



Nape strengthening - Contraction step



Side neck strengthening - Contraction



Throat strengthening - contraction step



Simulation of a relaxed bowhand at full draw



Simulation of a relaxed bowhand after release



Bowhand relaxation - shooting with an assistant



A relaxed bowhand



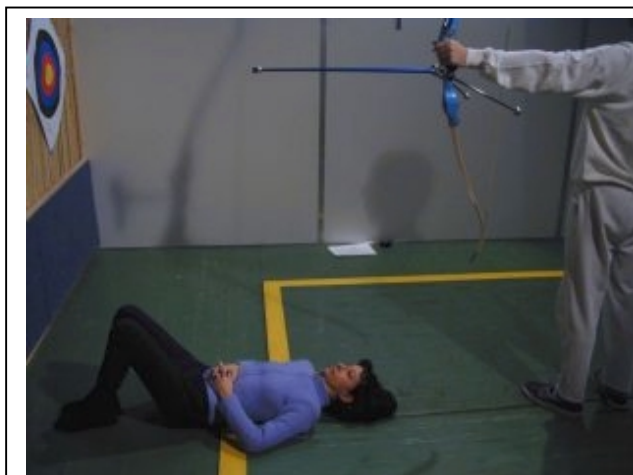
Bowfingers holding a nail



Bowhand relaxation at reduced draw



Shooting without a sling - With assistant



Assistant checking potential bow torque



Simulation of a relaxed string grip



Release exercise at reduced draw



Upon and after release keep watching your string hand



Simulation of a relaxed string grip



Release simulation



A Left Hand archer watches his string elbow
During release simulation



End of release simulation