

STRETCHING for ARCHERS

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## **Why stretching is recommended for archers**

To maintain or improve your joints mobility, and by ricochet decrease the risk of injury, especially when you will start your strengthening program.

## **Suggested Method:**

Several stretching methods are used in sport. The one we recommend is the “Contract - Relax - Stretch” one. Shortly according to the recommended method you have to:

1. *Hold an isometric effort* (muscular contraction) during 10 to 30 seconds, pending your mobility level and the size of the muscles (longer time for bigger muscles).  
What is an isometric effort? It is this kind of static effort without any motion that occur when force constantly during some seconds on something which does not move, and you too, you do not move; like maintaining your arms horizontal while holding a weight in your hands.
2. *Relax* just 2 or 3 seconds.
3. *Stretch SMOOTHLY and PAINLESS* as far as you can during the same duration you have produced an isometric effort, i.e. 10 to 30 seconds.

Note: this method is recommended because the isometric effort is a good first step of your strengthening that will start in less than one month.

## **Tips for developing your basic stretching sessions and training:**

- \* Better to be implemented after another training session, especially after strengthening.
- \* It is also advisable to implement some weeks, 3 or more, of stretching before starting your strengthening program (by making the connective tissue more flexible).
- \* Have a good warm-up; heartbeat should be raised above 100 beats per minutes; as example you can run 1 km, or jump rope 10 minutes. NEVER stretch a COLD muscle.  
STRETCHING DOES NOT REPLACE ANY WARM-UP.
- \* Have at least 3 stretching sessions per week. Daily practice will provide better results.
- \* After stretching one group of muscles, stretch the antagonist group.
- \* Always keep your back as straight as possible, and your head straight.
- \* Avoid any jerk
- \* Stay focused on your kinesthetic feeling
- \* Breathe constantly and quietly. Usually it is easier to increase your stretch on exhale.
- \* During your isometric effort, as well as during your stretching step, keep the muscles not involved in the current action as relaxed as possible. Be energy saver.
- \* Do not hesitate to change the exercises of your standard session.
- \* Since this stretching program is a preliminary to your strengthening program, do not neglect any part of your body.

There are many exercises that you can do. If you really have no clue of which exercises you can implement, ask to a resource person or buy a book; today they are so many publications about stretching that it is quite difficult for FITA to recommend any.

Consistent practice is certainly more important and efficient than the choice of the exercise or method.

Enjoy stretching!