

Archery - Legs & Lower Body

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.

Lunge

Stand up straight, then take one big step forward. Allow the front leg to bend (keep your front knee above your ankle, do not allow it to go forward). Gently sink into the stretch.

Hold 30 seconds. Step back & switch sides.

This stretches the hip flexor (front of the hip).



Forward Fold (Touch Your Toes)

Stand up straight, then bend forward at the waist, and try to touch your toes. Do not bounce, simply reach.

Hold 30 seconds.

This stretches your hamstrings (back of the leg).



Quads

Stand balanced on one foot, bend the other leg up behind you, and grasp the ankle or foot. Gently pull up and back until you feel the stretch. Keep the knee of the balancing leg straight and the foot pointing forward.

Hold 30 seconds. Switch sides.

This stretches the quads (front of the leg).



Squats

Stand with your feet parallel and hip width apart, sit your hips backward so that your weight is over your heels. Inhale & lower your hips down until level with your knees. (You should still be able to see your toes over your knees.) Exhale as you tighten your glutes and push up from your heels.

Repeat 10 times to a count of 4 – down for one, hold for two, up for one.

This helps strengthen the glutes and core.

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.

