

# Return to Archery – 2021

Written by John Searle



*Many thanks to Archery GB for supplying the exercises and images.*

## Strength and conditioning

*These sound worse than they are, and we can promise that this is something we believe in, these exercises will also help with overall core strength, improve balance, coordination and general wellbeing.*

With these exercises you are looking at working on the trunk and shoulders.

Both are very important in archery as they all contribute to your core strength and stability. Having a strong core is essential to provide a stable shooting platform capable of shooting throughout the entire session.

These exercises should be done outside of your usual archery sessions. We suggest that you try to incorporate them in to your usual exercise routine.

As with all exercises, start slowly and only build up the amount and/or difficulty when you feel completely able to do so.

Ignore the suggested repetitions to begin with and just get used to doing between 2 and 5 repetitions to start with. But, try and do them either daily or at least 3 times a week. Regularity of exercise is more important in the beginning.

***These are very important stamina building and overall strength exercises. Please try these once you are comfortable with all the other Coaching Team recommended exercises.***

**IMPORTANT** – if you have any questions or concerns, contact the coaches. They can even go through the exercises online with you.

Do not ever do any exercise that causes you physical pain, if it hurts, stop!







### Contact details

Coaches: John Searle 07593 429275 | [jhsearle67@gmail.com](mailto:jhsearle67@gmail.com)  
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	<b>Kneeling push up</b>	<b>Dead bug – toe dips</b>	<b>Kneeling superman opposite arm/leg (hold)</b>
Anatomy	Front shoulder	Trunk	Trunk
Coaching clues	Knees on floor, hands shoulder width and under shoulder	Maintain neutral spine throughout movement, arms vertical, and legs at 90 degrees	4 point kneeling position, hands +knees shoulder width apart
Start/Finish position			
			
Coaching Comments	Lower upper body to floor and push up through floor until straight arms, no sagging of back.	Lower foot slowly to floor, touching ground, don't allow back to arch, perform with a continuous and slow rhythm and alternate legs.	Extend opposite arm/leg to horizontal and hold, maintain neutral back and balance. Perform with a continuous and slow rhythm.
Sets/Reps	3x8 – 20	3x10 – 20	3x10 – 20 (3s hold)









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	<b>½ Side Plank (left and right)</b>	<b>I/T/W/V</b>	<b>Tricep Dip</b>
Anatomy	Trunk	Posterior shoulder	Front shoulder
Coaching clues	Lying sideways, elbow directly under shoulder, place other hand on hip	Lying face down on bench, neutral head position	Hands on edge of bench, legs slightly bent
Start/Finish position		 	
		 	
Coaching Comments	Raise hips with pivot around knee. Don't allow body to twist or drop, maintaining a straight plank position	Retract scapulae, maintain neutral head, and create letters shown in images	Lower body to floor, keep back close to the bench, reach 90 degrees at elbows and push through hands on bench
Sets/Reps	3x15 – hold 45s	3x5 – 10	3x5 – 20

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