

Archery - Stretchband / Bow 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. For these exercises, you will need one of the two items: a stretchband or a bow. The stretchband is preferred, instead of a string, so that you feel some resistance during the exercise. Any stretchy band can be used such as a yoga band with handles (blue) or a knotted piece of tubing (red). The bow hand grip and the string grip is the same for all exercises. These exercises are mainly a way to continue working on your archery form and can be done in front of a mirror, if you want.

Stand And Prepare

Stand comfortably, just as you would at the shooting line.

Picture a target downrange to your left or right.

Grip your bow or stretchband in preparation for draw.

Place your other hand on the string or band like you were going to draw an arrow.

Keep your shoulders down and relaxed through the neck area, do not hunch up.



Draw To Anchor

Raise the bow hand up and draw the string back to your anchor point.

Remember to use your shoulder muscles to pull and not just your arm.

Settle at draw for a moment, then gently let down.

Keep your head up; do not lean forward over the string hand.

If you are using a bow, DO NOT release the string at draw unless you have an arrow on the string.



Watch Your Form

One main issue to watch for – draw arm position.

You want to ensure that your draw arm is in a straight line with your bow arm.

Your elbow should not float up or sink.

It was really hard to get a 'sink' photo, I just could not hold it that way.



These can be repeated on the other side if you choose. They can be 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.