



# EXERCISES

Archery Australia Inc  
Coaching and Standards Committee

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## Warm Up Exercises

All archers should be encouraged to do stretching and warm up exercises before commencing shooting to help prevent damage to muscle tissue and elbow and shoulder joints.

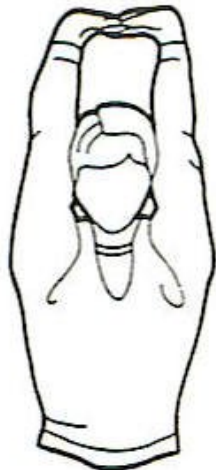
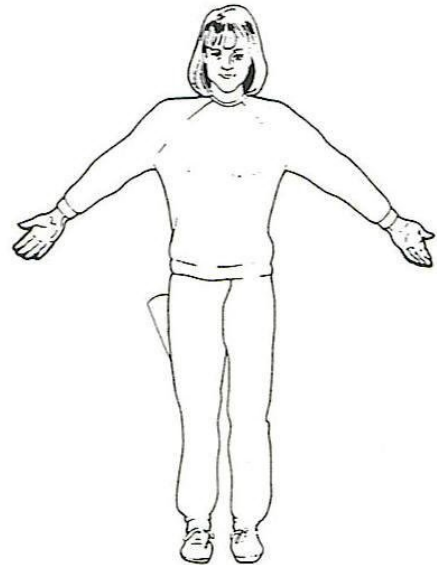
Illustrated are some simple exercises that can be carried out 5-10 minutes prior to shooting.

General stretching, exercise, hold out arms just below shoulder height.

Bring both arms together in front of chest and then bring back to shoulders.

Repeat 20 to 30 times

**Loosens chest and shoulder muscles.**



Interlock the fingers with palms out.

Extend arms above head keeping fingers locked and palms pointing upward.

Stretch upwards and hold for 10 seconds.

**Loosens upper arm and chest muscles.**

Cross arms in front of your chest and put your hands on your shoulders.

Slowly stretch the hands around the shoulders as far toward the middle of the back as possible.

Hold for 10 to 15 seconds.

**Stretches back muscles**





Bend the right arm over the head and down the back.

Bend left arm up behind back and attempt to grasp fingers of right hand.

Hold for 10 seconds then reverse arms.

Keep spine straight while doing exercise.

**Loosens chest muscles, top of shoulder and lower arm.**

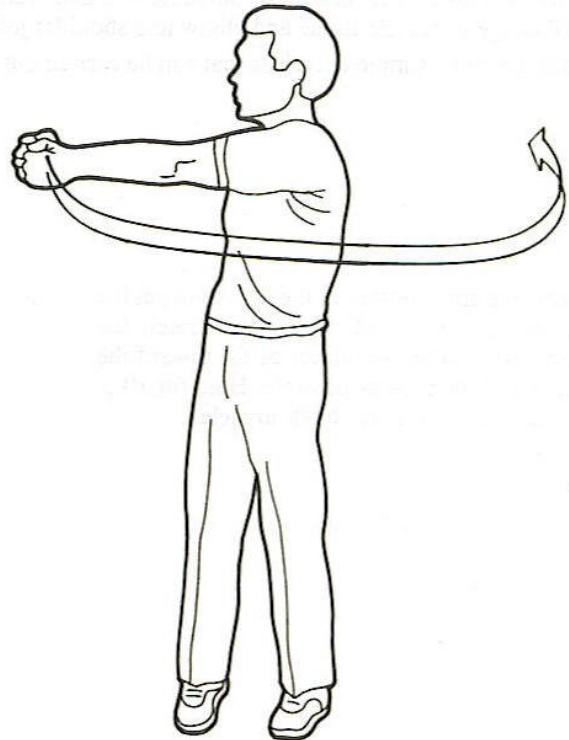
Interlock fingers with palms together.

Twist shoulders and trunk as far to the right without exceeding 90 degrees from frontal outstretched arms position.

Hold for 10 seconds then twist to the left and hold for 10 seconds.

**Do not jerk**, twist slowly.

**Stretches trunk muscles**



Shoulder rotation, while in standing position, with arms down at sides, raise shoulders as high as possible then rotate shoulders forward, down and back up to starting position.

Do this slowly for approximately 10 seconds and then reverse the motion.

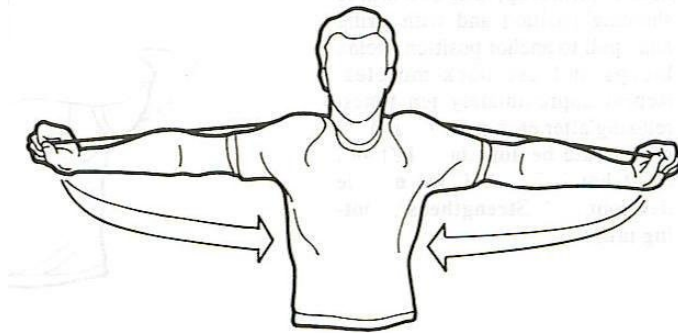
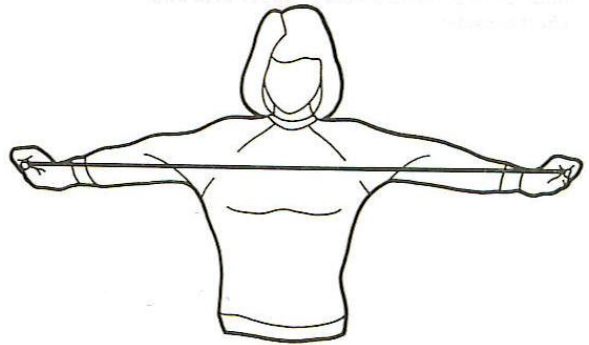
**Stretches neck muscles and loosens shoulder joints**

Using a piece of spear gun rubber or rubber tubing approximately 122cm (*four feet*) long grasp the ends in each hand, raise arms to shoulder level and keeping elbows straight extend arms outwards and backwards by squeezing shoulder blades together.

Relax forward.

Repeat four to six times.

**Strengthens the muscles used to draw the bow.**



Grasping the rubber in each hand swing the rubber over the head and behind the back. Hold arms straight out at shoulder level then swing forward stretching tubing across the back.

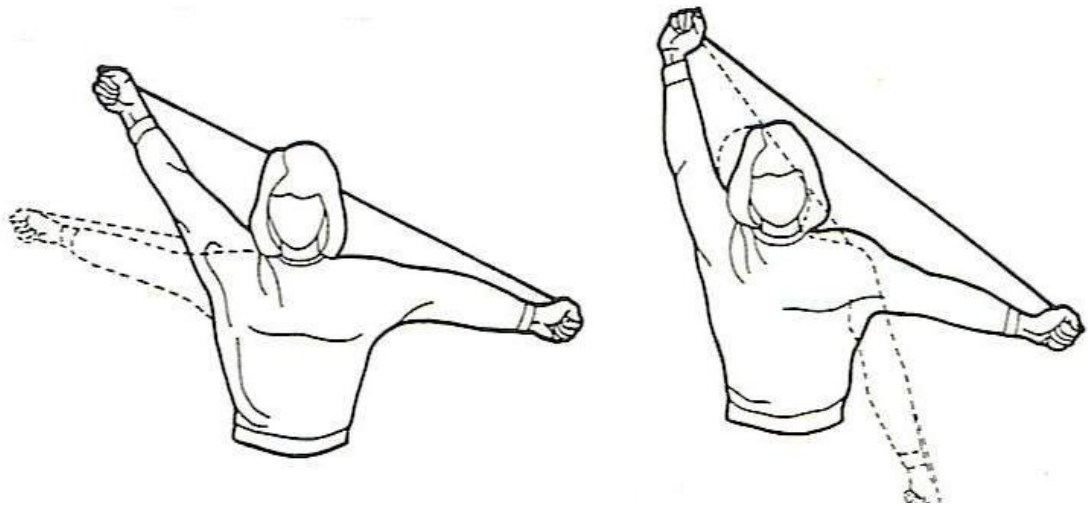
Repeat four to six times.

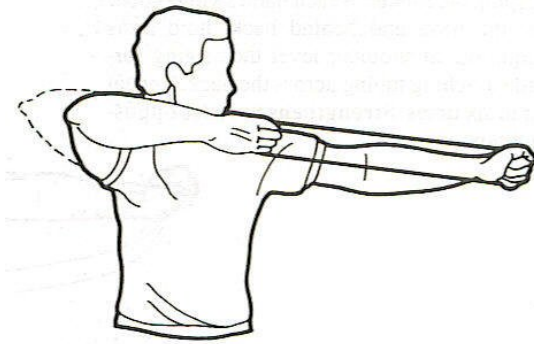
**Strengthens muscles opposing draw.**

Holding the rubber in each hand, raise arms straight overhead. Keep right arm firm and pull down with your left arm as far as possible.

Tilt head forward slightly to allow rubber to pass behind. Return left arm to shoulder level and pull down and around with right arm. Repeat 4-5 times and then reverse, pulling down with right arm.

**Strengthens shoulder muscles which raise and lower arms in frontal plane.**





Grasp back end of rubber with bow hand to form loop, raise bow arm to shooting position and with string hand pull to anchor position.

Relax biceps and use back muscles.

Repeat approximately 10 times, relaxing after each pull.

**This exercise should be done both left and right-handed to balance muscle development.**

**Strengthens shooting muscles.**

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*Written by Jim Larven*

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