













# Strength & Conditioning Exercises: Arms & Shoulders

The arms and shoulders do most of the work in archery. The following exercises will strengthen these areas, and hopefully help you to feel stable and strong while shooting.

EXERCISE NAME	ANATOMY FOCUS	COACHING CUES	START POSITION	END POSITION	COACHING COMMENTS	SETS & REPS
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
Mermaid Triceps (left and right)	Triceps	Sit in the ✚ plank position, resting forearm on floor. Place other arm on hip.			Push through the heel of your palm until resting arm is straight. Lower forearm to floor until arm creates a 90 degree angle.	2 sets 1 min 30
Robot Arms	Shoulders and rotator cuffs	Raise arms until shoulder height, bend arms until fingers point upwards. Keep spine elongated and shoulders low.			From the shoulders, rotate forearms until fingers point to the floor, then rotate back to starting position. Keep upper arm at shoulder height throughout.	3 sets 1 min
Back Behinds	Arms & Trapezius, Posterior Shoulder	With an elongated spine and head neutral, raise arms to shoulder height with palms facing downwards.			Focus on bringing the elbows in towards your back. While the bringing elbows in, rotate palms to face up.	2 sets 1 min
Triangle Push Ups	Front Shoulder & Arms	Legs on floor, with hands on floor under your chin. Hands should form a triangle			Lower upper body to floor and push up through heel of palms until arms are straight. Bring hands closer	3 sets 1 min

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		with thumbs & index fingers.			to chest to increase difficulty.	
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