







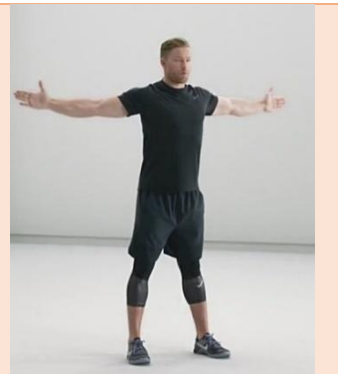
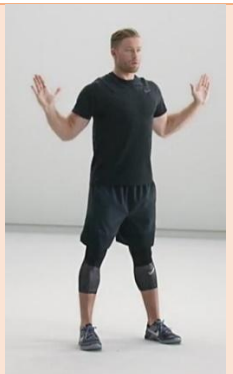




## **Archery Strength & Conditioning Exercises**

<b>EXERCISE NAME</b>	<b>ANATOMY FOCUS</b>	<b>COACHING CUES</b>	<b>START POSITION</b>	<b>END POSITION</b>	<b>COACHING COMMENTS</b>	<b>SETS &amp; REPS</b>
Kneeling Push Up	Front Shoulder	Knees on floor, with hands shoulder width apart and under the shoulders			Lower upper body to floor and push up through floor until arms are straight. There should be no sagging of back.	3 sets 8 - 20 reps
Dead Bug Toe Dips	Abdominals (trunk)	Maintain a neutral spine throughout movement, arms vertical, legs at 90 degree angle			Bring lower foot to slowly touch the floor. Don't allow the back to arch. Perform with continuous and slow rhythm and alternate legs	3 sets 10 - 20 reps
Kneeling Superman	Abdominals (trunk - also focusing on balance)	4 point kneeling position, hands and knees should be shoulder width apart			Extend opposite arm/leg to horizontal and hold, whilst maintaining neutral back and balance. Perform with continuous and slow rhythm	3 sets 10 - 20 reps, holding at horizontal for 3 seconds
↕ Side Plank (left and right)	Abdominals (trunk), arms and latissimus dorsi	Lying sideways, elbow directly under shoulder. Place other hand on hip			Raise hips with pivot around knee. Don't allow the body to twist or drop, maintaining a straight plank position.	3 sets 15 - 45 secs

## **Archery Strength & Conditioning Exercises**

Y T W	Posterior Shoulder	Head in a neutral position, feet shoulder width apart				Retract scapulae, maintain neutral head, creating letters shown in images	3 sets  5 - 10 reps
Tricep Dip	Front Shoulders	Hands on the edge of bench, legs slightly bent, feet shoulder width apart			Lower body to floor, keeping back close to the bench until elbows reach 90 degrees. Push through hands to return to start.	3 sets  5 - 20 reps	