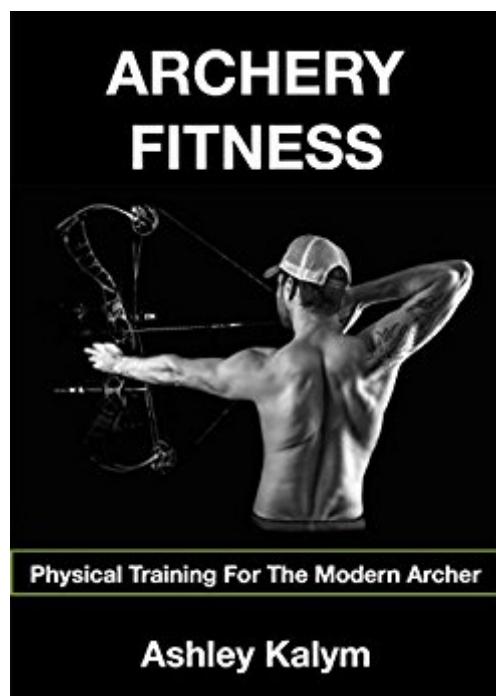


The book was found

Archery Fitness: Physical Training For The Modern Archer



Synopsis

Archery Fitness â€“ 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!

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Comprehensive review of the benefits of archery fitness and simple exercises to conduct to improve your performance. Also contains suggested workouts for beginner, intermediate and advanced

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