

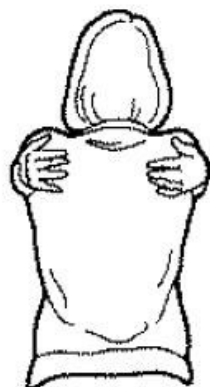
## Stretching Exercises

The following exercises are for stretching and warming up the muscles before shooting and for stretching and cooling down the muscles after shooting. These exercises will help prevent damage to muscles, tendons and joints and also increase flexibility.



### To loosen upper arm and chest muscles

Interlock the fingers with palms out. Extend arms above head, keeping fingers locked. Stretch upwards and hold for 10 seconds.



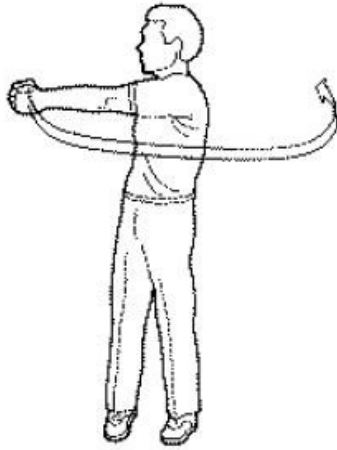
### To loosen back muscles

Cross arms in front of chest and place hands around shoulders. Slowly stretch hands towards middle of back as far as possible. Hold for 10 seconds.



### To loosen chest, top of shoulder and lower arm muscles

Bend one arm over head and down back, bend other arm around and up back. Grasp finger tips and hold for 10 seconds, then reverse arm positions and hold for 10 seconds. Keep backbone vertical during this exercise.



**To loosen shoulders and back muscles**

Lock fingers together, extend arms and twist slowly as far as possible to the right and hold for 10 seconds. Then twist slowly to the left and hold for 10 seconds.

CAUTION: Do not twist suddenly as it may damage backbone joints.

**To loosen neck and upper shoulder muscles**

From a normal standing position with arms at sides, raise up both shoulders towards neck as high as possible, then move shoulders forward, then move shoulders back. Do this for about 10 seconds.



**To loosen back and shoulder muscles**

Use a length of spear gun rubber or rubber tubing, grasp each end, raise arms to shoulder height and extend arms, keeping elbows straight, outwards and backwards by squeezing shoulder blades together. Hold for 10 seconds and repeat about 6 times.



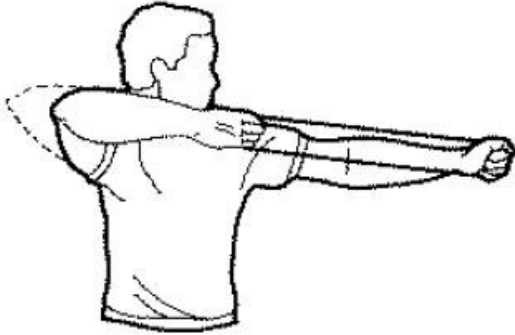
**To loosen shoulder muscles**

Use a length of spear gun rubber or rubber tubing, grasp each end, raise one arm above head and the other arm level with shoulder. Pull down with arm and hold for 10 seconds. Repeat about 6 times. Swap arm positions and repeat exercise.



**To loosen chest and shoulder muscles**

Use a length of spear gun rubber or rubber tubing, grasp each end behind back, hold arms at shoulder level, then swing arms forwards to stretch rubber. hold for 10 seconds. Repeat about 6 times.



**To loosen shooting muscles**

Use a length of spear gun rubber or rubber tubing tied in a loop, imitate the shooting draw. Hold for 10 seconds. Repeat about 6 times. Repeat exercise with opposite hands to balance muscle development.