

Bringing you news, advice, and tools to improve your barn management experience



The Official Barn Management Software of U.S. Equestrian



Five Alternative Fitness Ideas for Riders

On the Blog

Anyone who has ridden a sport horse can make the powerful argument that what we do is, in fact, a sport. We laugh off those who say the horse does all the work because we truly know what a full-body workout it can be and the strength and conditioning required to execute the sport successfully.

But even the fittest of riders need to complement their riding with other forms of exercise. Football players do yoga to keep them balanced and focused, so why shouldn't riders work on outside exercises that aid them in their riding? Many riders already know their preferred workout method, but if you're not sure where to start, [BarnManager](#) is here to provide you ideas to expand your fitness routine outside of the saddle.

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INSIDE BARNMANAGER



Read About How BarnManager Founder, Nicole Lakin, Forged Her Path to Success

"I realized that there was an opportunity for me to create something for the people I so admired who dedicated their lives to the health and well-being of their horses, and to build a business and career that would keep me connected to the horse world while exposing me to new people, new ideas, and new challenges in other areas of interest including business, technology, marketing, software development, and more."

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Happening This Month:

SPORT HORSE NATIONAL ARABIAN & HALF-ARABIAN CHAMPIONSHIP HORSE SHOW

September 22 - 26, 2020 • Nampa, ID



[BarnManager](#) is a proud sponsor of the Arabian Horse Association, which is hosting their annual [Sport Horse National Arabian & Half-Arabian Championship Horse Show](#) this month in Nampa, ID.

TIP OF THE MONTH



#BarnManagerTip

Install door knobs as halter hooks to avoid injuries.

BARNMANAGER

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BarnManager is a cloud-based software solution that provides horse owners and managers with the tools they need to streamline and simplify their daily management responsibilities. The program offers digitized record keeping for the many facets of horse care and has developed intuitive and simple business tools to make small business management accessible and easy.