

STRENGTH & STABILITY EXERCISES for BOW SHOOTING

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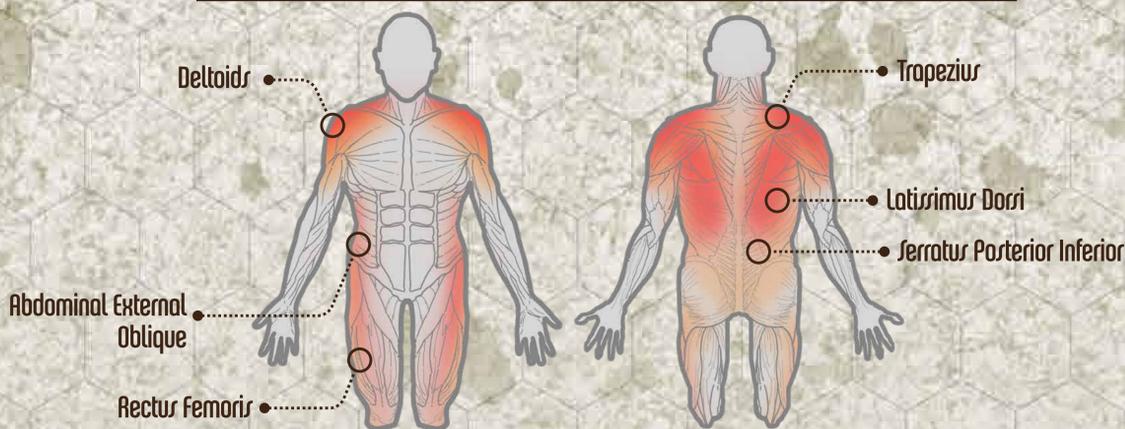
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After a day at the shooting range with a few buddies, I realized my shots getting sloppier as the day went on. My arms and shoulders became slightly numb over the course of just a few shots. The strings on my bow are relatively new but, I didn't have the necessary upper body strength to hold the bow stable enough before I take the shot. I realized that body stability together with hand/eye coordination are a few of the deciding factors that go into the perfect shot.

A few days after, I told my sister about what I realized and she recommended that I come with her to the gym and consult a trainer about body strengthening and stability. I took her advice and the trainer really helped, and it was because I had a clear reason for why I wanted to get better! I learned that there are muscles in the body that work together to make a straight and more stable shot for archery.

Here are a few exercises you can do to improve your balance, stability and strength for a perfect shot on a bow and arrow.

Affected muscle groups for this exercise



One Arm Dumbbell Raise

A stable arm when holding the bow upright is very essential for any archer. The one arm lateral dumbbell raise strengthens the deltoids together with several other muscles to keep the arms from getting numb from long time periods at the archery range. This exercise also improves balance while standing in a stationary position.

1

SHOULDERS STRAIGHT

BACK STRAIGHT

ABDOMINALS TIGHT

FEET APART

GLUTES SQUEEZED

Set yourself in a stationary standing position. Feet at shoulder-width apart, hamstrings and glutes squeezed tight and shoulders wide while holding a substantially weighted dumbbell on one hand.

2

SHOULDER HEIGHT

SLIGHTLY BENT ELBOW

SHOULDER STRAIGHT

PELVIC STRAIGHT

Raise the dumbbell up to shoulder level with a slight bend in your elbow. Hold the position for about 2 seconds and slowly return to starting position. Prevent your torso from twisting and your shoulders aligned by placing your other arm squared below your ribcage.

3

OPPOSITE SIDE

Make 8 to 12 repetitions and do the same with the opposite arm. Complete up to 4 sets as you progress with higher sets with the same amount of weight.

It is recommended to start with your less dominant side and max out your strength limit. Do the same number of reps and sets with your dominant side to even out the strength on the left and right sides of your body.

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