November 14, 2010 Natalie DeFee Mendik

For Immediate ReleaseMendik Media

www.mendikmedia.com

defeemendik1@windstream.net

## Success in the Saddle

**A Complete Equestrian Workout DVD Series**

**With Debbie Rodriguez**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Are you ready to take your riding to the next level? You’re only as good as your horse, so bring your fitness up to speed with this complete equestrian workout series featuring real riders who know an equestrian’s needs in the fitness studio.

In *Success in the Saddle*, rider and fitness maven Debbie Rodriguez brings a total body workout straight to your home. Debbie Rodriguez is not only a USEF ‘S’ Dressage Judge, USEF ‘r’ Dressage Technical Delegate, USEF ‘r’ Eventing Judge and USEF ‘r’ Eventing Technical Delegate and International Sports Sciences Association certified personal fitness coach and USDF Gold Medalist, but is an active rider, trainer and competitor as well.

Partnering with fitness expert Tina Keasey, Debbie Rodriguez creates a workout that targets the key areas riders of all ages, levels and sports need. This three-part DVD series increases strength, stability and mobility through the hips and legs for a more comfortable and effective seat; strengthens the abs and torso for better balance and self-carriage; and works all aspects of shoulders to improve position.

*Success in the Saddle* consists of three DVDs with two twenty-minute workouts on each. Workouts can be performed alone or combined with one or two more. Three intensity levels are demonstrated.

* Volume One: #1 Complete Core Workout #2 Hip and Leg Workout
* Volume Two: #3 Integrated Core Workout #4 Abs and Torso Workout
* Volume Three: #5 Comprehensive Core Workout #6 Mat Workout

This fitness plan gets you in shape and ready for the ride of your life. Work with Debbie through these no-equipment, no-excuse workouts and discover for yourself the value of bringing core fitness to your own riding. This is functional fitness for riders of all disciplines!

*Success in the Saddle* is available as a three-volume set for $59.95 or may be individually purchased for $24.95. For more information, or to request a review copy or images contact Debbie Rodriguez at 757-870-2795(EST) or [rrodriguez42@cox.net](mailto:rrodriguez42@cox.net). To order:

**www.successinthesaddle.com**