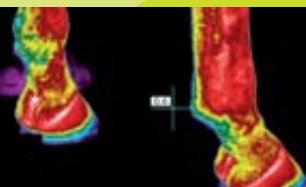
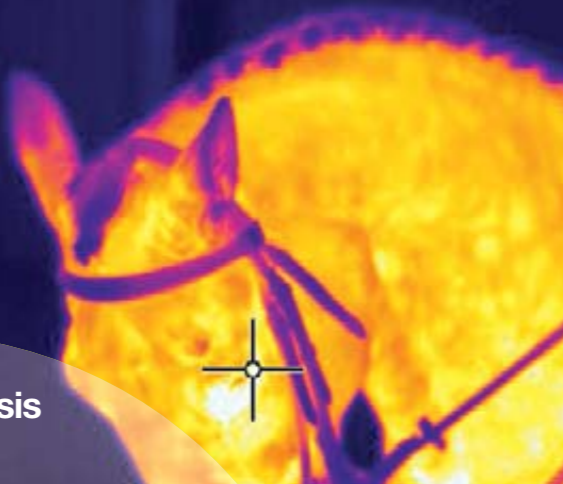




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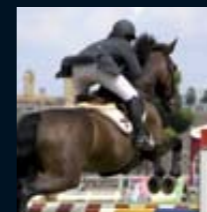
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DO YOU WANT THE POWER TO WIN?

There is no single solution for achieving your goals and objectives. At Human and Equine we have experts in Sports Science, NLP Sports Psychology, Orthopaedics and Equine Training all working together to achieve balanced effective solutions, the aim of which is to achieve optimum physical and psychological performance.

HAVE YOU GOT THE EQUESTRIAN EDGE?

Our equestrian Edge training programmes are the first of their kind and focus on Specific fitness for the horse and rider. It is well documented that exercise develops increased stamina, speed of response, strength, good posture, balance, alertness and confidence. These are all the qualities necessary to ensure you, the equestrian, a secure place at whatever level you aspire to obtain. It is also encouraged for the benefit of the horse, as his needs for an alert, fit and responsive partner are of prime importance to him.

Get the edge on your competition



Are you fit to ride? Have you got stamina, speed of response, rider strength, great posture and balance, are you alert and confident?

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ELIMINATE SELF DOUBT AND CONQUER YOUR FEARS TO ACHIEVE THE SUCCESS YOU DESIRE

Our aim is to maximise your success through the development of your physical and mental preparation and programming. An essential part of our work is the treatment and prevention of soft tissue injuries: It is unfortunate and inevitable that during training and performance injuries do occur. As the demands of competition increase it is important that the individual and their trainer focus their attention on the finest of details. This means developing a realistic training regime and preparing the individual's psychological and physical ability towards their work.

YOU CAN ACHIEVE PEAK FITNESS, REMAIN INJURY FREE AND ENSURE LONGEVITY IN YOUR SPORT

With equestrian sports on the increase, and competition getting tougher, there is an ever growing need to focus on the rider and equine fitness to allow maximum potential for the partnership to develop beyond current boundaries and to achieve the success you desire – **THE WINNING EDGE.**

Fitness is as crucial for the rider as it is the horse, our aim is to take you from where you are now and increase your fitness levels to maximise your potential in Equestrian sports.

YOU CAN ACHIEVE GREAT THINGS

GET ON THE ROAD TO PERFORMANCE SUCCESS

Our Conditioning Coaches are experienced in all types and levels of sport and offer innovative and effective fitness programmes designed towards achieving the individuals specific goals. Sympathetic to your needs our trainers are matched to each individual to ensure a productive and successful partnership.

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BECOME A HUMAN AND EQUINE PHYSICAL AND MENTAL CONDITIONING COACH

Our H&E Conditioning Coach courses cover the physical and mental aspects of Equestrian sport this is an area of growth in the Fitness and Equestrian industry, with the opportunity for flexible working hours, huge earning potential and great job satisfaction.

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