



ARCHERY CONDITIONING PROGRAM

This program was written with many important parameters in mind. First, and foremost, the phases of this program represent three stages of training: stabilization, strength and power. All three stages are crucial to creating a solid foundation for archery. These stages should be periodized into an athlete's training year to accomplish the set goals.

In Phase 1 of the archery program, the strength exercises should be completed in succession as a circuit with no rest between each exercise. The rest period occurs for 60 seconds after the last exercise. In Phase 2, the strength exercises for the respective body parts should be completed in supersets with no rest after the first exercise and then 60 seconds rest after the second exercise. The strength exercises in Phase 3 are similar to those in Phase 1 and are completed as a circuit with no rest between the exercises and 120 seconds at the end of the circuit.

It is important to note that the programs are also built to challenge asymmetric strength to accommodate the nature of the asymmetrical sport of archery. For example, while shooting, the bow arm has a different function from the draw arm. Similarly, the lower body must balance and stabilize to create a solid stance, as well as a consistent aim, draw and release. The following exercise program emphasizes both sides of the body in order to prevent muscle development and injury.

The ability to sustain effort without lessening the level of one's performance is crucial to competitive archery. The first phase in this program encourages this type of development with stabilization training, endurance repetitions and shortened rest ratios. The subsequent two phases build strength and power necessary for the sport to draw the bow, control the draw arm, extend the bow, hold the bowstring, control balance, and control a steady stance.

Lastly, one of the most crucial components of this conditioning program is flexibility. The program design outlines flexibility exercises which target priority muscle groups for the sport. The end result will be consistent strength in the priority muscles which are not hindered by muscle tightness or imbalances.



TRAINING PROGRAM: ARCHERY CONDITIONING PHASE 1 of 3

The sport of Archery requires an individual to possess strong upper body endurance to extend the bow, hold the bow string and maintain control and balance. For the Archer, the greater the ability they have to sustain a steady stance, the greater the accuracy. Each phase in this three-part program builds upon this foundation of stabilization here in the first phase.



Warm-up: Foam Roll

Flexibility / Lats

By warming up the large muscles of the back, you will increase flexibility. Hold the stretch on each side for a minimum of 45 seconds.



Warm-up: Foam Roll

Flexibility / Rhomboids

This movement will help to reduce pain and tension along the spine. By holding this stretch for a minimum of 30 seconds, you will loosen the muscles surrounding the spine.



Warm-up: Foam Roll

Flexibility / Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



Warm-up: FreeMotion Treadmill

Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



Warm-up: Floor

Flexibility / Erector Spinae Cross Leg Stretch

Sit on the ground with left leg straight out and the right leg bent and crossed over the left leg. Use your left arm against your right crossed leg to move into the stretch. Hold the stretched position for 20-30 seconds and then switch sides.



Warm-up: Wall or Stationary Object

Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



Warm-up: Resistance Tube

Shooting Stance Stretch

Use the length of a resistance tube tied in a loop. Imitate the shooting draw with one arm extended and the other arm bent at shoulder height. Hold for 20 seconds and repeat 5 times on each side.



Core & Balance: Abdominal

One Leg Abdominal Crunch with Rotation

The One Leg Abdominal Crunch with Rotation primarily works the obliques, but also the entire midsection. Performing them while standing will help reduce stress on the neck and back. Start with 2 sets of 12 reps.



Core & Balance: Cable Cross

Multi-planar Two Arm Cable Rotations

The Cable Rotation primarily focuses on the obliques, but also incorporates the use of muscles throughout the mid-section, arms and shoulders. Vary the speed of the rotation as well as the amount of weight on the stack.



Strength: Chest

Single Leg Alt Bow Arms Chest Press

For added intensity to the Alternating Arms Chest Press, stand on one leg to incorporate additional core and stabilizing muscles. Your chest, shoulder and back muscles will be strengthened as you balance throughout the movement. Start with 2 sets of 12 reps on each leg.



Strength: Row

Draw Arm

The Standing One Arm Row with rotation will help strengthen the large muscles in your back in addition to your shoulders, arms and core. The unsupported nature of the exercise provides additional emphasis on your stabilization muscles. Start with 2 sets of 12 reps per arm.



Strength: Shoulder

Standing Alt Arms Shoulder Press

The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 2 sets of 12 reps and alternate your speed and intensity.



Strength: Bicep

Standing Alt Arm Bicep Curls

The Standing Alternating Arm Bicep Curls is focused on the biceps of each arm. By performing this exercise standing, the core and stabilization muscles are also engaged. As one arm starts down, the other arm should be lifting. Begin with 2 sets of 12 reps.



Strength: Tricep

Standing One Arm Triceps Pressdown

The upper arms, shoulders and back are strengthened during the Standing One Arm Triceps Pressdown. The trunk muscles are also activated during this exercise. Start with 2 sets of 12 reps with each arm.



Strength: Step

Two Arm Step Up to Balance

The Step-Up Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. Increase the height of the step to increase the intensity of the workout. Start with 2 sets of 12 reps for the first week.



Strength: Calf

Calf Press

The Calf Press not only strengthens the large muscles of the calf, but also works the muscles surrounding the ankle and feet to build the joint stabilizing muscles. Extend and retract your ankles while you begin with 2 sets of 12 reps.



Cool Down: FreeMotion Treadmill

Cardio

Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.



Cool Down: Wall or Stationary Object

Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



TRAINING PROGRAM: ARCHERY CONDITIONING PHASE 2 of 3

The sport of Archery requires an individual to possess strong upper body endurance to extend the bow, hold the bow string and maintain control and balance. For the Archer, the greater the ability they have to sustain a steady stance, the greater the accuracy. The second phase of this program is built to challenge asymmetrical strength as each side of the body performs a different function.



Warm-up: Foam Roll Flexibility / Lats

By warming up the large muscles of the back, you will increase flexibility. Hold the stretch on each side for a minimum of 45 seconds.



Core & Balance: FreeMotion Cable Cross Wood Chop

The Two Arm Cable Chop strengthens and tones your core and trunk muscles. Shoulders, back and hips also benefit from this dynamic movement pattern. Start with 2 sets of 12 reps on each side.



Warm-up: Foam Roll Flexibility / Rhomboids

This movement will help to reduce pain and tension along the spine. By holding this stretch for a minimum of 30 seconds, you will loosen the muscles surrounding the spine.



Core & Balance: Stability Ball Stability Ball Alt Arm Dumbbell Row

The Alternating Arms Dumbbell Row will strengthen your upper arms and shoulders. By balancing on the Stability Ball during this exercise, you will challenge your core stabilizing muscles and strengthen your back. 2 sets of 12 reps for the first week is ideal.



Warm-up: Floor Flexibility / Hamstring Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Strength: Chest Bow Arm Stagger Stance Chest Press

This exercise not only builds up the muscles of the chest, but also works the core as you are building balance and stability. Begin with 2 sets of 12 reps and increase the weight as these become easy to complete.



Warm-up: FreeMotion Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



Strength: Floor Push Up with Rotation

Combine a traditional push-up with a one arm rotation, and you will work your shoulder and back muscles with the added benefit of stretching and strengthening your core. Keep your back, legs and arms as straight as possible during rotation. Perform 2 sets of 12 reps to start with and add more reps as this becomes easy.



Warm-up: Floor Flexibility / Erector Spinae Cross Leg Stretch

Sit on the ground with left leg straight out and the right leg bent and crossed over the left leg. Use your left arm against your right crossed leg to move into the stretch. Hold the stretched position for 20-30 seconds and then switch sides.



Strength: Row Seated Two Arm Row

The Seated Two Arm Row will help to strengthen your large back muscles in addition to your shoulders, arms and core. Begin with 2 sets of 12 reps and progress weekly.



Warm-up: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



Strength: Lat Standing Split Stance Two Arm Pull Down

Performing a Standing Split Stance Pull Down not only works the large muscles of the back, but also incorporates core muscles for increased stability. Begin by performing 2 sets of 12 reps.



Warm-up: Resistance Tube Shooting Stance Stretch

Use the length of a resistance tube tied in a loop. Imitate the shooting draw with one arm extended and the other arm bent at shoulder height. Hold for 20 seconds and repeat 5 times on each side.



Strength: Shoulder Standing Alt Arms Shoulder Press

The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 2 sets of 12 reps and alternate your speed and intensity.



Warm-up: Resistance Tube Shoulder Girdle Pull Downs

Use the length of a resistance tube and grasp each end. With both arms outstretched, raise one arm above head and other arm level with shoulder. Pull tubing of the shoulder height arm down toward the hip and hold for about 20 seconds. Repeat 5 times each side.



Strength: Cable Column Two Arm Cable PNF

This exercise works both the upper and lower body. It primarily targets the shoulder, but also incorporates additional arm, core and leg muscles for stability. Start with 2 sets of 12 reps and add additional weight and sets as the workout weeks progress.




Core & Balance Walking Lunge with Twist

The Walking Lunge & Twist works your leg muscles as well as your core. The lunge movement strengthens the large muscles in your legs while the twist incorporates all of your trunk. Start with 2 sets of 12 reps.




Strength: Hamstring Single Leg Hip & Knee Extension


Performed in a reversed 'kicking' motion, this exercise works the hamstring muscles while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise. Increase the weight as the initial 2 sets of 12 reps becomes easy to complete.




Strength: Lift
Two Arm Squat to Row
 By combining both Squat and Row exercises in one sequence, you'll be working the lower body, back, shoulders and arms. Start with 2 sets of 12 reps and progress upward overtime.



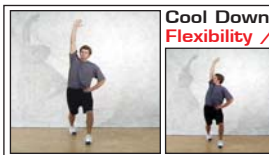
Strength: Quad
Single Leg Knee Extensions
 Performed in a 'kicking' motion, this exercise works the large quadriceps muscles while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise. Start with 2 sets of 12 reps.




Strength: Cable Cross
Multi-planar Front Lunge and Chest Press
 The combination Front Lunge and Two Arm Chest Press strengthens your legs, back, chest and trunk. Your stabilizer muscles will also be activated in order to hold the lunge position as you perform an unsupported chest press. Begin with 2 sets of 12 reps.




Cool Down: FreeMotion Treadmill Cardio
 Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.




Cool Down: Floor Flexibility / Standing Psoas Stretch
 The Standing Psoas Stretch will stretch the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side at the end of your workout.




Cool Down: Wall or Stationary Object Flexibility / Pec Stretch
 The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



Cool Down: Stability Ball Flexibility / Lat Stretch
 The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



Cool Down: Floor Flexibility / Sternocleidomastoid Stretch
 With optimal posture, place right arm behind body while depressing shoulder. Tuck your chin inward and slowly draw your left ear to your left shoulder. Progress by rotating upward toward the ceiling until slight stretch is felt on the right side. Hold stretch for 20 seconds.



Cool Down: Floor Flexibility / Levator Scapulae Stretch
 Start in optimal posture and place right arm behind body. Tuck your chin inward and slowly draw your left ear to your left shoulder. Progress by rotating downward toward your opposite pocket until a slight stretch is felt on the right side. Hold stretch for 20 seconds.



Cool Down: Floor Flexibility / Scalene Stretch
 Start in optimal posture and place right arm behind body while depressing shoulder. Tuck your chin inward and slowly draw your left ear to your left shoulder. Hold stretch for 20 seconds and then repeat on other side.

Workout Schedule

Name: _____

Personal Trainer: _____

Program Start Date: _____

Week 1: 2-3 sets x 12 reps Completed

Week 2: 3 sets x 12 reps Completed

Week 3: 2-3 sets x 10-12 Completed

Week 4: 3 sets x 10 reps Completed

Notes

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TRAINING PROGRAM: ARCHERY CONDITIONING PHASE 3 of 3

The sport of Archery requires an individual to possess strong upper body endurance to extend the bow, hold the bow string and maintain control and balance. For the Archer, the greater the ability they have to sustain a steady stance, the greater the accuracy. Phase 3 of this program combines the stabilization and strength gains made in the first 2 phases and increases overall performance.



Warm-up: Foam Roll Flexibility / IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



Warm-up: Foam Roll Flexibility / Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



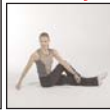
Warm-up: FreeMotion Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



Warm-up: Floor Flexibility / Erector Spinae Cross Leg Stretch

Sit on the ground with left leg straight out and the right leg bent and crossed over the left leg. Use your left arm against your right crossed leg to move into the stretch. Hold the stretched position for 20-30 seconds and then switch sides.



Warm-up: Resistance Tube Flexibility / Active Pec Stretch

Use a length of resistance tubing. Grasp each end behind the back, holding arms at shoulder level. Move arms forward to stretch tube and then back to a pec stretch position. Hold for 2-4 seconds and repeat 5-10 times.



Warm-up: Resistance Tube Active Shooting Muscle Stance

Use the length of a resistance tube tied in a loop. Imitate the shooting draw with one arm extended and the other arm bent at shoulder height. Hold for 2-4 seconds and repeat 5-10 times on each side.



Warm-up: Resistance Tube Active Shoulder Girdle Pulldowns

Use the length of a resistance tubing and grasp each end. With both arms outstretched, raise one arm above head and other arm level with shoulder. Pull tubing of the shoulder height arm down toward the hip and hold for about 20 seconds. Repeat 5 times each side.



Core & Balance: Cable Cross Two Arm Push Pull

The Two Arm Push-Pull strengthens your arms, shoulders, back, obliques and trunk in a dynamic exercise. Your torso rotates as you push and pull, thus activating your core muscles. Start with 3 sets of 10 reps.



Core & Balance: Lift Single Leg One Arm Romanian Deadlift

The Single Leg Romanian Deadlift requires you to balance on one foot while you bend down and touch your toe with the opposite hand. Perform 3 sets of 10 reps during your first week and adjust your program according to your ability and level of fitness.



Speed & Agility: Floor Sagittal Plane Hops

Hop forward from one foot to the other, and hold, or stabilize, yourself for 5 to 10 seconds before hopping back to the other foot. The Multi-Planar Hop challenges your core and stabilizing muscles. Start with 3 sets of 10 reps to begin with.



Speed & Agility: Floor Transverse Plane Hops

As you hop from one foot to the other turning 90 degrees to either side, you will be forced to stabilize. Start out with small hops for 3 sets of 10 reps, and increase the height and length of your hop as you become more comfortable with the movement.



Strength: Cable Cross Multi-planar Front Lunge and Chest Press

The combination Front Lunge and Two Arm Chest Press strengthens your legs, back, chest and trunk. Your stabilizer muscles will also be activated in order to hold the lunge position as you perform an unsupported chest press. Begin with 3 sets of 10 reps.



Strength: Lift Two Arm Squat to Row

By combining both Squat and Row exercises in one sequence, you'll be working the lower body, back, shoulders and arms. Start with 3 sets of 10 reps and progress upward over time.



Strength: Cable Cross Two Arm Squat to Overhead Reach

This exercise begins in a squatting position and extends to an overhead reach to not only work the muscles of the lower body, but incorporates the upper body, specifically working the shoulders. Begin with 3 sets of 10 reps each.



Strength: Cable Column Two Arm Cable PNF

This exercise works both the upper and lower body. It primarily targets the shoulder, but also incorporates additional arm, core and leg muscles for stability. Start with 3 sets of 10 reps and add additional weight and sets as the workout weeks progress.



Strength: Deck Side Power Step Ups

Begin with one foot on Deck and one foot on ground with toes pointing forward. Forcefully push off step leg, getting full extension and switch legs for the landing. If pushing off right leg, then land on left leg. Land with feet, knees, and hips in alignment and repeat quickly, alternating legs.



Strength: Squat Multi-planar Squats

The Squat uses the large muscle groups in your lower body. As you raise and lower your body, turn and squat into various planes of motion to not only challenge the core and lower body, but also gain stabilization strength. Begin with 3 sets of 10.



Strength: Step Turning Step Up to Balance

The Turning Step-Up to Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. The turn as you step adds intensity to this exercise and engages more of the core muscles. Raise the level of the step to increase the difficulty of the exercise. Start with 3 sets of 10 reps.



