



Georgina Bloomberg is a accomplished professional show jumper based in New York and Florida

GET A JUMP *on* the NEW YEAR

Professional equestrians Georgina Bloomberg and Kent Farrington share their fitness secrets.

BY KARA FRANKER

PHOTO COURTESY OF EQUESTRIAN



las

Douglas Elliman





While many of us launch new workout regimes at the beginning of the year, professional athletes never really have a beginning or an end because they train year-round. Equestrians and friends Georgina Bloomberg and Kent Farrington provide the inspiration for the rest of us who need that extra motivation to get started. “The hardest step is usually the first,” says Farrington (kentfarrington.com), one of the best show jumpers in the world with accolades that include an Olympic silver medal for Team USA and winning some of the most prestigious Grand Prix competitions in the sport, including Rolex Majors twice and winning the Rolex World Top Ten Final twice. “So just start.” He held the world number one ranking consecutively for over a year. Farrington’s mantra is “Knowledge is power, and a lot of knowledge is free of charge if you put in the effort to learn.”


For Bloomberg (georginabloomberg.com), an accomplished show jumper who represented the U.S. Equestrian Team at the 2015 Pan American Games in Canada and earned a team bronze medal, she understands the appeal of New Year’s resolutions, but also thinks it becomes an excuse to push back or delay

what you should be doing today. “When you fail at something or lose motivation, you are tempted to give yourself an out and to say you will try again next year. I don’t believe in that. If there is something I want to accomplish or change about myself, I do it now. I don’t wait,” says the co-author of four young adult novels about the equestrian show circuit. “If you want to start a fitness journey, make your own start date and schedule what works for you. Don’t let dates determine your success.”

Both Bloomberg and Farrington find that Technogym (technogym.com) provides the kind of high-quality equipment that enables them to achieve their health and fitness goals. “I am someone who loves working out and being in a gym, but I can get complacent and my workouts repetitive. So when I started using Technogym machines, I found that that all changed,” says Bloomberg, founder and captain of New York Empire team. “With all the options of routines and features, I find workouts that I would have never thought of doing, and there is a sense of support and guidance I get from the simulations they provide. I never thought I would feel an emotional connection to my treadmill, but I actually do with my Technogym machines, and I find that I have to tear myself away when it’s time to go.”

Bloomberg won a team bronze medal at the 2015 Pan American Games.

PHOTO COURTESY OF JUMP MEDIA



Bloomberg
trains using
Technogym
equipment.

PHOTO BY CAROLA MUIS

“If there is
something I want
to **ACCOMPLISH**
or **CHANGE** about
myself, I do it **NOW**.
I don’t **WAIT**.”

- GEORGINA BLOOMBERG



Farrington
trains using
Technogym
equipment.

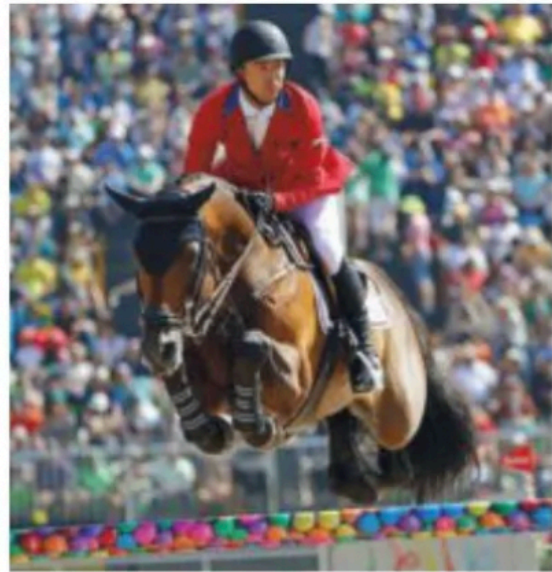
“Learn from
the **PAST** and look
to the **FUTURE**.
I can always be
BETTER.”

- KENT FARRINGTON

PHOTO BY PAULO C



One of the best show jumpers in the world, Farrington has won an Olympic silver medal for Team USA. He's also won some of the most prestigious Grand Prix competitions in the sport.



Meanwhile, Farrington trains in the gym five days a week and does a mix of full-body workouts incorporating balance and core strength. His go-to option is Technogym's Kinesis Personal, featuring hundreds of exercises to challenge strength, flexibility, coordination and balance. "Kinesis is my favorite for the variable workouts you can do with one machine," says Farrington. "My routine varies in intensity depending on my competition calendar."

Bloomberg also tweaks her training strategies when she's prepping for competition. "I would enjoy working out even if I wasn't a rider, but having a competition coming up helps get me motivated and focused in the gym. I try to be as strong and healthy as I can heading into a show, and then I am lenient and forgiving with myself during the competition," she says, adding that she opts for the Technogym rower to help maintain upper body and back strength. "If I am tired or sore, I understand that sometimes I need to rest or just limit my time in the gym to stretching, and save myself for what I need to do when I am on the horse."

Both athletes spend part of the year living and training in Wellington. "It's productive to be close to the horses and show, and to be in a community where other

people are on the same schedule, since it is so different than the normal work week," says Bloomberg, who splits her time between New York and Florida. "It is also fun socially to have so many friends from all over be living close by, and to be able to walk into a bar or restaurant and be pretty much guaranteed that you will see someone you know." When she's in Palm Beach, she loves spending time by the ocean. "For dinner I love the Seafood Bar or Echo at The Breakers, and for breakfast or lunch my favorite place is Surfside, where my son and I love ending up after a long scooter ride through town or down the lake path," she says. "In the last few years, I have had more and more friends who have moved to the area, and I love that there are some new restaurants and stores that have enhanced the town."

Farrington enjoys Wellington because it mixes his passion, profession and lifestyle all in one amazing equestrian community. Chef Clay Conley's Imoto is his favorite spot. And while he certainly doesn't need a New Year's resolution to keep him motivated, his goal for 2022 is to "learn from the past and look to the future. I can always be better." Now that's a lesson for all of us. Who's ready to hit the gym? ◉