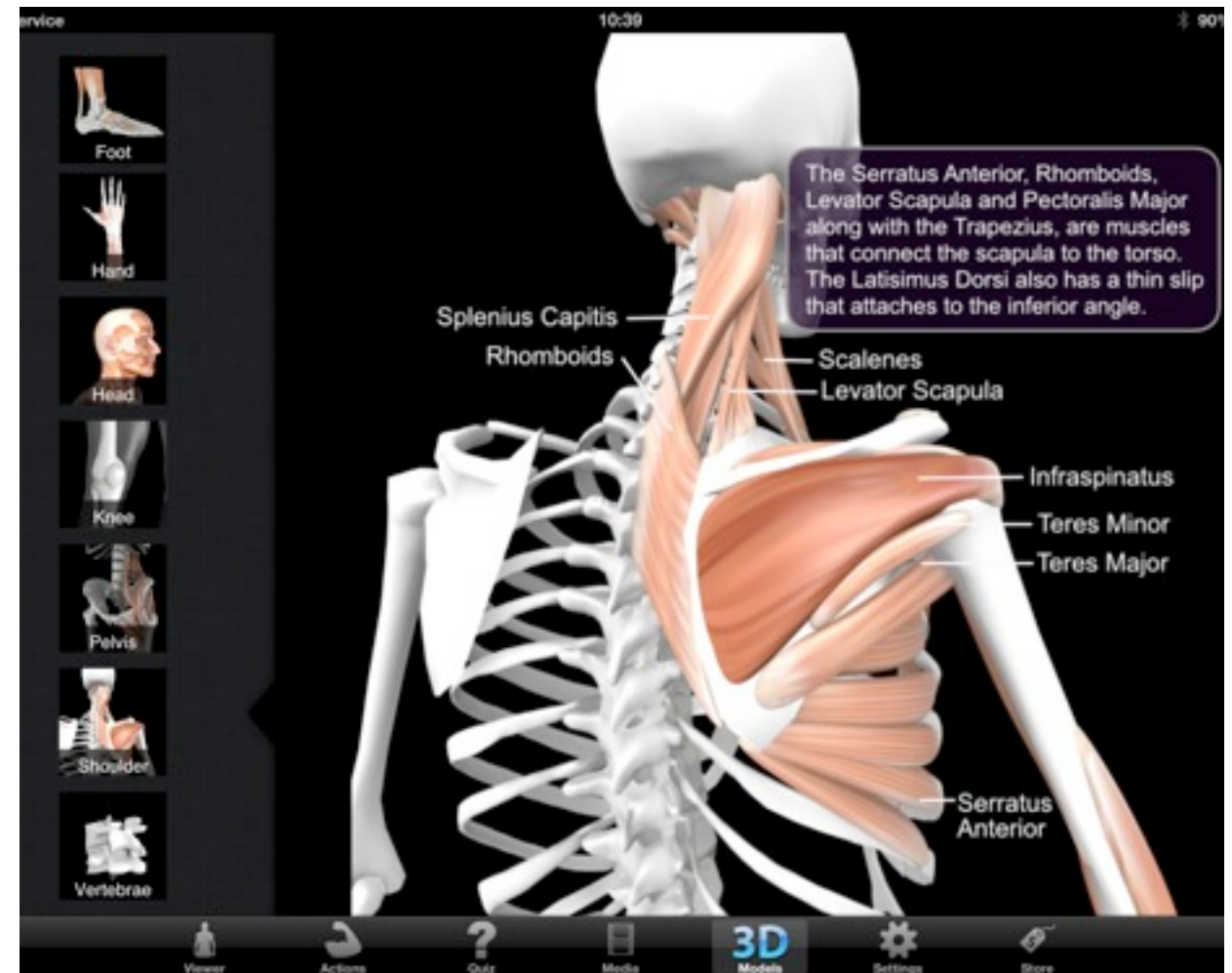


Key muscles used in archery

Maintaining an injury free archer

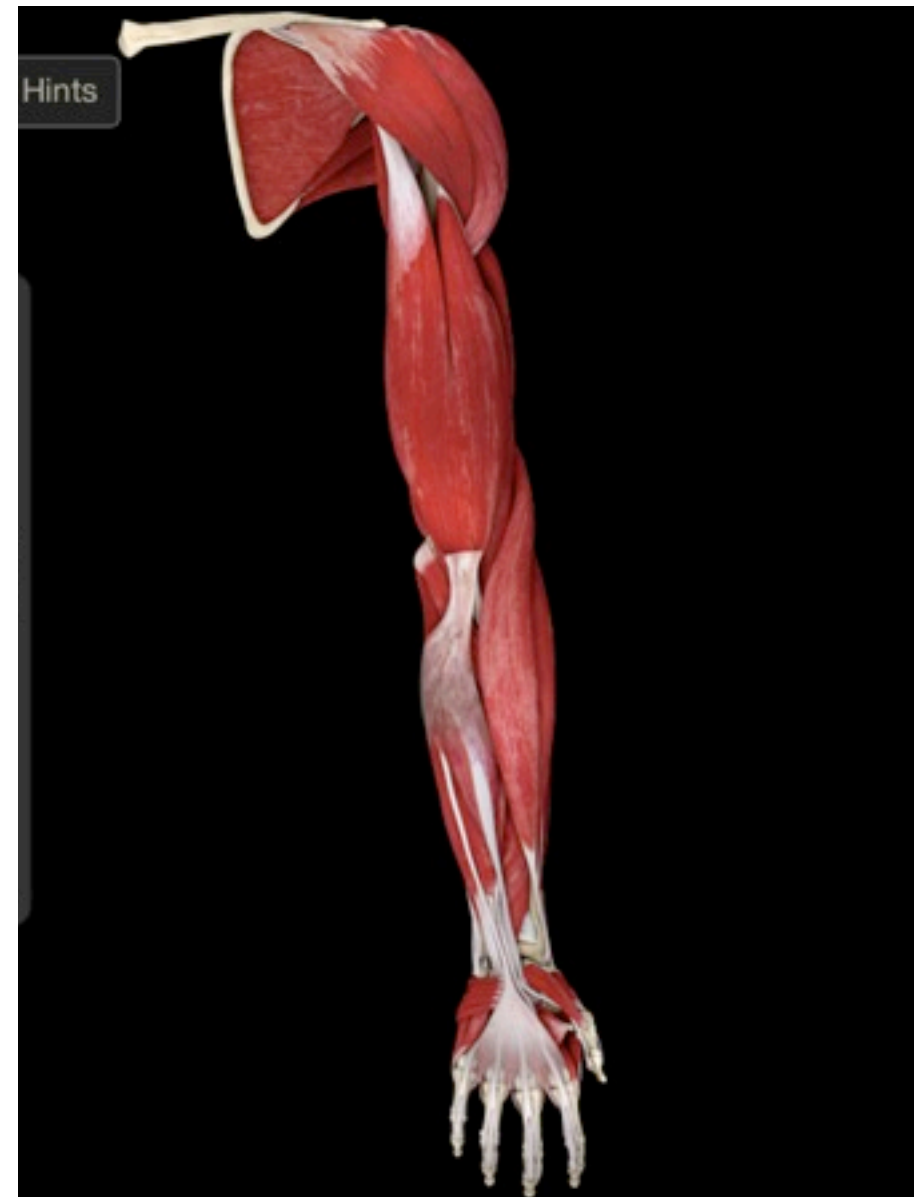
Draw arm side

- Rhomboids
- Trapezius upper middle & lower
- Deltoid -back deltoid which pulls arm backwards



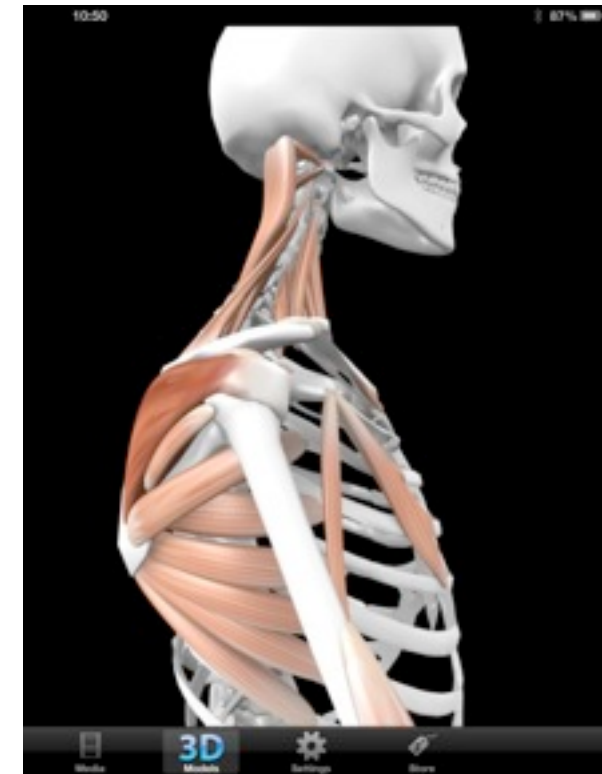
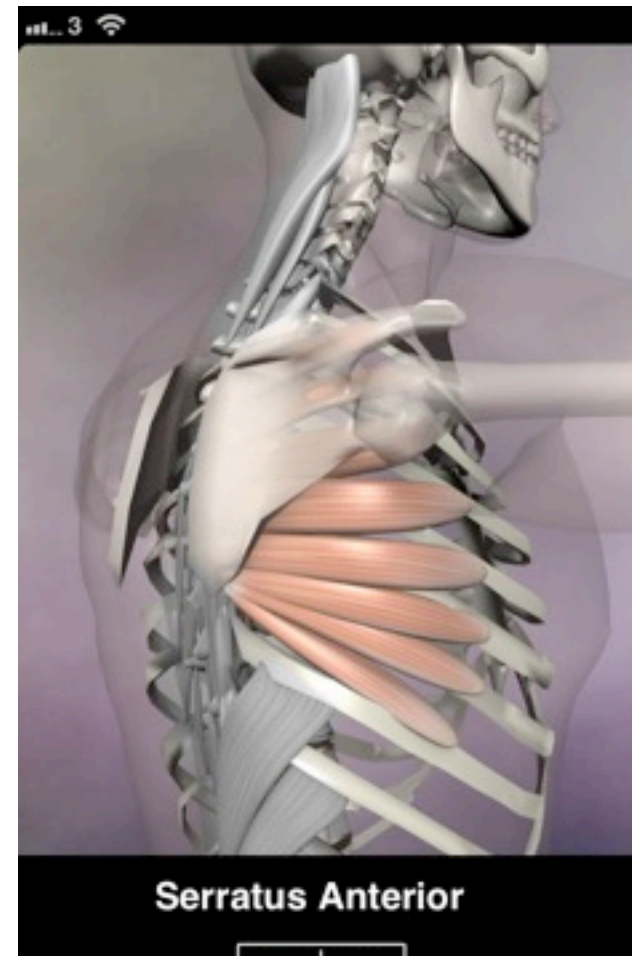
Draw arm side

- Deltoid stabilises shoulder joint
- If the deltoid isn't strong enough to retain the head of the humerus in the draw it will move the bone forwards and have friction against the bone at the front (clavicle) this in time wears the cartilage and causes a serious injury which requires surgical repair



Front shoulder

- The Latissimus Dorsi (Lats) working with the Serratus Anterior holds the scapula down
- The Lats pulls the arm down- it stabilises the scapula but is not attached to it
- The lower element of the Trapezius (Traps) also helps to hold the scapula low and firm



Training the front arm

- All of the key muscles require specific training to develop a strong front arm and avoid injury
- Strength must always be ahead of the poundage shot
- If wanting to increase bow weight, do the training first to improve the strength to sustain technique
- Poundage is not as critically important As technique improves and becomes more biomechanically efficient

The Trapezius area

- The Trapezius or Traps is divided into three sections-upper, middle, lower
- It runs from the base of the skull down the centre of the back and outwards on the shoulders and has attachments to the scapula
- It is a large muscle so has both movement and stabilising functions
- There are many exercises that develop strength but archers need to address all three areas as all are important

