

STRENGTH & STABILITY EXERCISES for BOW SHOOTING

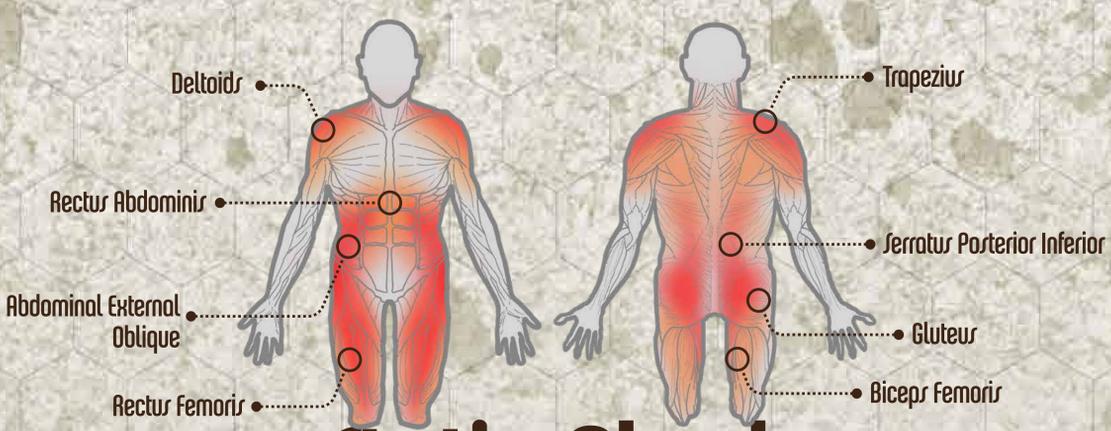
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After a day at the shooting range with a few buddies, I realized my shots getting sloppier as the day went on. My arms and shoulders became slightly numb over the course of just a few shots. The strings on my bow are relatively new but, I didn't have 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



Static Plank

The static plank is an intermediate core strengthening exercise. It improves core muscle stability on the back and front of the body and improves posture as well as balance.

- 1 Bring yourself to a face down position. Lift your body up with your elbows leaning against the floor.
- 2 Keep your back, legs and your shoulders straight. Stomach and glutes squeezed. Keep the position for about 1 minute and release.

Dynamic Plank

A variation of a static plank exercise to improve overall core balance, glutes and hamstring strength together with shoulder and back stability. A progression from the static plank incorporating movement and improves body coordination and stability.

- 1 Start at a static plank position. Both elbows and toes on the floor. Keep your back as straight as you can. Hold this position.
- 2 Reach out with one hand and stretch forward. Lift the opposite foot up from the ground and hold the position for a second.
- 3 Return back to starting position and do the same with the opposite side. Do as many reps as you can and progress whenever it gets easier over time.

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