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## Better Jumping in 5 Minutes a Day

### 5-MINUTE JUMPING FIXES

Favorite Solutions for Better Jumping Performance in No Time

WENDY MURDOCH

Trafalgar Square Books is pleased to announce the release of *5-Minute Jumping Fixes* by Wendy Murdoch.

With this new DVD, it's never been easier to start or end your jumping sessions with Wendy Murdoch's 5-Minute Fixes. Transform what you can't do to what you can do. You'll be amazed how quickly you can replace bad habits with good ones!

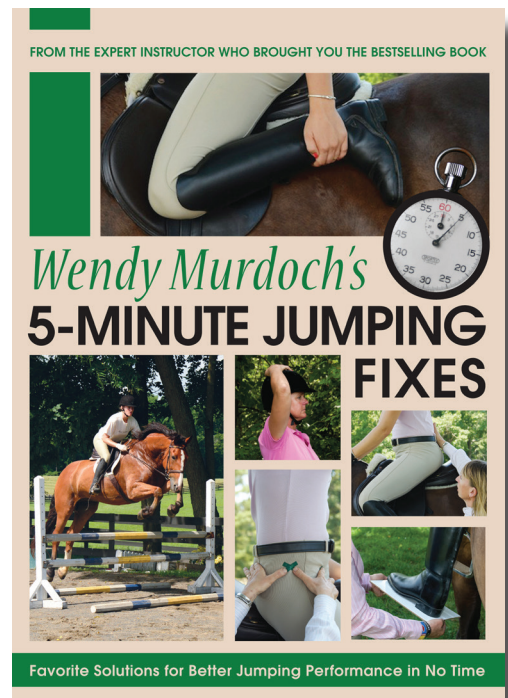
In this DVD, learn Wendy's favorite solutions for a better position over fences, how to perform them safely and correctly, as well as how and why each Fix works. The following Fixes from Wendy's book *40 5-Minute Jumping Fixes* are included:

- Fix 7: Locate Your Hip Joints from the Front
- Fix 8: Find Your Hip Joints from the Side and Below
- Fix 9: Locate Your Hip Joints from the Back
- Fix 12: Position Your Leg for a Solid Base of Support
- Fix 17: Weight the Inside Edge of Your Stirrups
- Fix 21: Ground Your Foot for Good Support
- Fix 24: Slide Your Shoulder Blades Back
- Fix 25: Look Up By Nodding at Your Poll

Plus: Bringing it all together so you're more secure in the saddle before, during, and after every jump.

**WENDY MURDOCH** is an internationally recognized equestrian author, instructor, and clinician. She teaches her students how to do what great riders do naturally. Her desire to understand the function of both horse and human and love of teaching capitalizes on the most current learning theories in order to show riders how to exceed their own expectations. For more information about Wendy, her methods, and her bestselling books and DVDs, visit [www.murdochmethod.com](http://www.murdochmethod.com).

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demonstrated right before your  
eyes—and then try them for yourself!



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