

Strength & Conditioning Exercises: Abdominals

The trunk of the body is integral to an archer's posture, so keeping this strong is important. The following exercises will strengthen this area, and hopefully help you to feel stable whilst shooting.

EXERCISE NAME	ANATOMY FOCUS	COACHING CUES	START POSITION	END POSITION	COACHING COMMENTS	SETS & 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)	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
Little U's	Lower Abdominals	With feet & legs locked together, forearms & back flat on floor, sit in a "crunch" or "V" position.			With legs, draw the letter "u" in the air. This motion should occur from your lower abs, not the legs or hips.	3 sets 1 min
V Sit Ups	Abdominals	Back completely flat against floor. Hands on nape of neck. Legs locked together			Focus on bringing head towards feet.	2 sets 1 min