

Amika Ryan Human Performance ~ Featured Facility

Southern California Equestrian Directory – September 15th 2010

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So much attention is placed on our equine athlete's performance, and creating the perfect training schedule for the horse. What about the rider?? Whether you trail ride, compete on the A circuit, ride racehorses or train horses, you need a focus on your "Human Performance" in order to get the most out of your equine riding experience. That's where Amika Ryan comes in – she has taken the traditional "personal trainer" idea out of the gym and into the realm of the equestrian athlete.

Put simply, when the rider is off balance, the horse will compensate. In this scenario, NEITHER horse nor rider is performing at their best. Some riders go off balance because of weakness and lack of strength, others have had an injury, or even structural malalignments have



AMIKA RYAN
HUMAN PERFORMANCE

affected many riders. Whatever the cause, Amika can address the issues and create a conditioning program for the rider to bring back the balance needed on horseback. Amika brings more than fifteen years of experience as an equestrian athlete herself, plus she is a degreed Fitness Technician and received her coaching credential as a Certified Strength and Conditioning Specialist. She is a member of the National Strength and Conditioning Association (NSCA) and the United States Equestrian Federation (USEF), and the Arabian Horse Association (AHA). It is her love for horses and all outdoor activities which compelled her to create this unique, specialized business to address personal training for riders.

The customized "human training" programs offered by Amika Ryan Human Performance include private and semi-private personal training coaching sessions. She offers 90 day packages, as well as pay per session options. The workout sessions are approximately one hour each, and are given at various locations in the San Diego area. Think of Amika Ryan's

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programs as “training and lessons” for yourself – the rider can easily neglect their own physical training, which will only detract from the equine performance. Amika’s positive attitude and sports conditioning expertise will encourage riders and trainers to keep on a schedule for their own conditioning – and just watch your riding improve!

Among the improvements Amika seeks for her clients through the personal training programs are decreased anxiety and frustration, decreased pain and injuries, and of course,



decreased body fat! On the PLUS side, when riders dedicate themselves to their own physical training regime with Amika, they can expect a full scale (pun intended!) turnaround of the following: flexibility stamina and strength – to tone weak muscles, to lengthen tight muscles, improve cardio condition. And to improve focus, control and relaxation – becoming spacially aware of your body when riding, enhance motor skills, and BREATHE! All of this will lead to BETTER PERFORMANCE, for a better ride every time...and your horse will thank you!

Visit the Amika Ryan Human Performance website today for information about creating your custom physical training program as an equestrian athlete...a better, balanced ride is attainable!

Serving San Diego to San Luis Obispo Counties
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www.amikaryan.com