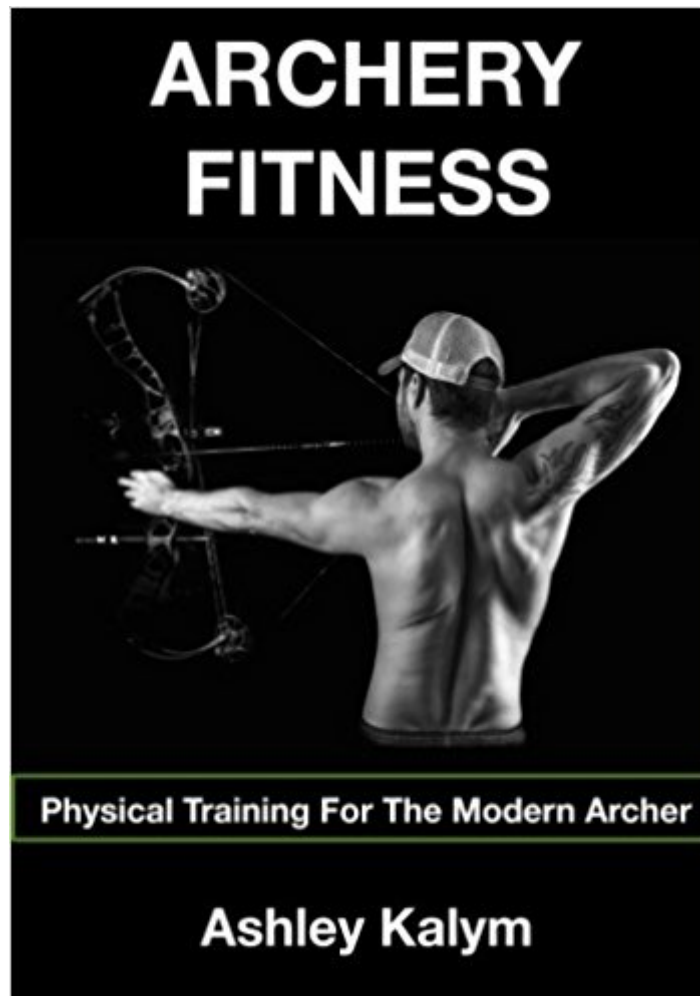




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Archery Fitness: Physical Training For The Modern Archer



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 develop them for better control. Good basic book.

Excellent ideas for tuning your body like you do your bow

It's a lot of exercises 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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