

### Archery - Arms & Upper Body Stretches

These are optional stretches for improving your archery skills. If you decide to try these stretches, you are voluntarily engaging in their use. They are not mandatory. You are responsible for your own safety while stretching. Please be careful. Do not over flex or over extend. Go slowly and do not do any stretch that causes you pain or discomfort.

#### **Cross Body Stretch**

Extend one arm in front of you & bring it across your body. Hug the extended arm with the opposite arm.

Hold 30 seconds. Switch sides.

This stretches out the deltoid (back of the shoulder) muscle, opening it up, and allowing you to hold your draw longer.

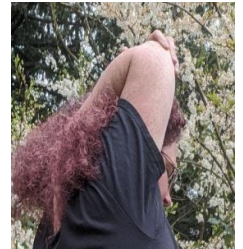
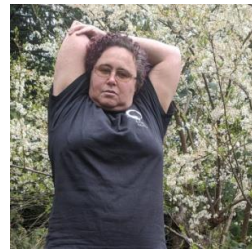


#### **Triceps Elbow Grab**

Extend one arm up to the sky, bend the elbow, reach back & down. Grasp the elbow with the opposite hand and gently pull to increase the stretch.

Hold 30 seconds. Switch sides.

This stretches the triceps (outside of the arm), loosening and relaxing the bow arm, and allowing you to shoot more frequently.



#### **Wrist / Hand Stretches**

Press your hands together in front of you, fingers pointing down, and bring your wrists up towards your chest. Allow your elbows to bend and keep your shoulders relaxed and down.

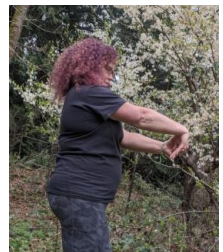
Hold 30 seconds.

This stretches your wrists before and relieves tension after shooting.

Extend one arm in front of you, fingers pointing down. Grasp your fingers with the opposite hand and gently pull towards your body.

Hold 30 seconds. Switch sides.

This stretches your wrists and fingers before and relieves tension after shooting.



### Shoulder Stretch

Extend one arm out to the side, bend at the elbow, & point to the sky.

Place a stick (broomstick, rolling pin, etc) in your hand and allow it to hang down behind your elbow.

Grasp the bottom of the stick with your opposite hand and pull it gently forward.

Hold 30 seconds.

Switch sides.

This stretches the front of the shoulder and helps warm up the rotator cuff area.

These can be repeated as a series and done daily or every other day. They will help you in your archery practice and / or make you ready for whenever your archery season resumes.

