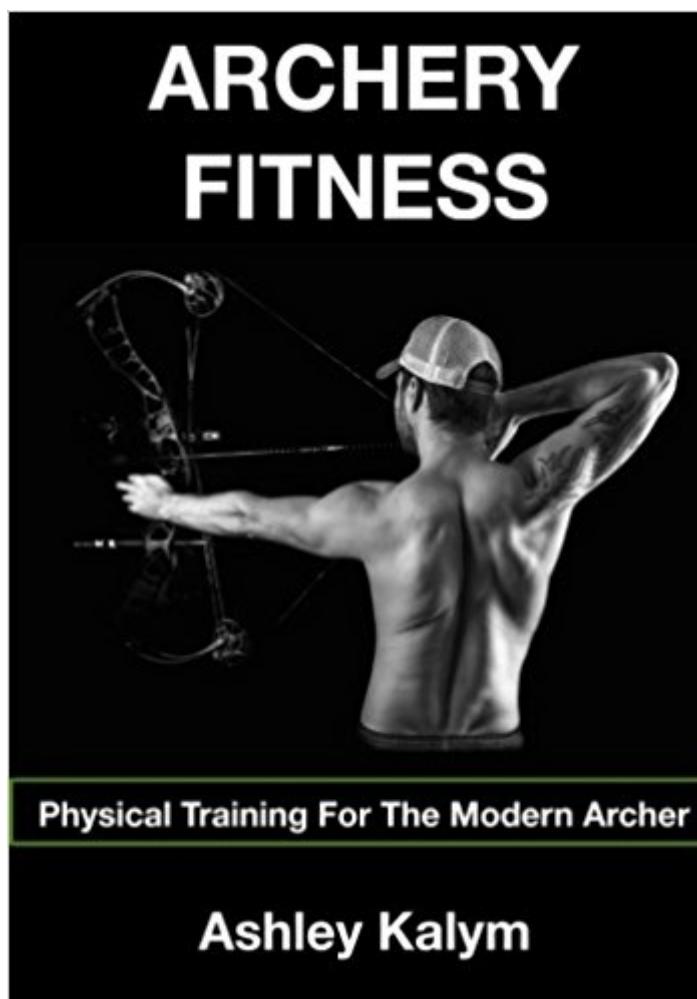


The book was found

# Archery Fitness: Physical Training For The Modern Archer



## **Synopsis**

Archery Fitness — 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!

## **Book Information**

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Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #133,570 in Books (See Top 100 in Books) #13 in Books > Sports & Outdoors > Individual Sports > Archery

## **Customer Reviews**

I just started with archery. This was a good book to show you what muscles are used and how to develope them for better control. Good basic book.

Excellent ideas for tuning your body like you do your bow

It's a lot of exersises to do, but if you want to hunt, you have to do what you need too.

I think it delivers in its subject. Exercises are just perfect if you're just starting out, and you want to develop a stronger, accurate pull. Keep in mind that I'm not a highly experienced archer, just a fairly new bow hunter. I think the book delivers, but accept my opinion with a grain of salt

Not a bad book, but it basically is just a beginners guide to working out not really focused on archery.

Excellent physical training book.

Common sense approach to basic strength and endurance archery specific training

Not much new information, especially for recurve/longbow shooters.

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Archery Fitness: Physical Training for The Modern Archer Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Training for Archery: A comprehensive archery training guide with Olympian Jake Kaminski Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Turkish Archery and the Composite Bow: A Review of an Old Chapter in the Chronicles of Archery and a Modern Interpretation Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) The Witchery of Archery: A Complete Manual of Archery (1878) Archery Mental Mastery: Archery Mental Mastery is a program designed to help you harness your own inner potential to allow archers to develop a winning mind-set. Archery for Beginners: Master the Archery Bow Technique for Hunting and Target Practice Brain Games for Dogs: Training, Tricks and Activities for your Dogâ€¢s Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose

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