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The EQUICUBE



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OVERVIEW

The EQUICUBE is a Core Strength Training Tool for Equestrians of ALL Disciplines and Skill Levels. Benefits of using the CUBE - Improves core strength Activates key muscles required for balance Straighten your posture in the saddle Create even rein contact Increase awareness of proper balance Find a better position in your lateral work Create muscle memory for riding success Works in 2-point The EQUICUBE was developed and designed by a longtime Dressage and Eventing trainer with a passion for fitness: "As a riding instructor it can sometimes be challenging to help a student understand what needs to change to accomplish their goals. I started using strength training tips to 're-direct' information and it was an immediate transformation of some of the riders. This prompted me to look for more cross training ideas to help my students learn and progress." -Linda Grandia, Creator of the The Equicube Testimonial "I truly…