



Get fit with the pros

You may wonder what DressurFit® has that other online fitness programs do not. **JESSICA MORTON** investigates.



The 12-week DressurFit® program was designed by sports scientist Marcel André in collaboration with dressage greats Jessica von Bredow-Werndl and her brother Benjamin Werndl. Together the siblings have won double Olympic gold, World, European, and German Championships. They are winners at both Aachen and on the World Cup circuit, and Benjamin, riding Famoso OLD, recently achieved a personal best of 78.24% in the Grand Prix special at Herring.

This one-of-a-kind program, delivered online through the [Aubenhausen Club](#), helps riders improve their position and

communicate better with their horse through conditioning, neuro-athletics and yoga exercises. It's designed to address rider muscle imbalances, mobility restrictions and injuries through functional fitness, with regular tests pinpointing strengths and any weaknesses that need to be overcome.

How it started

Jessica and Benjamin have long been dedicated to improving their riding fitness to support their horses. They share the belief that it's often the rider who prevents the horse from developing to their full potential. While we might invest time and money in improving our riding and training our horses, by not

working on our own fitness there will always be the possibility that certain underlying issues prevent us from seeing the very best that our horses have to give.

After being flooded with requests for private lessons and courses, which they could not accept due to their busy schedules, the talented siblings joined forces with renowned sports scientist Marcel André (who also coaches Andrew Hoy). The end result is DressurFit®, through which they can share their training philosophy and methods with anyone, anywhere, anytime.

The right one for you

Rider fitness is just as important as the horse's fitness, and since the pandemic, online fitness courses have become more popular than ever. But deciding which program best suits you can be challenging. Many courses deal with equestrian fitness and balance problems in a generalised way, sending out a list of exercises without any one-to-one mentoring or personalised support. In many cases, solutions given to problems aren't effective because the root cause goes unresolved.

The regular fitness tests implemented through DressurFit® allow riders to track their own progress, while giving the program's coaches the feedback necessary to offer support, and to tailor exercises to meet the rider's needs.

According to Marcel André: "If you want to systematically train and improve your rider fitness effectively, you first have to figure out the capacities of your own body. Thus, the selection of exercises take into account any individual imbalances and weaknesses, because your overall performance is only going to be as strong as your weakest link." It's this philosophy that underpinned the development of the DressurFit® Fitness Test and Advanced Test. The tests provide valuable insights into each rider's fitness, allowing the team to create personalised training plans specifically tailored to the individual's needs.



FACING PAGE: Along with her brother Benjamin Werndl, Jessica von Bredow-Werndl was instrumental in developing DressurFit®.

ABOVE: The program is tailored specifically for riders and delivered online.

Suitable for all fitness levels

The 12-week program is available in three levels – each of which expands upon the fitness developed in the previous level. Based on information obtained in the tests, each workout is designed to be performed at the level that best suits the rider, with variations possible to make the workout either easier or more challenging.

With equestrians specifically in mind, the tests are used to identify any strengths, weaknesses, one-sidedness, or balance problems. To increase the effectiveness of the customised training plans, homework exercises targeting issues identified by the tests are assigned. Each rider receives two personalised exercises to improve their mobility,

balance and stability in the saddle and to optimise their general fitness level.

At the end of the 12-week program, participants are given three months access to the DressurFit® Online Gym, so that they can take advantage of new workouts and yoga videos. After six months, they become members of the DressurFit® Club, giving them access to the advanced DressurFit® series to help their dressage fitness progress long term.

Putting in the work

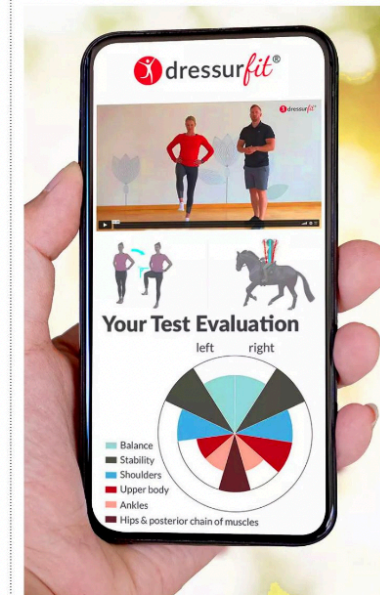
The DressurFit® Program offers riders anywhere in the world the means to train with Olympic level equestrian athletes and an internationally acclaimed performance coach - all without breaking the bank, travelling long distances, or committing to a difficult time schedule.

The course includes:

- Personal appraisals and fitness tests
- Customised individual corrective exercises
- Workouts and yoga designed for equestrians
- Neuro-athletic drills
- Live training sessions and mentoring
- Support by sports coach Marcel André.

Even with all this cutting edge information at your fingertips, some riders may find it hard to find the motivation to exercise regularly without anyone holding them accountable. However, one of the secrets to success in any fitness program is consistency combined with the self-motivation to stay focused on your goals as you work through the system. It takes commitment!

Be sure to talk to your doctor before starting any new health routine and if an exercise causes you pain, stop and seek feedback from the DressurFit® team.



Regular fitness tests allow participants to track their progress.