

## Weight Training Program for Archery

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Nine exercises, done over a one-hour period, three times a week. Weight training, as with most physical conditioning should be done under the supervision (at least initially) of someone who knows what's up. Generally, I have a new person start off with something that is obviously very "easy" for them. Trying to do max capacity the first time is a recipe for very sore muscles the next few days, and a disincentive for continuing. Then try to increase at a rate of 1/2 plate (around 5 lbs) once a week until capacity is reached. If all reps cannot be completed at new weight setting, back off to the old setting, and stay at the old setting for a few more weeks. Increase weight should be done only after being very comfortable at the present weight. Goal is to gain strength and endurance, not lift as much weight as possible. I define capacity as... difficult to get that last rep of the 2nd set up, but no grunting, contortion, or slamming down the weights. Good form must be maintained, which is the reason why supervision is initially necessary. Should be able to carry on a normal conversation during to entire time. Limit each session to one hour, otherwise, it becomes too much of a time sink. Even if the the entire routine cannot be completed, stop after one hour. After completing a strength training session, wait for at least 12 hours before shooting again. Will take about 4-6 weeks to realize any benefits.



OR



Mid row. Two sets of 12 reps. Trains lats, biceps, and rhomboids.



or

Compound chest (chest press from wide to narrow hand position). Two sets of 12 reps. Trains triceps and pecs.



or

Lat pull. Two sets of 12 reps. Trains lats, rhomboids, biceps, and abs.



or

Conventional chest press. Two sets of 12 reps. Trains triceps and pecs.



or

Pullover. Two sets of 12 reps. Trains lats and abs.



or

Lateral raises. It is important to keep the shoulder down and the elbow in a vertical position. Two sets of 12 reps. Trains deltoids, traps, and lats.



or

Butterfly. Two sets of 12 reps. Trains pecs. Actually, this exercise is optional. Doesn't do much for archery muscles, but it will make your chest look nicer.





Dumbbell raise, one side at a time. It is important to keep the shoulder down and the elbow in a vertical position. Draw the entire alphabet in the air on one side, then do the other side. Do twice on the draw side, thrice on the bow side. Trains delts and lats. Develops tone and fine muscle control to support the shoulder.



or

Lat pull. Yep, do 'em again. It's an important one. Two sets of 12 reps, alternate bringing bar in front and bar behind head. Trains lats, traps, biceps, and abs.