

Steps to a fundamental shot routine

1. Stance
2. Grip
3. Shoulder
4. Anchor
5. Peep
6. Pull

3 Aspects to a Perfect Shooter

1. Mechanical (Bow Set Up & Arrow Tune)
 - a. Pressing the bow safely
 - b. Mark cams
 - c. Replace Strings
 - d. Set draw length
 - e. Cam Synch/ Recheck Draw Length
 - f. Install Rest and set arrow to bottom of arrow hole at 90 degrees
 - g. Adjust center shot to 13/16" to start
 - h. Install Peep and Loop
 - i. Install Sight
 - j. Arrow Tune Starts with Paper
 - k. Walk Back Tuning
 - l. H.I.L. Tuning (Horizontal impact line)
2. Physical Practice
 - a. Practice/Training
 - b. Practice how you play
 - c. Don't Over train
- 2b. Physical Fitness (my schedule listed below)
 - a. Weight training 3x per week
 - b. Cardio training 3x per week
 - c. Don't Over train
3. Mental
 - 7 C's to a mentally tough archer
 - a. Competitive
 - b. Confident
 - c. Control
 - d. Commitment
 - e. Composure
 - f. Courage
 - g. Consistency

My Fitness 3 Way Split for Physical

Day 1: Chest, Shoulders, Triceps, abs

CHEST/SHOULDERS

Bench press (Smith Machine) *doorway stretch*

Incline Press
Overhead Press

Decline Press
Pec Deck

Pullover *1 arm shoulder stretch*

Rear Deltoid Machine *rear delt stretch*

1 arm incline side DB raise

TRICEPS

Parallel dip machine
Pressdown extension *arms back stretch*
1 arm DB extension

Day 2: Abs, Thighs, Calves

ABDOMINALS

Incline Leg Raise
Crunches
Seated Twist

THIGHS

Leg Curl *1 leg up stretch*
Leg Extension *1 leg back stretch*
Erect Squat
Leg Press

CALVES

Standing Calf Raise *calf stretch*
Donkey or Leg Press Calf Raise
Seated Calf Raise

Day 3 – Back, Biceps, Forearms, abs

BACK

Front Pulldown *2 arm lat stretch*
Crossover behind neck

Low cable row
Shrug

1 arm DB row *1 arm lat stretch*

BICEPS/FOREARMS

Seated DB curl *pronated arms back stretch*
Face Down Incline DB curl
Rope preacher curl

BB wrist curl
Gripper

1	2	R	3	R	1	2	5-5-4 DAY CYCLE
R	3	R	1	2	3	R	