allowing your weight to tip over onto your knees or thighs.

Also, make sure you are not using the reins for support, either getting up or as 'balancing ropes' to stay up there. Your horse's mouth is attached to the end of those ropes!

Lastly, try stay as upright as you can, this is not a two point seat, or a jumping position... It is merely standing in the stirrups.

Take things slowly, start for two or three strides and build from there.

We aware that you are not falling back into the saddle after each stand, as slamming down into the saddle will not only hurt you, but also your horses back, not to mention is not good for your saddle! As you went up, lower yourself back down.

### The Two Point Position

My personal favorite for all things balance, strength and fitness related! This can BURN those poor calf muscles in your legs, so consider yourself warned!

Just as the photos in week 1 worksheets show, you should make sure the weight is into your heel. Lift your bum slightly out of the saddle and 'reverse' a little. Fold your upper body down through your hips, all the while making sure your back is straight and shoulders are square and open. Lastly, follow with your hands and arms... The Big Daddy of all horse exercises 😊

See you tomorrow for Week 5... 30 Days and beyond!