



Archery Warm Up Exercises – Some Examples

Archery is considered by some to be an 'easy' sport, so who needs exercise in preparation for Archery? You would not contemplate trying to play rugby without training for it first. It is also true for Archery!

There may not be the same overall physical exertion, but the back muscles used for drawing the bow will still be stressed to a large degree and they will in all likelihood be ones you don't use everyday.

Consider a FITA tournament of twelve dozen arrows. In a day the average man will walk 3.8km (2.4 miles), that is just walking to the target and back. Your back muscles will be drawing upwards of 4880 pounds (98 bags of potatoes).

IT IS THEREFORE IMPORTANT TO CONDITION OURSELVES FOR ARCHERY.

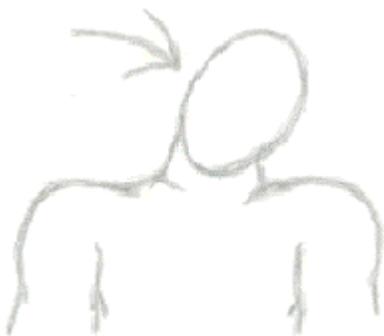
REMEMBER

ALWAYS WARM UP BEFORE YOU DO ANY STRETCHING

Each stretch is held for slow count of 5-5.

Perform each stretch three times.

Stretches should never be painful; if they are, you are possibly stretching too far.



Neck Side Flexion
Muscles: Upper Trapezius and Scaleni.
Put left ear on left shoulder (still looking forward). Repeat on right side.



Neck Rotation

Muscles: Sternocleidomast.

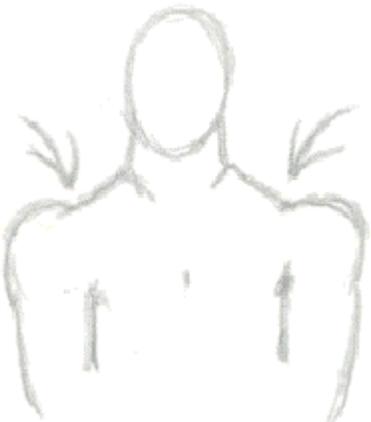
Turn to look over your left shoulder. Repeat on right side. Never roll the head backwards.



Shoulders

Muscles: Latissimus Dorsi.

Link hands and reach up as far as you can over your head.



Shoulder Depression

Muscles: Upper Trapezius.

Push your shoulders down towards the ground.



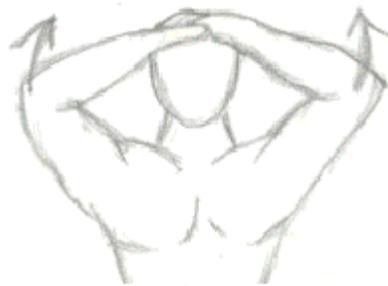
Side Flexion

Muscles: Lumbar side and Triceps.
Reach down your back with the right arm, hold with left hand and lean to your left side. Repeat on the other side.



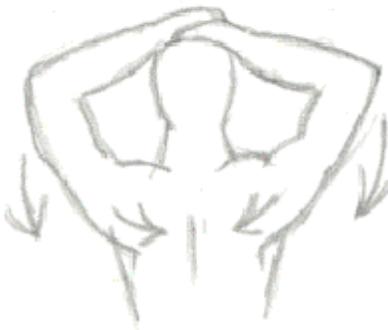
Pectorals

Muscles: Pectorals.
Link your hands behind you and, keeping your arms straight, push the arms backwards and upwards.



Pectorals

Muscles: Pectorals.
With hands on head, pull the elbows back bringing the shoulder blades together and stretching the front of the chest.

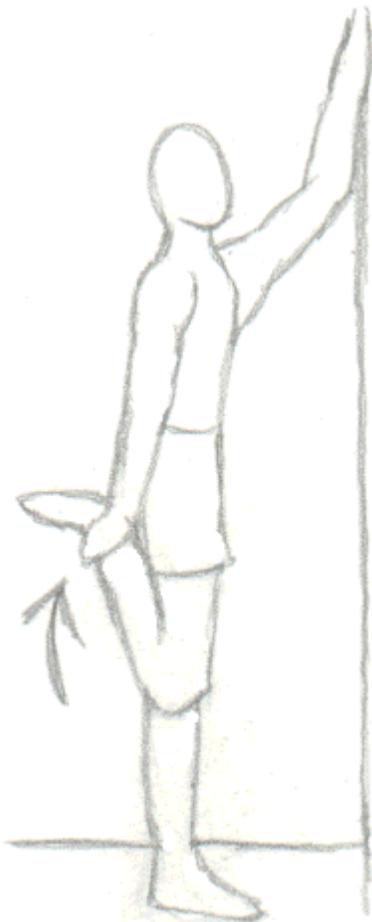




Rhomboids

Muscles: Rhomboids.

Cross your arms across your chest and grab the opposite shoulders. Push the elbows forward to pull the shoulder blades apart.



Quadriceps

Muscles: Quadriceps.

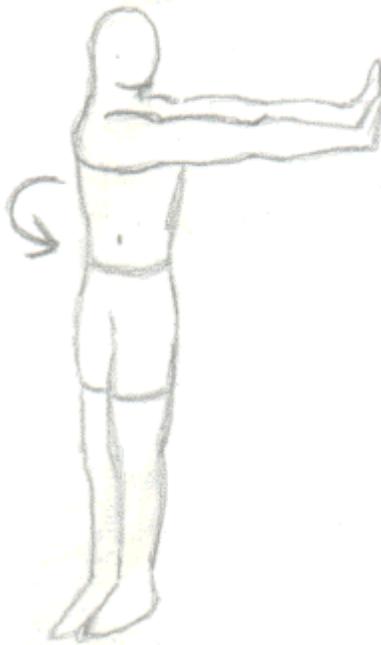
Bring your heel up towards your bottom to stretch the front of the thigh. Repeat on the opposite leg.



Hamstrings and calf

Muscles: Hamstrings and calf.

With the left leg forwards, straighten the knee and point the toes up to the ceiling. Bend the right knee and lean forward over the front knee to stretch the back of the thigh. Repeat on the other leg.



Lumbar Rotation

Muscles: Erector spinae, quadratus lumborum and abdominal obliques.

Bending the knees slightly turn the torso round and reach to the left. Repeat on the other side.



Gluteus maximus

Muscles: Gluteus maximus.

With the left leg back and the right leg forward. Keep the left heel on the ground and the knee straight, lean forward over the right leg to stretch the calf (the toes need to point forwards to get a good stretch). Repeat on the right side.