

# Return to Archery – 2021

Written by John Searle





## Clini-band exercises

There are 5 basic exercises that we have designed for you to help build and maintain your strength for archery.

At the start, each of these exercises should be repeated 3 times. Later, the number of repetitions can be increased as your strength and ability improve e.g. 5 times, 8 times, 10 times – No more!).

Talk to your coach about your progress, they can advise on what to undertake next.

<b>Exercise 1</b>			
	Start position. Arms in front at about waist height, with the clini-band slightly tensioned.	Lift your arms up to just over shoulder height whilst stretching the band. Do not try to stretch further than is comfortable.	Repeat this whole exercise 3 – 5 times.



### Contact details

Coaches: John Searle 07593 429275 | [jhsearle67@gmail.com](mailto:jhsearle67@gmail.com)  
Robyn Searle 07783 663427 | [rsearle113@gmail.com](mailto:rsearle113@gmail.com)  
Secretary: Dianne Searle 07938 554604 | [Dianne.searle91@gmail.com](mailto:Dianne.searle91@gmail.com)

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<p><b>Exercise 2</b></p>			
	<p>Start with your arms at approximately eye level with the clini-band slightly tensioned.</p>	<p>Lift your arms and rotate shoulders backwards whilst stretching the band. Return to start position.</p>	<p>Repeat this whole exercise 3 – 5 times.</p>

<p><b>Exercise 3</b></p>			
	<p>Start with your arms pointing backwards with the clini-band slightly tensioned behind your back.</p>	<p>Stretch the band out to the sides as far as is comfortable. Return to start position.</p>	<p>Repeat this whole exercise 3 – 5 times.</p>



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<p><b>Exercise 4</b></p>			
	<p>Hold your arms forward at about chest height with the clini-band slightly tensioned.</p>	<p>Stretch arms out to the side at shoulder height.</p>	<p>Repeat this exercise 3 – 5 times.</p>

<p><b>Exercise 5</b></p>				
	<p>Start with your arms out in front of you as shown above. Stretch the band slightly.</p>	<p>Extend your arms out diagonally, stretching the band only as far as is comfortable.</p>	<p>Return to position 1, swap arm positions as shown above.</p>	<p>Repeat the movement from position 2, with your arms moving out diagonally. Do this 3 – 5 times.</p>

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