

Archery - Core Strengthening Exercises

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.

Circling the Body

Stand relaxed with your head up and your weight even on both feet. Twist to one side, circling your hands around, unwind, and twist to the other side.

Repeat 5 times to each side.

This warms up your core, ready for more work.



Forearm Plank

Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together. Lift your body up, balancing on toes and forearms.

Hold 20 seconds.



Plank

Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up. Squeeze your glutes to stabilize your body. Your legs should be working, too — be careful not to lock or hyperextend your knees. Look at a spot on the floor about a foot beyond your hands. Your head should be in line with your back. Lift your body up, balancing on hands and toes.

Hold 20 seconds.



Bonus: This strengthens the arms and shoulders in addition to the 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.