Welcome to Archery UK's Advice Zone

If you have any questions, this is the place to be!

In every issue our experts are on hand to give advice. This time we are covering fitness, recurve, compound and nutrition. If you want advice about any aspect of the sport, including longbow and barebow, email your question to **magazine@archerygb.org** and we will pass it on to our experts.

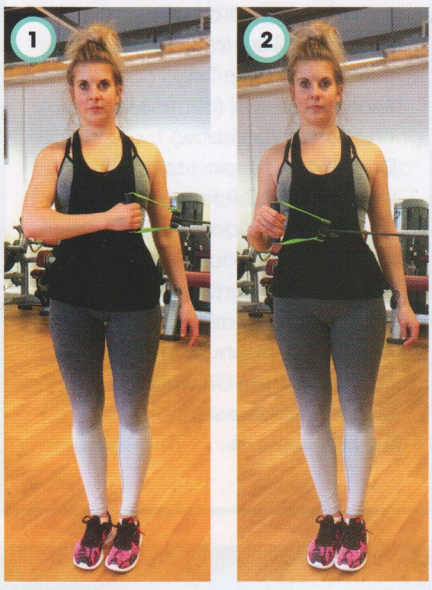
Do your homework

Compound star **Lucy O'Sullivan** offers some top tips for keeping your form as the days get shorter

One of the best things you can do at home this autumn as the days get darker, is blank boss shooting. Even if you have a little target two metres away in your bedroom, it is one of the easiest ways to keep your arrow count up while working on technique.

However, if you are looking for some strength exercises that you can practice this autumn and winter, it can be as easy as sitting down watching TV and practising your internal and external rotations. You can do this holding a tin of beans or soup, a resistance band or a light weight. Practice internal and external rotations for 30s to start, and then work up to a heavier weight; or increase the time, a whole advert per arm for example.

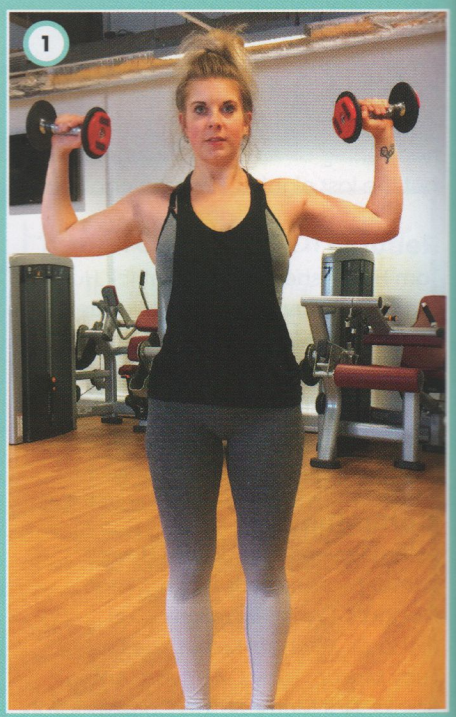
For more advice go to: **@LucyOSullivanArchery**

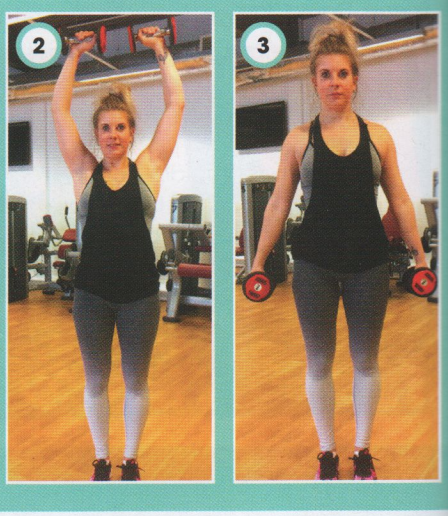


External rotation

Internal rotation

Arm exercises

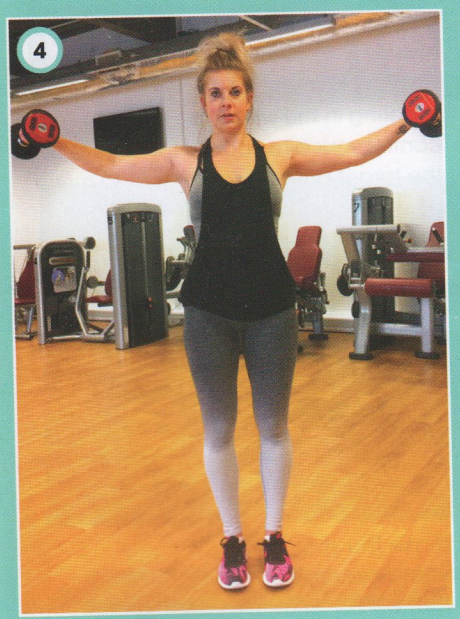


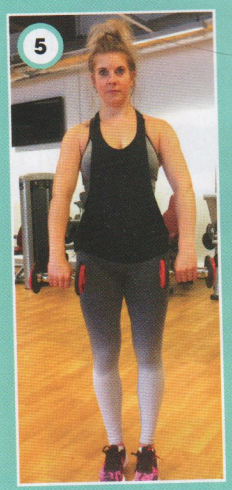


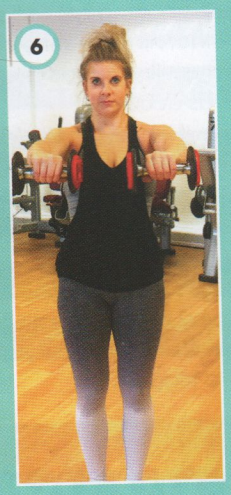
Leg exercises

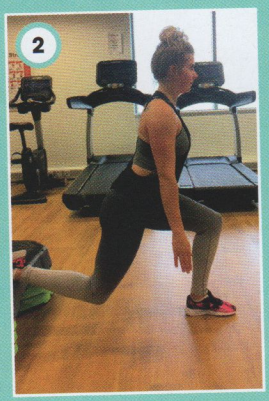
Some other great sofa exercises are single leg or double leg squats, make this exercise harder by just touching the sofa and standing up straight away. Try not to use your arms at all to help you get up.

More arm exercises you can practice would be over head presses, or straight arm holds, again challenge yourself to increase the time you hold your arms out to the side or increase the weight.









Another exercise for your legs includes rear foot elevated split squat, if this is too hard however then just do ordinary split squats or lunges on the floor.

+ Planks

One more exercise you can do in your living room would be the plank it is incredible for your core muscles, not just your abs, so your back shoulders and arms get a full work out. Practice different types of planks to make this harder.

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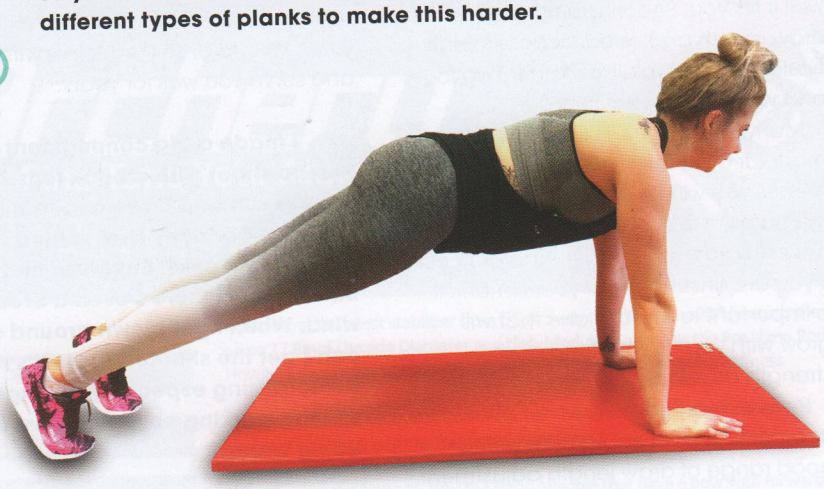

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Thanks to link4life.org and to Alice Hadcroft for their help with images.