



Spring Boost 2020 – warm up and archery specific exercises

The below exercises, method and repetitions are advisory only. **Before undertaking a new exercise regime, consult with a doctor and seek specialist training if unsure on any of the exercises, and stop if it hurts.**

Warm up

It is important to warm up to prevent injury and is a good starting point for mental and physical preparation for practice or competition. Start at your feet and work up – you use your whole body for archery so warm the whole of it up!

1. Ankle rotations
2. Hip rotations
3. Arm circles (small to large – each direction)
4. Back and out (arms bent, squeeze shoulders, straighten arms, repeat)
5. Hands joined (hold own hand by linking fingers, then wash face and stir pot)
6. Head turns (very slowly turn head right and left)

Archery specific exercises

We want our bodies to be equally strong on both sides, and we want to be able to have enough strength to shoot for longer, which means more fun! Ideally you want to do some form of archery specific exercise 2 times a week (minimum), with cardio and stretching sessions on top of that. These sessions can be 15 minutes long, or 1 hour long – whatever you can do is better than nothing! Cardio can be a brisk walk, hiking, hoovering, and anything else that gets the heart pumping faster than normal. Cardio should be done 3-5 times a week. Regular cardio lowers your resting heart rate, which can help in those hairy moments in competitions, or just improve your concentration during shooting as you'll be more relaxed.

Below are some of the most commonly used exercises to improve strength specific to archery. Do each exercise slowly and in a controlled manner, and on alternate days to shooting to allow for recovery. The best part is – no need for a gym! Grab a resistance band, small dumbbells or a tin of beans – because we don't want to end up like Arnie!

EXERCISE 1: DEADBUGS

- **EQUIPMENT:** Mat if available (or towel on carpeted floor). Lightweight dumbbells for harder variation.
- **METHOD:** Lie flat on back with knees bent, raise arms directly up towards ceiling. Maintaining contact of back with floor by engaging core (you must do this to ensure you do the exercise safely), lift feet from ground stretch one leg out at a time, slowly, without your legs touching the floor. Only take you leg away from you as far as you can and still have your back pressed into the floor.
- **REPETITIONS:** 3 sets of 10 repetitions (total of 30 movements)
- **VARIATIONS:** To make harder, move arms and legs at alternating intervals, and hold small (1-2kg) dumbbells in hands. To make easier, place outstretched arms palms down on ground and move each leg individually, bringing the bent one closer in to chest.

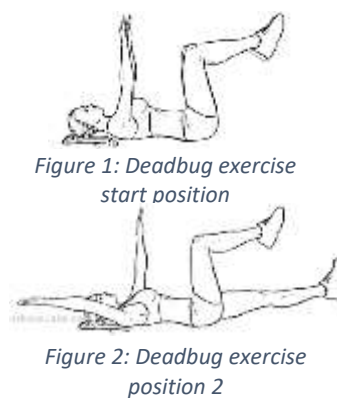


Figure 1: Deadbug exercise start position

Figure 2: Deadbug exercise position 2

EXERCISE 2: SUPERMAN

- **EQUIPMENT:** Mat if available (or towel on carpeted floor).
- **METHOD:** Kneeling on all fours, ensure a neutral spine (flat back), by engaging your core muscles around your abdomen. Slowly and in a controlled manner, raise alternating legs and arms at the same time. This exercise strengthens your core muscles.
- **REPETITIONS:** 3 sets of 10 repetitions
- **VARIATIONS:** To make harder, hold the superman position for 1-10 seconds. To make easier, do leg movements, and then arm movements separately.



Figure 3: Start position for superman exercise

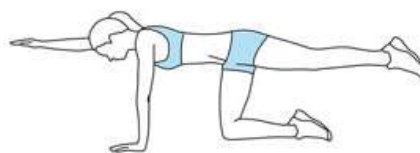


Figure 4: Superman position. Flat back, arm and leg level with head height

EXERCISE 3: PLANK VARIATIONS

- **EQUIPMENT:** Mat if available (or towel on carpeted floor).
- **METHOD:** Plank is an extremely versatile exercise which can be done in many different ways. Whatever plank you decide to do, ensure elbows are directly below your shoulders, that your back is flat (again by engaging your core muscles), and your hips are level (not dipped or pushing bottom in to air). Ensure your shoulders are down away from your ears, that your hands are relaxed, and remember to breath!
- **REPETITIONS:** Start with a 15 second plank, and work towards holding it for 1 minute. Time yourself!
- **VARIATIONS:** To make easier, kneel and use elbows to support self, or do plank in a press up position. To make harder, hold the plank for a longer duration of time.

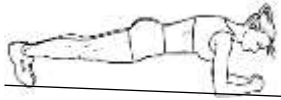


Figure 7: Standard plank



Figure 6: Kneeling Plank

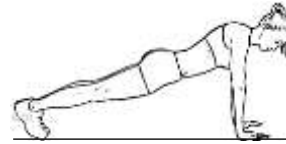


Figure 5: Press up position plank

EXERCISE 4: SIDE RAISE

- **EQUIPMENT:** Stretchy band or light dumbbells (2-5kg)
- **METHOD:** With arms bent at 90 degrees, slowly move upwards to shoulder height, maintaining the 90 degree bend in both arms, hold for 1 second, and lower arms back down slowly. Do not go above shoulder height. Then repeat. Maintain shoulder position when raising elbows, try not to scrunch your shoulders up to your ears.
- **REPETITIONS:** 3 sets of 10
- **VARIATIONS:** To make harder, increase sets and repetitions. To make easier, do the exercise whilst seated.



Figure 8: Side raise with dumbbells

EXERCISE 5: FRONT RAISE

- **EQUIPMENT:** Stretchy band or light dumbbells (2-5kg).
- **METHOD:** Start with hands in front of hips, with palms facing inwards. One at a time, raise arm upwards, keeping wrists straight, elbow straight, and palm turned down. Do not move hand higher than shoulder height. Then repeat with other. Once again keep shoulders level.
- **REPETITIONS:** 3 sets of 10
- **VARIATIONS:** To make harder, increase sets and repetitions. To make easier, perform exercise whilst seated.



Figure 9: The stages of Front Raise exercise

EXERCISE 6: SEATED ROW

- **EQUIPMENT:** Clini-band.
- **METHOD:** Hook clini-band around feet. With hands facing inwards, move hands back towards stomach and squeeze back muscles. Ensure you are using your back and shoulder muscles and not your biceps.
- **REPETITIONS:** 3 sets of 10
- **VARIATIONS:** To make harder, increase repetitions or resistance, to make easier perform exercise seated on chair.



Figure 10: Start position for seated row



Figure 11: Tensioned position for seated row. Note elbow and back position