

# ARCHERS OF JERSEY WORK OUT SHEET

For the Archer that wishes to get fitter and gain a few more points through the means of fitness

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# Archers of Jersey

## Press ups

- 10 reps 2 sets
  - biceps - hands shoulder distance apart,
  - triceps – make a diamond shape between your hands (thumbs and index fingers)
- Work up to 3 + sets
- Work up to 1 handed press ups or clap press- ups

## Sit ups

- Crunch combo – have your hands either side of your head,
  - Raise the top of your back up off the floor towards your knees, then raise the top of your back up off the floor as if your elbow is pointing towards your left knee, raise the top of your back up off the floor as if your elbow is pointing towards your right knee – this is 1 rep!
  - Do 6 reps in a set and do 3 sets.
- The Plank – straight back in a press up position but your forearm resting on the ground as well. Hold for 30 seconds, do this once.
  - To build this up either build up the seconds you hold the plank for, or do 30 seconds in 1 set then increase to 2-3 sets.
  - To further increase the difficulty of the plank, in the gym go to the weighted cables and attach the belt to the cord, have the belt around your stomach and hold the plank position for 30 seconds on either side (belt and weighted cable pulling you from the left / right of your stomach) ensure you have good core strength to resist the pull from the cable and keep straight.
- Normal sit ups
- Legs up
  - Hold onto something and just raise your legs up to the ceiling, when you bring them back down resist touching the floor and bring your legs up again, this will work your lower stomach.
  - Start with 10 reps, 3 sets,
  - To make this harder, get a friend to push your legs down and resist touching the floor, to target your oblique (side of stomach) do this to each side resisting touching the floor.

# Your Archery Work out

## Contact us

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## Archery Work outs

Pull your arrows from BOTH sides, this will make your forearms and back stronger on both sides, even better pull from your weakest side more to build it up.

If you're bored in practice... why not hold up your bow with your bow arms straight out and see how long you can hold your bow for. Kids why not make it a competition and the person who can hold up their bow WITH A STRAIGHT ARM longest wins.

A great coach once told me "If you can't carry/ hold your bow box with all your kit in it, you shouldn't be shooting." So start carrying your bow box around, even if it has wheels, to get that little bit stronger when it comes to shooting.





Remember, the more you try the more you succeed.

Gym exercises (see squats for weight to use)

Lat. pull down – with the weighted cables attach a bar and sit on the bench facing the machine, lean back slightly and pull the bar down towards you.

Shoulder press – with a weight in one arm at 90 degrees from your shoulder and press the weight up toward the ceiling, ensure your arm does not drop below the 90 degrees.

Chest press – free weights lie on a bench and do a chest press, both weights at the same time.

## Cardiovascular training (Cardio)

This involves working the lungs and heart. Research shows that these can fatigue with exercise, and as you need this system to function properly to live, the body will protect this system by shutting down others first, e.g. legs and arms.

It is therefore essential to work this system so that your archery performance will not decrease as you get tired.

- Start by taking brisk walks even if it is for 15 minutes,
- Do some hovering,
- Cycle,
- Run or jog.
- Anything that increases your heart rate so you feel warmer, and don't worry you may feel tired to start, but the more you persist the faster you can go or longer you can exercise for.

Remember any cardio work is a great FAT BURNER!!

## Gym Exercises

Core exercise – dead bug – lie on the floor with your legs toward the ceiling and arms toward the ceiling (add weights in each arm if you feel strong) let your legs drop toward the floor and alternate arms drop toward the floor. Do not touch the floor and bring your limbs back to the starting position.

Jumps and box steps – get a step and step up and down as fast as possible, or a few higher step and jump over them in between them and on them – this training is called Plyometric training and is one of the best types of exercises for your muscles as you work your muscles contracted and when your stabilising yourself.

## Gym exercises

### Squats

- With a barbell on your back start with 40-60% of your 1 rep max. do 1 set of 12 reps. This is for building power.
- 60-80% of your 1RM, do 3 sets of 8 reps.
- 80-90% of your 1RM do 5 sets of 3 reps (note this is heavy) and is for strength training.

Bench Rows – with one knee on the bench and one on the floor. The arm you lift your weights with is the same side of the body as the leg on the floor. Lift the weight ensuring that the elbow is close to the body, bring the hand comes to your side.

Getting your 1 repetition maximum (1 rep max, 1RM)

It is the heaviest weight you can lift during your exercise once before you cannot physically lift anymore. Get someone to help you “spot” as it will be heavy and you may need help putting it down etc.