

# EMA

Equine Massage Academy Ltd

*Therapy Education Research*

## The Biggest Myth About Horse Fitness (And What Matters Instead)



When a horse isn't performing as expected, the common assumption is:

"They just need to get fitter."

So we:

- Ride more
- Work harder
- Increase intensity

But what if fitness isn't the real issue?

## The Myth

The biggest myth is that **more work automatically leads to better performance.**

But fitness without correct movement can actually:

- Reinforce poor patterns
- Increase strain on the body
- Lead to discomfort or injury

## What Actually Matters Before Fitness

### 1. Quality of Movement

How your horse moves matters more than how much they do.

Poor movement + more work = bigger problems

Good movement + appropriate work = improvement

### 2. Comfort

A horse that isn't comfortable cannot:

- Perform at their best
- Build muscle, strength and fitness correctly
- Maintain consistency

### 3. Balance and Coordination

Before fitness comes:

- Balance
- Straightness
- Control of the body

Without these, fitness is built on unstable foundations.

## ⚠️ The Risk of Getting It Wrong

If you push fitness without addressing underlying issues, you will see:

- Increased resistance
- Declining performance
- Greater risk of injury

## ✅ A Smarter Approach

Instead of asking:

👉 “How can I make my horse fitter?”

Ask:

👉 “Is my horse moving well enough to benefit from this work and get fitter?”

## Want to Train Smarter, Not Harder?

Inside our no work required courses you will find that a little investment can save you thousands of £'s in the long run - in vet bills and downtime.

**Training Horses from an Anatomical Perspective** (every horse owner should take this course) [LINK](#)

**Equine Rehabilitation: A Guide to Injury, Recovery & Performance** (this is a great course if you find something is actually stopping your horse and you need a different approach) [LINK](#)

**Taking Vital Signs** (so you can monitor your horse's fitness correctly – this should be taken on a weekly basis as proactive healthcare management) [LINK](#)

**Train your horse in a way that really matters and will reap rewards!**

Our courses are approved by:

