



Archery Fitness: Physical Training For The Modern Archer

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Archery Fitness: Physical Training For The Modern Archer

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Archery Fitness Physical Training For The Modern Archer

Archery Fitness â€” Physical Training For The Modern Archer, is a complete guide to improving your strength and fitness levels for archery. The content in this book will help you to: shoot a heavier draw weight, hold longer at full draw, have a more stable sight picture, have more muscular control, develop better shot execution, have greater hunting success, reduce your risk of injury, enable longer shooting sessions, shoot more accurately, and much, much more!

I've been thinking about picking up archery, so this was a good book to read. I hadn't thought that much about how improving your fitness can improve your shooting, so it helped. I liked the suggested exercises, with steps and photos.

Archery Physical Fitness Components

I enjoyed the workout routines, break downs of the exercises and tips. Quick read and useful information throughout.