



JACK LATORRE

USING FITNESS TRAINING TO LEVEL UP IN THE SADDLE

BY AMANDA PICCIOTTO FEITOSA / JUMP MEDIA



Star athletes of many sports have more than just natural talent; something inside pushes them toward greatness. A 21-year-old from San Antonio, Texas, Jack LaTorre channels that drive into dressage and fitness.

A unique personality even from a young age, Jack was homeschooled since fifth grade, the same time he first sat on a horse when his mom decided to start riding. They began at a hunter jumper facility, then transferred to a dressage barn where they became immersed. In 2018, eager to see what was possible in the dressage world, Jack participated in London Gray's 'Winter Intensive' Training Program (WIT). He spent a season in Florida, expanding his previous notions of the sport. Thanks to WIT, Jack connected with Liz Austin, Olympic team bronze medalist Ali Brock, and his current trainer, international dressage rider Jessica Jo "JJ" Tate. He spent the summer of 2022 training in Germany, where JJ opened his eyes to another level of dressage. (See *EQLiving's* visit with JJ in the *January 2023* issue.)

"I thought, 'So this is dressage!'" remembered Jack. "It's just been a continuous progression of seeing what is possible in this sport."

Jack had competed up to grand prix level before traveling to Europe, but his first show experience at that level almost didn't happen. His horse, Manny, was challenging to ride and resistant to Jack's aids. Three weeks before their grand-prix debut, Jack still had trouble getting Manny to piaffe and passage.

Determined to find a way to connect with Manny, Jack went to work on his own body stiffness. The gym was a familiar place for Jack since his mom was a fitness instructor, and his dad frequented the gym too. Jack also had previously downloaded and studied online workout programs and exercised regularly, so he knew where to start on his quest for flexibility and mobility. With the intensive effort to target his hip flexors and hamstrings through further online education, mentorship, and professional studies, Jack was able to lengthen his stirrups by three holes and more effectively communicate with Manny.



"If the problem is me, I can fix it," stated Jack. "I'm really competitive, but the win is about maximizing what I can do. I think to myself, 'How far can I take this?' Whatever I need to do in me to change the trajectory, that's the goal."

From there, Jack did a deeper dive to develop a program that could universally improve riders' bodies, and EquiBody Fitness was born.


EquiBody Fitness currently serves about 120 people at a time, with participants ranging from 18 to 71 years old. The process begins with a detailed on-boarding call conducted by Jack, followed by participants' introduction to the workout app. There, they can upload photos and video progress to be personally reviewed by Jack and his team to guide individuals at their own rate.

"Riding is hard enough, and it's a lot harder if your body hurts," said Jack. "If your body could not hurt, let's fix that."

A serendipitous encounter in Aachen, Germany, made Jack go from social media fitness celebrity to the latest star of Horse & Country's (H&C) Masterclasses. There, Jack crossed paths with Jonathan Rippon, director of content at H&C.

H&C, the leading international equestrian sports network, features livestreaming competitions, on-demand video, training and advice programs, and entertaining shows and documentaries. Having shared numerous short, snappy clips on social media, Jack was excited to give the H&C audience a more in-depth look at some of the EquiBody Fitness principles.

"It's weird, but rewarding, to go from a phone, doing some stretches in your backyard, to a camera crew, you're mic-ed up, and you have a script," admitted Jack.

The Masterclass is a three-part series emphasizing core, lower body, and upper body gym exercises. In each episode, Jack translates the work in the gym into a riding session with JJ on his horse Sakari, an 11-year-old mare. The Masterclass also highlights the importance of the rider being at their best to bring out the best in their horse. 

For more information and to watch Jack's Masterclass, visit horseandcountrytv.com.