

# SEVEN MINUTE ABS

**BAY COLT Foaled March 30, 2021**  
**Reg No. 2W373 Microchip No. 985141001385750**

<p>Chapter Seven 4,1:50.1.....</p> <p><b>Seven Minute Abs</b></p> <p>Fitness Girl 2,1:56.....</p>	<p>Windsong's Legacy 3,1:53.....</p> <p>La Riviera Lindy 3,2:01.1f.....</p> <p>Muscles Yankee 3,1:52.2.....</p> <p>Marie E Hanover.....</p>	<p>Conway Hall 3,1:53.4</p> <p>Yankee Windsong 3,Q2:02.1f</p> <p>Dream Vacation 4,1:52</p> <p>Royal Lindy</p> <p>Valley Victory 3,1:55.3</p> <p>Maiden Yankee 3,1:59.4f</p> <p>Sierra Kosmos 3,1:53.4</p> <p>Meadowmiss Hanover 3,1:57</p>
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**1st Dam**

**FITNESS GIRL** 2,1:56; BT1:55.2 (\$246,302) by Muscles Yankee. 4 wins at 2. At 2, winner Final Matron S., cons. Peaceful Way S., elim. Breeders Crown at Pocono; second in elim. Merrie Annabelle T.; third in Final Breeders Crown at Pocono, Final Merrie Annabelle T. From 5 previous living foals, dam of 4 winners, 1 in 1:55, 4 in 2:00, including:  
**LOVELY LYNNLY** (M) 3,1:56.2f; 4,1:53.4f; BT1:53f (\$83,310) (Credit Winner). 8 wins, 3 thru 5.  
**FIT FANATIC** (M) 2,1:59.2f; 3,1:58.1f-'22; BT1:56.1f-'22 (\$39,606) (Cantab Hall). 3 wins at 2 and 3. At 3, winner leg Margaret Provost Mem. at The Meadows, Final Margaret Provost Mem. at The Meadows; second in leg Margaret Provost Mem. at The Meadows; third in leg Pennsylvania Stallion Ser. at Philadelphia, The Meadows.  
**SPIN AROUND MAN** 3,1:58f; BT1:55.1f (\$22,500) (Cantab Hall). 2 wins, 3 thru 5.  
**GUARDINO** 2,Q2:03.1f; 3,1:59f; BT1:57.4f (\$12,950) (Donato Hanover). Winner at 3.  
**Kadillac Girl** (M) BT1:56.4s (\$16,794) (Kadabra). At 2, third in leg Ontario Sires S. - Grassroots at Flamboro, Hanover.

**2nd Dam**

**MARIE E HANOVER** BT2:05.3s by Sierra Kosmos. From 15 living foals, dam of 8 winners, 6 in 2:00, including:  
**HANG TIME** 2,Q2:01; 3,1:56.4; 4,1:56.3f; BT1:55.3f (\$318,206) (Giant Hit). 18 wins, 2 thru 9. At 2, winner leg New York Sire S. at Buffalo, Saratoga, Yonkers, Landmark S.; second in leg New York Sire S. at Yonkers, Final New York Sire S. at Yonkers, elim. Matron S.; third in Final Matron S., New York State Fair S. at Syracuse. At 3, winner New York State Fair S. at Syracuse, leg New York Sire S. at Saratoga; second in leg New York Sire S. at Buffalo, Vernon; third in leg New York Sire S. at Monticello, Yonkers, elim. Dexter Cup.  
**FITNESS GIRL** (M) 2,1:56; BT1:55.2 (\$246,302) (Muscles Yankee). As above.  
**WINBAK SULLIVAN** 2,1:59; 3,1:56.2f; 4,1:56f (\$67,083) (Angus Hall). 8 wins, 2 thru 4. At 2, winner leg Bridger Ser. at Mohawk; third in Final Bridger Ser. at Mohawk.  
**MOM'S SWEETIE PIE** (M) 2,2:02.4h; 3,1:57.1; BT1:55.3 (\$31,859) (Donerail). 4 wins at 2 and 3. At 3, second in Landmark S., Maryland Stbd. Race Fund at Rosecroft; third in leg New Jersey Sires S. at Meadowlands. Dam of **SWEET CHAPTER** 2,1:57.1; 3,1:54.2f (\$294,415), **MOM'S APPLE PIE** 2,1:56.4 (\$123,248), **CARMEN'S FLUKE** 2,2:00.4h; 3,1:56.4; 4,1:56.1 (\$107,983), **LUCKY SEVENS** 3,1:56.1; 4,1:54.4f. Grandam of **MR FRITTER** 2,1:57.2; 3,1:54.2-'22 (\$120,793), **MR ARCH** 2,Q2:00.1f.  
**SEEKING DAYLIGHT** 2,2:00f; BT1:57.2f (\$30,426) (Cantab Hall). 3 wins, 2 thru 4. At 2, second in Maryland Stbd. Race Fund at Rosecroft.  
**J MARIE** (M) 3,2:00z; BT1:56.3z (\$13,193) (Angus Hall). Winner at 3. At 3, third in leg Ontario Sires S. - Grassroots at Mohawk. Dam of **MUSCLE JACK** 3,1:54.3f; 4,1:54.2h-'22 (\$190,044), **ROMAN GALLERY** 2,2:04h-'22.  
**Absolute Charmer** (M) 2,Q2:04.2f; 3,Q2:00.4f; BT1:58s (\$33,595) (Malabar Man). Record at 3. At 2, second in leg New York-Bred LC at Monticello. At 3, second in leg New York Sire S. at Yonkers, leg New York-Bred LC at Tioga; third in leg New York Sire S. at Vernon.  
Producers: Flower Box (dam of **FLEUR DE VIE** 2,Q2:02.1; 3,1:56.4f; 4,Q1:56.1, **FLOWER LANE** 2,1:56.2, **FLOWER BOUQUET** 3,1:57.1f; grandam of **CREDEVIE** 2,2:00.3h; 3,1:56.3h -\$211,859, **HIGH GEAR NO FEAR** 3,1:55.3 - \$119,843, **MAGIC RELIEF**, **ORLYS PRIDE** 3,Q1:58.3; 4,1:55.4f, **F X HANOVER** 4,1:57.4f, **FLOYD HANOVER** 4,1:58f, **VEL JESSE** 2,2:06.3h; 3,2:02.2h), Giant Smash (dam of **EPIC SMASH** 2,2:00.2f; 3,1:56.4f -\$210,564, **JAZZY JUDY** 2,1:59.4f; 3,1:58.3f -\$127,289, **GIANT CLASH** 3,1:56.3; 1:56.3f, **LADY OF THE LAKE** 1:58.4f, **GIANT ARBITRATION** 3,2:04.3f-'22; grandam of **EPIC DREAMER** 3,1:54.4-'22), Hit On Me (dam of **IRENE'S LOVE** 3,2:00h).

**3rd Dam**

**MEADOWMISS HANOVER** 2,1:59.1f; 3,1:57 (\$102,486) by Super Bowl. 8 wins at 2 and 3. **World Champion**. At 2, winner leg Pennsylvania Sires S. at Pocono, The Meadows; second in Hanover-Hempt S., Hanover Filly S.; third in leg

Pennsylvania Sires S. at Liberty Bell (2). At 3, winner Hanover Filly S.; second in leg Pennsylvania Sires S. at Pocono; third in leg Pennsylvania Sires S. at The Meadows. From 14 living foals, dam of 9 winners, 2 in 1:55, 5 in 2:00, including: **LIKE A PRAYER** 2,1:56.3; 3,1:52.2; BT1:51.3 (\$1,118,504) (Lindy Lane). 8 wins at 2 and 3. At 2, winner E.H. Harriman Cup. At 3, winner Kentucky Fut., Bluegrass S., elim. Canadian Trotting Classic, heat World Trotting Derby; second in elim. Hambletonian S., Final Hambletonian S., Final Canadian Trotting Classic, heat World Trotting Derby, race-off World Trotting Derby, elim. Breeders Crown at Woodbine, Final Breeders Crown at Woodbine; third in American-National S.

**MY ATTORNEY BERNIE** 1:54.1; BT1:52.4 (\$258,363) (Prakas). 27 wins, 4 thru 9. At 8, winner leg Father Foley Mem. Ser. at Meadowlands.

**FOREVER BACHELOR** 2,2:01.1f; 3,1:56.3f; 1:56.2; BT1:54.4 (\$124,641) (Lindy Lane). 12 wins, 2 thru 7. At 3, winner Keystone Classic; third in leg Pennsylvania Sires S. at The Meadows. At 4, third in Final Late Closer at Vernon.

**MEDAL HANOVER** 2,2:04.4f (\$80,161) (Prakas). Winner at 2. At 2, winner leg Pennsylvania Sires S. at The Meadows; second in leg Pennsylvania Sires S. at Pocono, elim. Review S., heat Hayes Mem., Arden Downs S. At 3, second in leg Pennsylvania Sires S. at The Meadows; third in Currier & Ives S., leg Pennsylvania Sires S. at Pocono, The Meadows, elim. Canadian Trotting Classic.

**FIELDS** 3,1:58.4f; BT1:55.3 (\$74,466) (Meadow Road). 3 wins at 3. At 3, winner Reynolds Mem., Landmark S.; second in Founders Gold Cup, Arden Downs S.; third in Simcoe S.

**E-RAIL** 2,Q2:04.1; 3,2:01.1f; 1:58.4 (\$28,547) (Donerail). 5 wins, 3 thru 5.

**Meaningful Hanover** (M) BT2:04.2f (\$7,834) (Sierra Kosmos). At 2, second in leg Pennsylvania Sires S. at The Meadows; third in Pennsylvania Fair S. at Waynesburg.

**Mary Jean Hanover** (M) 3,Q2:11.3h; 4,2:06.1h (\$7,156) (Prakas). 2 wins at 4. At 3, third in leg Perfecta Ser. at Blue Bonnets. Dam of **BUENAS NOTA** 3,1:59.2 (\$109,337), **HIGH MENTION**, **YOTIE** 3,Q2:05.1f.

Marie E Hanover (M) BT2:05.3s (Sierra Kosmos). As above.

Producers: Mensa Hanover (dam of **MARJOE HALL** 3,2:02.4f; 1:56.4f, **MUSCLES FLIGHT** Q1:58.2h, **MON AMOUR HALL** 3,Q1:58.3; grandam of **GOLD STAR BRIANA** 2,1:58.2f; 3,1:56.2f; 4,1:56f -\$132,970, **GOLDSTAR CLASSIC** 2,1:59.4f; 3,1:57.2f; 1:55.3f -\$127,812, **MURPH'S DREAM**, **LOVE IGNITES** 3,Q2:04.4f; 1:59h, **ARCH HALL** 2,2:00.4f; 3,1:59h, **HOTOFF THE SKILLET** 3,1:59.2h, **MAGGIE L** 2,2:12h).

#### 4th Dam

**MEADOW SPLIT** 2,2:05.2h (\$33,862) by Kimberly Kid. Record at 2. From 14 foals, dam of 10 winners, 5 in 2:00, including:

**MICRON HANOVER** 2,1:57.2 (\$119,761) (Super Bowl). 9 wins at 2 and 3. At 2, winner Final International Stallion S.; second in elim. International Stallion S. At 3, winner leg Pennsylvania Sires S. at Liberty Bell, Arden Downs S., Hanover Colt S.; second in Hanover-Hempt S., leg Pennsylvania Sires S. at The Meadows.

**MEADOWMISS HANOVER** (M) 2,1:59.1f; 3,1:57 (\$102,486) (Super Bowl). As above.

**MEADOW DEMOJO** 3,2:02; 4,T1:59.2 (\$82,446) (Super Bowl). 10 wins, 3 thru 5.

**SUPER SPLIT** 2,2:08.2f; 3,2:04.4h (\$63,659) (Super Bowl). 7 wins, 2 thru 5. At 3, winner Reynolds Mem.; second in Tompkins Mem.; third in Currier & Ives S.

**MONTANA HANOVER** p,1:59f; ; t,2:06.3h (\$55,778) (Super Bowl). **21 wins**, 4 thru 9.

**MINERVA HANOVER** (M) 2,T2:01; 3,T2:00.1 (\$55,477) (Super Bowl). 5 wins at 2 and 3. At 2, winner leg Pennsylvania Sires S. at Pocono, The Meadows, Breeders Filly S.; second in Hanover-Hempt S.; third in elim. Merrie Annabelle T., Batavia Filly S. At 3, third in Battle Of Saratoga.

**MERKLE HANOVER** 2,Q2:10.3; 2:00f (\$3,436) (Super Bowl). 10 wins, 6 thru 9.

**Mazie Hanover** (M) 3,T2:02 (\$46,617) (Super Bowl). Winner at 3. At 3, second in leg Pennsylvania Sires S. at The Meadows, Martha Washington T., Currier & Ives Filly S.; third in Coaching Club Oaks, Hanover-Hempt S., Battle Of Saratoga. Dam of **MAGIC LOBELL** 3,1:56.2 (\$370,572), **MARELYA** 2,2:03.4; 3,2:02.3f (\$140,773), **THAT'S IVAN** 2,2:01.4f; 4,1:58.3f, **RAGEOUS ROMANCE** 2,2:00f, **CUT** 2,2:06.4h. Grandam of **PHIPPS** 2,2:00.2f; 3,1:58f; 1:56 (\$269,143), **CHARMAINE** 2,2:04f; 3,2:03.4h; 1:57.4f (\$170,684), **FOUR STARZ VALLEY** 2,Q2:03f; 3,1:59.4f; 1:56.3f, **NORSEVILLE** 2,1:59.4, **MY GOOMADA** 3,2:02.4h; 4,2:00h, **IRISH WISH** 3,2:03.1h.

Producers: Meadow Jen 2,T2:08.1; 3,T2:05; 2:03.1f (\$38,215) (grandam of **GERI'S BEAU** 3,1:59.3f; 1:58f), Meg Hanover (dam of **MIKADO LOBELL** 2,Q2:03.1; 3,2:02; 1:59f).

**Next Dam** - SPLIT (Bill Gallon-FARSCOTA 4,2:03.8-Highland Scott)