

Bow Trainer™ simulates draws in a full range up to 130 pounds, making it the ideal training tool for male and female archers of any age or skill level.

Resistance Chart: Pounds of resistance at draw length

Draw Length	Band 1	Band 2	Band 3	Band 4	Bands 1+2	Bands 1+3	Bands 1+4	Bands 2+3	Bands 2+4	Bands 3+4	Bands 1+2+3	Bands 1+2+4	Bands 1+3+4	Bands 2+3+4	Bands 1+2+3+4
10	3	5	7	14	8	10	17	12	19	21	15	22	24	26	29
11	4	6	8	16	10	12	20	14	22	24	18	26	28	30	34
12	5	7	10	18	12	15	23	17	25	28	22	30	33	35	40
13	6	8	11	20	14	17	26	19	28	31	25	34	37	39	45
14	6	9	12	22	15	18	28	21	31	34	27	37	40	43	49
15	7	10	14	24	17	21	31	24	34	38	31	41	45	48	55
16	8	11	15	26	19	23	34	26	37	41	34	45	49	52	60
17	9	12	16	28	21	25	37	28	40	44	37	49	53	56	65
18	10	13	18	29	23	28	39	31	42	47	41	52	57	60	70
19	11	14	19	31	25	30	42	33	45	50	44	56	61	64	75
20	12	16	20	33	28	32	45	36	49	53	48	61	65	69	81
21	13	17	21	34	30	34	47	38	51	55	51	64	68	72	85
22	14	18	22	36	32	36	50	40	54	58	54	68	72	76	90
23	15	18	23	37	33	38	52	41	55	60	56	70	75	78	93
24	16	19	24	39	35	40	55	43	58	63	59	74	79	82	98
25	17	20	25	41	37	42	58	45	61	66	62	78	83	86	103
26	17	21	26	42	38	43	59	47	63	68	64	80	85	89	106
27	18	22	27	44	40	45	62	49	66	71	67	84	89	93	111
28	19	23	28	45	42	47	64	51	68	73	70	87	92	96	115
29	20	24	29	46	44	49	66	53	70	75	73	90	95	99	119
30	21	25	30	48	46	51	69	55	73	78	76	94	99	103	124
31	21	26	31	49	47	52	70	57	75	80	78	96	101	106	127
32	22	26	32	50	48	54	72	58	76	82	80	98	104	108	130

The Bow Trainer™ Program

- 1 Warm up**
 Complete two sets of 8 to 10 reps with a resistance of 30% to 40% of your current draw strength. Find the appropriate combination of black bands and exercise all the way to your anchor position.
- 2 Resistance Training**
 Complete three sets of 8 to 10 reps with a resistance of 50% - to 70% of your current draw strength. Find the appropriate combination of black bands and exercise all the way to your anchor position.
- 3 Strength Training**
 Now incorporate the **Red Power Band**. Complete up to 4 sets of 4 to 10 reps with a resistance of 70% to 90% of your current draw strength. Find the appropriate combination of bands, including the **Red Power Band** and **pull the bands back between 10 and 20 inches**. Strength training is meant to simulate the resistance to achieve "let off" and it is not necessary to exercise to your anchor position.

Perform these exercises 5 to 7 days per week and you will see your strength improve.

BOW-ARM RESISTANCE TRAINER

Providing resistance training for your bow arm.

Use a combination of static and motion exercises to strengthen muscles associated with your bow arm.

Resistance smoothly increases as the band stretches, helping build muscles specific to the shoulder, along with the supporting musculature of the shoulder blade and the core musculature of the trunk.



Sold Separately