



# Horse Community Journals Inc.

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## [BioRider Fitness](#)

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### **Disclaimer**

Condition the body prior to getting in the saddle. The wear and tear on an equestrian from daily riding can take a toll on the spine and joints. Regular core strength training helps prevent and rehabilitate the body to withstand the vigorous sport of riding horses. If you are riding horses, you should be able to strength train your core.

If you have a question, we will try to answer to the best of our ability. We recommend that you take the information in this blog to your personal trainer and/or doctor, therapist, or whomever can see you firsthand.

If exercise is painful and/or you get dizzy, nauseous, or feel lightheaded, stop and consult your medical professional right away. Please do not try to get on a horse and work it out.

Consult with your doctor before beginning this or any exercise routine. The creators, producers, participants, distributors, employees, associates, heirs, executors, administrators, successors, and assigns of this program, including [BioRider Fitness](#) and [Horse Community Journals Inc.](#), shall not be held liable in any way whatsoever for any loss or injury resulting from advice given in this program. Viewers and members engage in these exercises and activities at their own risk.

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