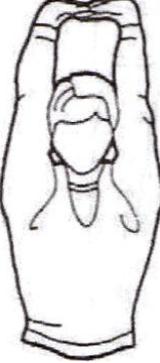
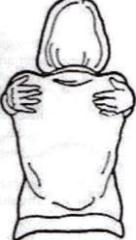
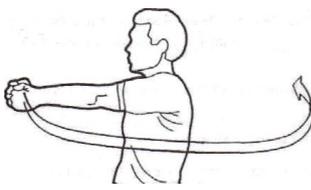
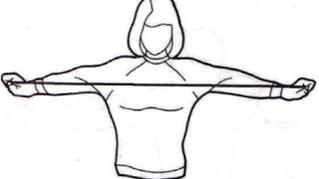
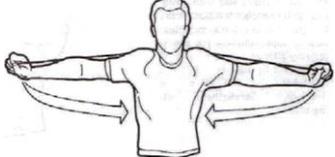
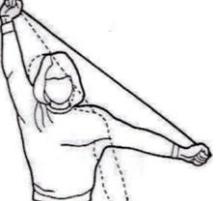
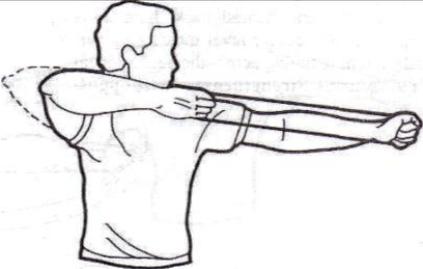


Sunset Coast Archers - Archery Australia – Warm up exercises

Help prevent possible damage to muscle tissue and elbow and shoulder joints.

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|---|---|---|
|  <p>Hold out arms just below shoulder height. Bring both arms together in front of chest and then bring back to shoulders Repeat 30 times. Loosens chest and shoulder muscles.</p> |  <p>Interlock fingers with palms out Extend arms above head keeping fingers locked and palms upward. Stretch and hold for 10 seconds. Loosens upper arm and chest muscles.</p> |  <p>Cross arms in front and put hands on shoulders. Slowly stretch hands around shoulders as far towards the middle back as possible. Hold for 10 seconds. Stretches back muscles</p> |
|  <p>Bend the right arm over the head and down the back. Bend left arm up behind back and attempt to grasp fingers of right hand. Keep spine straight. Hold for 10 seconds and then reverse. Loosens chest muscles, top of shoulder and lower arm.</p> |  <p>Interlock fingers with palms together. Twist shoulder and trunk to the right without exceeding 90 degrees from frontal outreached arms position. Hold for 10 seconds then twist to the left and hold for 10 seconds. Don't jerk. Twist slowly. Strengthens trunk muscles.</p> | <p>Shoulder rotation, while in standing position, with arms down at sides, raise shoulders as high as possible then rotate shoulders forward, down and back up to starting position. Do this slowly for approximately 10 seconds and then reverse the motion. Stretches neck muscles and loosens shoulder joints.</p> |
|  <p>Use a piece of spear gun rubber or rubber tubing approx 122c [4 feet] long grasp the ends in each hand, raise arms to shoulder level and keeping elbows straight extend arms outwards and backwards by squeezing shoulder blades together. Relax forward. Repeat four to six times. Strengthens the muscles used to draw the bow.</p> |  <p>Grasping the rubber in each hand swing the rubber over the head and behind the back. Hold arms straight out at shoulder level then swing forward stretching tubing across the back. Repeat four to six times. Strengthens the muscles opposing draw.</p> |  <p>Holding the rubber in each hand swing the rubber over the head and behind the back Hold arms straight out at shoulder level then swing forward stretching tubing across the back. Repeat 4-5 times and then reverse. Strengthens shoulder muscles which raise and lower arms in frontal plane.</p> |
|  | <p>Grasp back end of rubber with bow hand to form loop, raise bow arm to shooting position and with string hand pull to anchor position. Relax biceps and use back muscles. Repeat approximately 10 times, relaxing after each pull. This exercise should be done both left and right- handed to balance muscle development. Strengthens shooting muscles.</p> | |