

Return to Archery – 2021

Written by John Searle

Thanks to Archery GB for these exercises and images



Warm-up and Cool-down exercises

These exercises are specific to Archery, and the muscles that you use while shooting. We can advise of a variety of general warm ups and cool downs for whole body fitness, if preferred, or once you feel ready.

These are used when starting and finishing an archery practice session. Warm-ups are essentially moving your muscles repeatedly to prepare for exercise, whilst cool-downs are slower static stretches designed to keep your muscles soft and supple after the exertion of shooting.

Look through the list of exercises below – you will find both types here. Exercises 1 – 8 are warm-up movements, whereas exercises 9 – 16 are cool-down stretches. You can also use these exercises outside of your archery session to keep the range of movements at its best.

As with all exercise, please start slowly and build up over time. Regularity is more important here than the amount you do at one time. The AGB recommendations of “repetitions” will be TOO MANY at first! Our coaches recommend you pick up to 3 different exercises and complete between 3-5 repetitions of each exercise. These can then increase as you feel more confident and comfortable. Coaches also recommend that you change the combination of exercises to keep your mind invested in your overall health.

We must remind you to remember to carry out Cool-down exercises after ANY exertion. So maybe at first you just solely do warm-ups and cool downs with perhaps a clini-band exercise or two in between.

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

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Exercise 1: Forward – backward arm swings (underarm) – 12 reps

Start with both arms down by your sides. Keeping both arms straight and with minimal body movement, swing them both together with one arm going forwards and the other arm going backwards until both are horizontal. Then swing them back to be in the opposite position. These are big arm swings with some shoulder movement. Do this whole movement 12 times.



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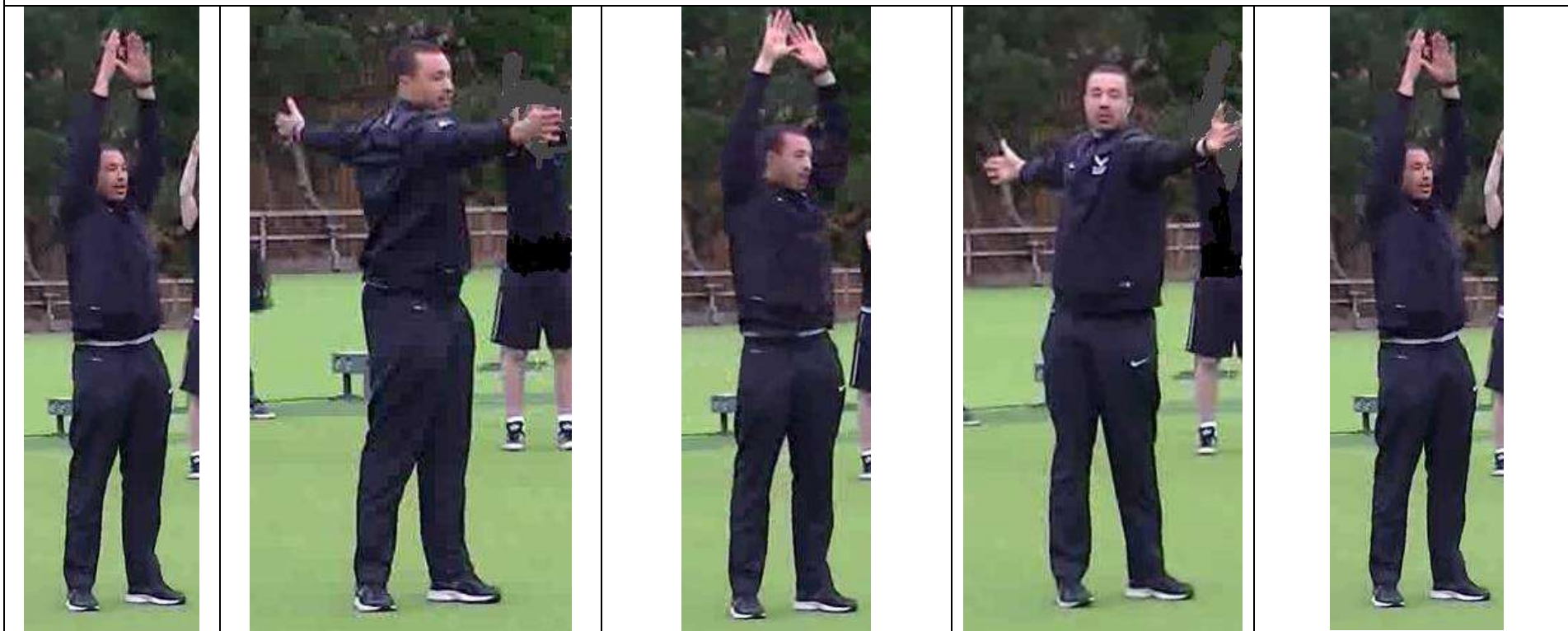
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Exercise 2: Alternate overhead arm swings with trunk rotation - 5 reps

Keeping both arms straight, start with both hands above the head, then turn the chest to one side and swing both arms down in opposite directions until both arms are horizontal, with one arm forwards and one arm backwards to get good shoulder alignment. Swing arms back to the start position, then turn the chest in the opposite direction and repeat the arm movement. Keep the thumbs pointing upwards. Do this whole movement 5 times.



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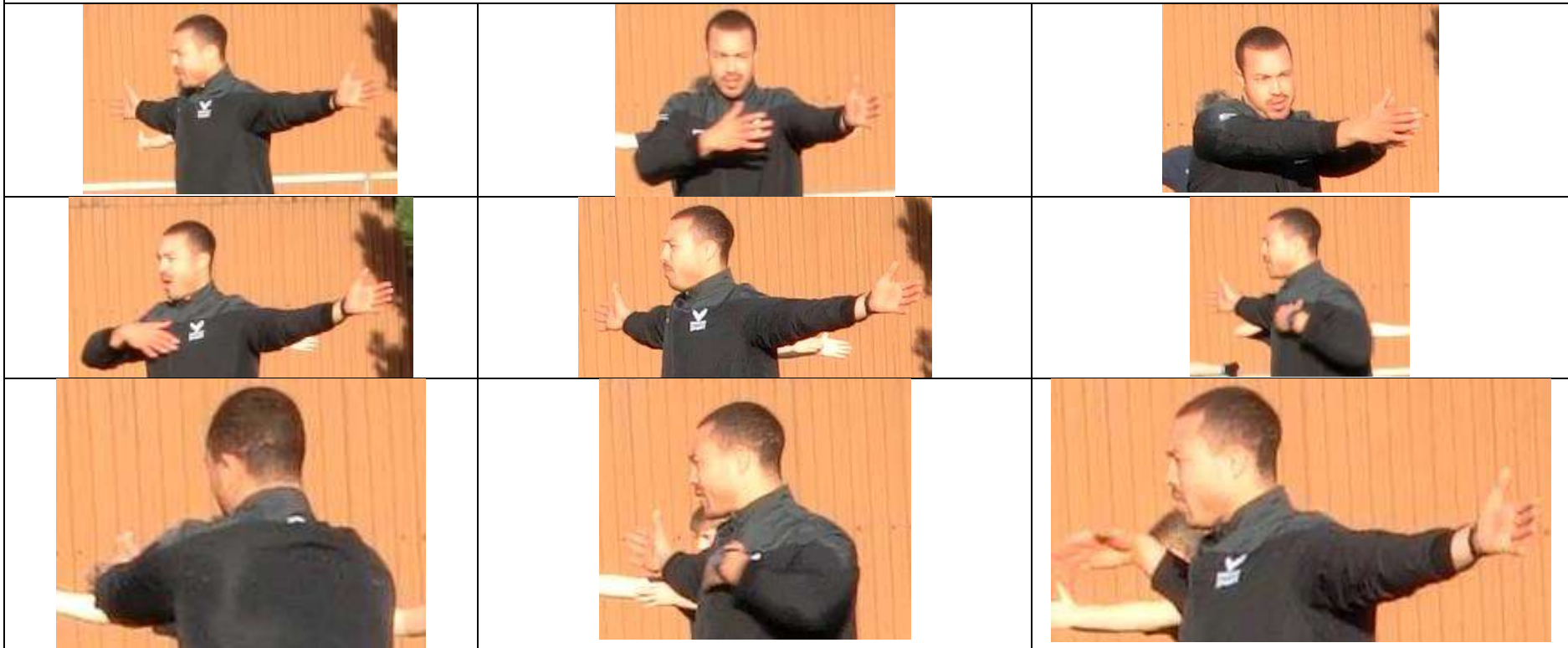
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Exercise 3: Crucifix Hand reaches – 5 reps

Start with both arms horizontal and out to the side and legs slightly apart. Then bend one arm across the body and run the hand along the other arm and out to the opposite hand's fingertips. Run it back along the arm and back to the start position. Repeat the movement on the other side. Do this whole movement 5 times.



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Exercise 4: Full lateral raises – 5 reps

Start with the arms down at the sides and legs slightly apart. Then keeping the arms straight, swing them out to the sides and up to above the head and reach the sky with the arms and shoulders. Then swing them back to the start position. Do this whole movement 5 times.



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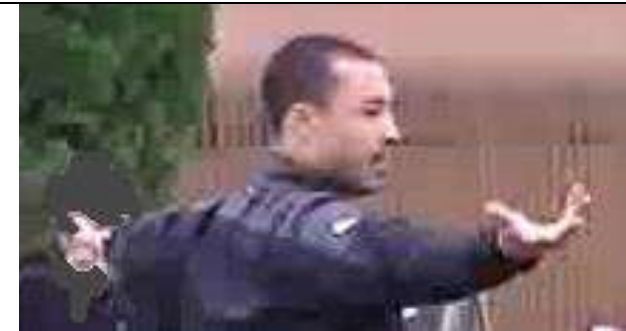
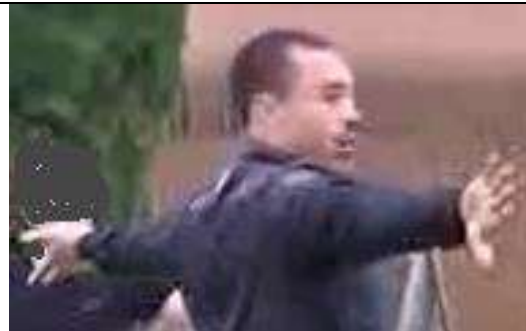
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Exercise 5: Crucifix alternate internal-external arm rotation - 6 reps

Start with the arms out to the sides and horizontal with the palms facing forwards. Then keeping the arms horizontal, twist each arm at the same time (and in opposite directions) such that one hand and arm rotates forwards and the other hand rotates backwards as far as is comfortable. Then twist back in the opposite direction as far as is comfortable. Do this whole movement 6 times.



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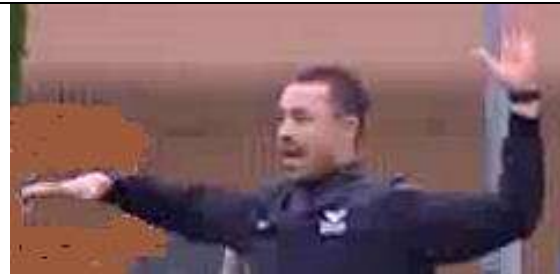
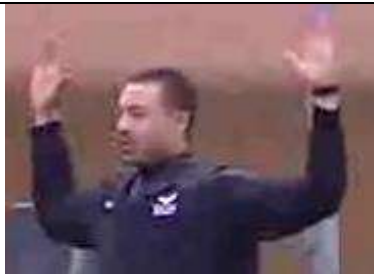
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Exercise 6: Alternate arm abducted internal-external rotation - 6 reps (both arms)

Position the arms out to the side with the elbows in line with the shoulders and the arms bent at right angles with the hands uppermost and facing forwards. Keeping the elbows at the same height, rotate one arm forwards to bring the hand and forearm to the horizontal. Repeat the movement with the other arm. Do this whole movement 6 times.



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Exercise 7: Forward – Scapula position internal-external rotation - 6 reps

Position the arms out to the side with the elbows in line the shoulders and the arms bent at right angles with the hands uppermost and facing forwards (same start position as for exercise 6). Then bring the elbows down squeezing the shoulder blades together to create a W formation with the arms. Keeping the elbows in the same position and shoulder blades slightly squeezed together, rotate both forearms towards the body to bring the hands onto the chest. Then rotate both arms together back to the start position. Do this whole movement 6 times.



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Exercise 8: 4-point scapula protraction-retraction – 2 reps at each of 4 positions

Position both arms horizontal out to the front with the hands facing each other. Then push forwards with both arms and shoulders to stretch the shoulders. Then keeping both arms straight, pull both arms and shoulders back as far as they will go to squeeze the shoulder blades together – repeat this movement twice.

Then position both arms forwards pointing down at 45 degrees and repeat the arm and shoulder movement from the first position twice.

Then position both arms forwards pointing upwards at 45 degrees and repeat the arm and shoulder movement from the first position twice.

Then position both arms horizontal out to the front and repeat the arm and shoulder movement from the first position twice.



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Exercise 9: Alternate scapula depressions - 6 reps

Start with feet slightly wide apart and hips and trunk strong. Slowly move one shoulder back and then down as far as it will go and feel the muscles work, then return to start position. Repeat the movement with the other shoulder. Repeat the whole movement 6 times.



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Exercise 10: Behind back, across body, retraction sequence - 5 reps

Start with one arm straight up with the other holding the elbow, then bend the arm (that is straight) behind the head on the same side as that arm. Reach down with that arm pulling slightly with the other hand – don't hold that position. Then move the arm across the body to the other side of the head and reach as far as is comfortable pulling slightly with the other hand – don't hold that position. Finish with the arm miming the draw and release. Repeat on the other side with the other arm (down the back then across the shoulder then mime the draw and release). Do this whole movement on both sides 5 times.



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Exercise 11: Multi plane head movement sequence - 2 reps

Start with feet slightly wide apart and hips and trunk strong. Keeping the body still, look down at the floor, then look up at the sky, then come back to looking straight ahead. Look left, then right and back into the middle. Tilt head left, then right then back into the middle. Repeat the whole movement once more.



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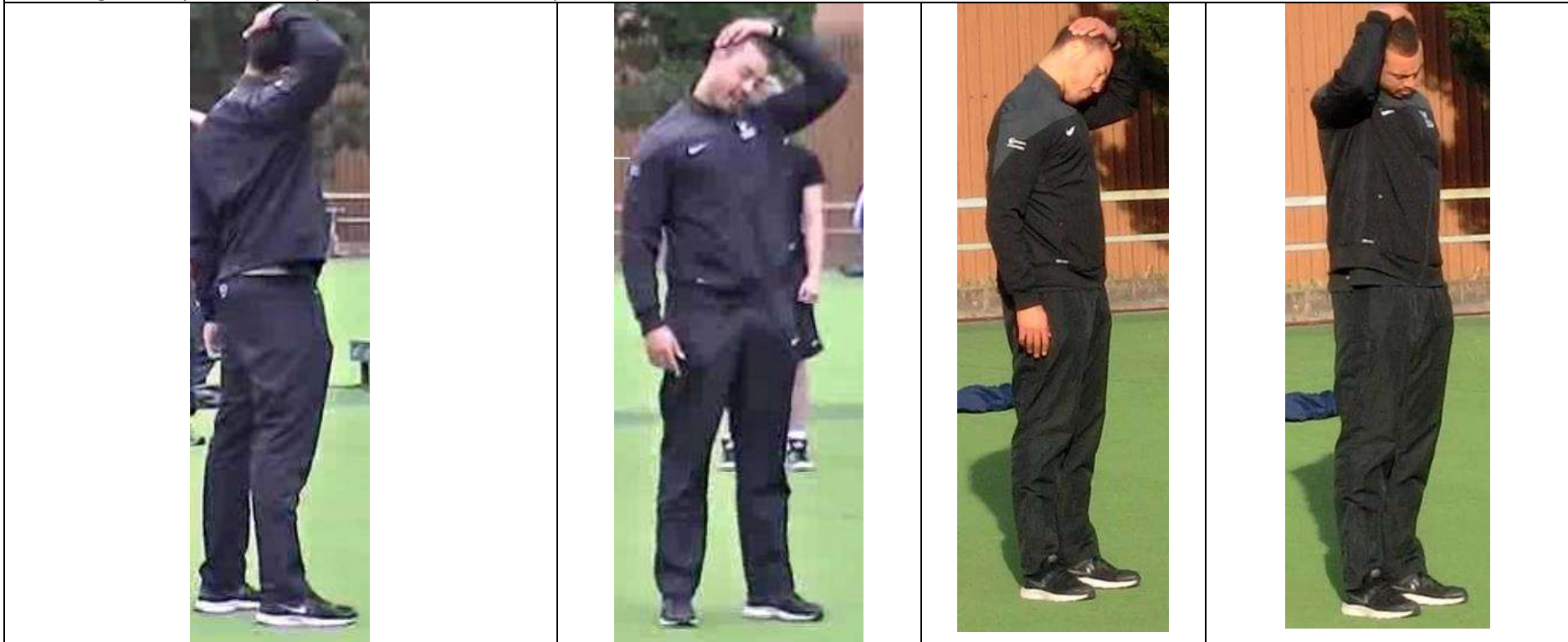
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Exercise 12: Lateral neck stretches – 2 reps

Start with right hand on the left hand side of the head and gently pull the head towards the right shoulder whilst lowering the left shoulder and arm as far as they will go. Hold for about 5 seconds. Then swop over and using the left hand, gently pull the head towards the left shoulder whilst lowering the right shoulder and arm as far as they will go. Then swop over and with the right hand on the back of the left side of the head, pull the head diagonally forwards to the right. Swop over and repeat on the left side. Repeat the whole movement once more.



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Exercise 13: Protraction reach and rotates - 5 reps

Start with hands linked together and palms facing you and with both arms out straight horizontally in front of you. Then push the shoulders and arms out as far as they will go, pulling the shoulder blades apart. Then keeping the hips and trunk still, rotate the arms fully to one side then fully to the other side – keeping the back stretched. Go back to the start position and bring the hands to the chest. Repeat the whole movement a total of 5 times.



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Exercise 14: Chest openers to cross arm stretch - 8 reps

Start with arms down and out to the sides, then swing them forwards to create a cross in front of the face. Swing the arms down and back as far as they will go then bring them back up to create a cross in front of the face. Repeat the whole movement a total of 8 times.



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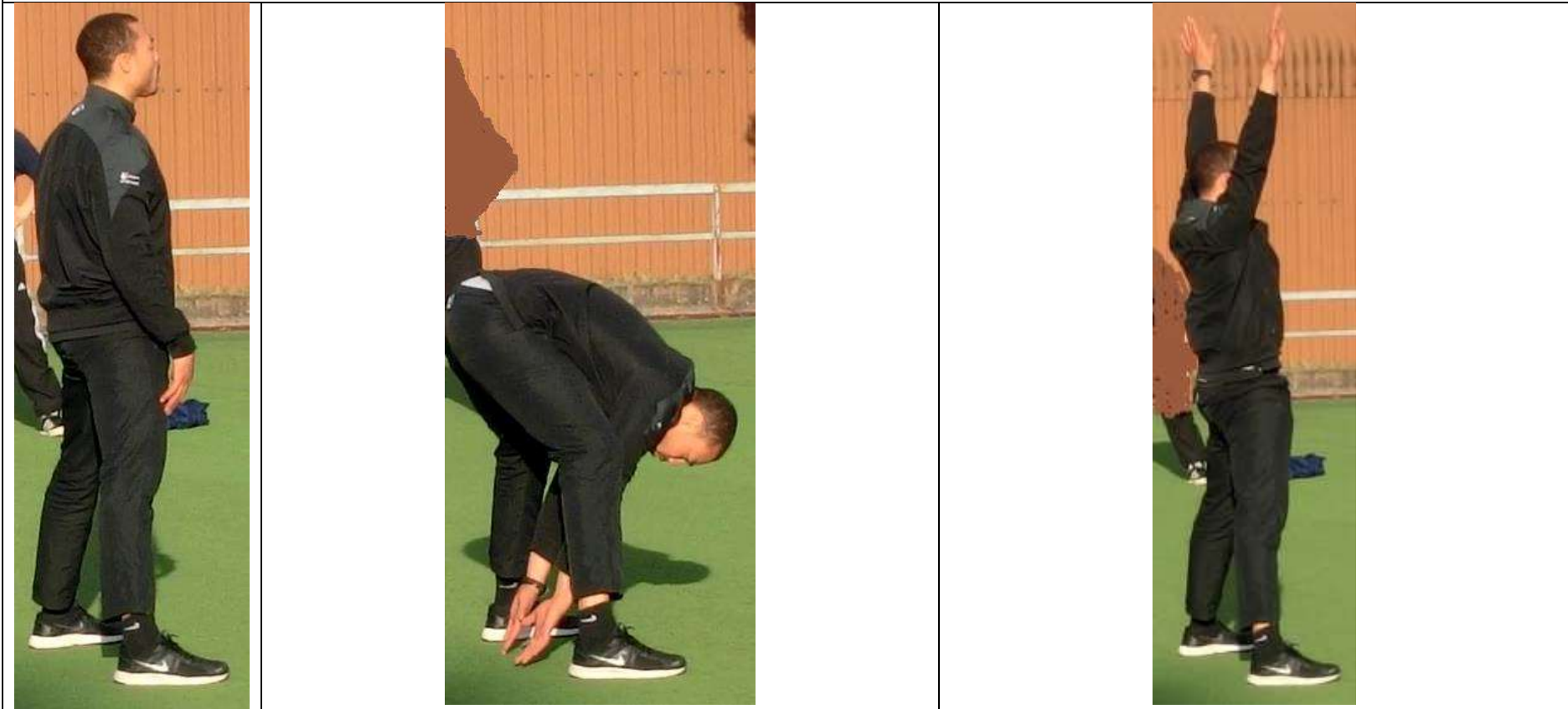
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Exercise 15: Floor to ceilings - 6 reps

Start with legs wide apart, then bending the knees as little as possible, bend over to place the hand between the legs and as far back as possible. Then stand up and reach to the sky and clench your buttocks. Repeat the whole movement a total of 6 times.



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Exercise 16: Alternate toe touch rotations – 12 reps

Start with legs very wide apart then bend over forwards with the arms out to the side. Rotate the chest and arms to reach across with the right hand to touch the left foot with the left hand/arm high up behind you. Then rotate the chest and arms back to reach across with the left hand to touch the right foot and with the right hand/arm high up behind you. Repeat the whole movement a total of 12 times.



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