











# Strength & Conditioning Exercises: Hips & Legs

The legs and hips are integral to an archer's stance and posture, so ensuring these are strong and stable is essential. The following exercises will not only strengthen these areas, but also help to develop one's balance.

EXERCISE NAME	ANATOMY FOCUS	COACHING CUES	START POSITION	END POSITION	COACHING COMMENTS	SETS & REPS
Plié and Lift	Inner thighs	Legs should be wider than hip width apart. During squat, tail bone should be tucked under. Try to maintain straight spine in squat.			Spine should elongate during the lift. During lift, lifted leg should be extended. Alternate lifted leg after each squat (i.e. squat, lift RL, squat, lift LL, etc...)	3 sets  1 min
Side Leg Raise (Left & Right)	Outer thighs & obliques	Hands on hips or waist. Foot should be flexed. Focus on one spot to balance.			Start with leg across body. Swing leg horizontally to open up. If struggling to maintain balance, try holding onto a chair or wall.	2 sets  1 min per leg
Curtsy Lunge	Glutes, hips, quads & calves	Hands on hips, shoulders rolled back.			Cross one leg behind you until knee touches the floor (reverse lunge). Front leg should create a 90 degree angle at the knee.	3 sets  1 min

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<p>One Heel Lift Plié (Left &amp; Right)</p>	<p>Calves, inner thighs &amp; quads</p>	<p>Feet more than shoulder width apart. Lift heel of one foot. Hands and arms extended in front of body.</p>			<p>Pulse in the squat position. Feet can point outwards.</p>	<p>2 sets 1 min</p>
<p>Narrow Squat</p>	<p>Outer thighs, hamstrings &amp; quads</p>	<p>Knees &amp; feet locked together. Chest tall and abs in. Arms extended in front of torso.</p>			<p>Squat till legs create a 90 degree angle at the knee. Try to maintain a straight spine throughout by keeping the core engaged.</p>	<p>3 sets 1 min</p>