



***BOW TRAINER***<sup>™</sup>

**Strength Training For Archers**

***User Manual***

## Introduction

Bow Trainer™ is a unique training tool that can help archers increase their strength, stamina and ultimately their accuracy. It is the perfect training tool for archers of any age and level of experience—from novice to seasoned professional.

Many factors can disrupt your ability to train consistently. When competition or hunting season arrives, you pick up your bow and find you've lost some strength. With less strength and less stamina your accuracy suffers. The Bow Trainer program allows you to train almost anywhere, all year long.

This user manual has been developed to assist archers and students of archery in the proper use of the Bow Trainer™. It can also be utilized as a guide for participants during training sessions. Training videos can be viewed online at [www.Bow-Trainer.com](http://www.Bow-Trainer.com).

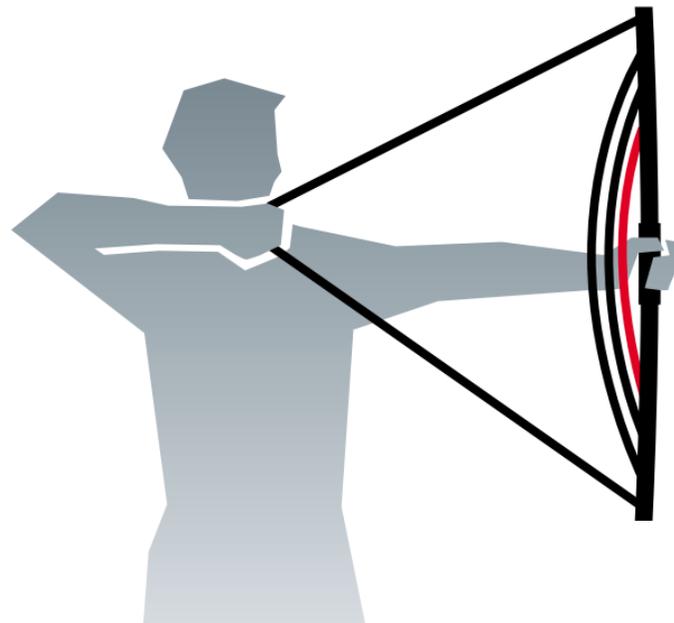
As a reminder, always start with the recommended resistance, allowing completion of suggested repetitions and sets, slowly building strength through consistent use.

Before beginning your Bow Trainer™ training program you should review this entire manual. If you have questions, contact us at [www.bow-trainer.com](http://www.bow-trainer.com).

Please see **WARNING** section at the end of this user manual.

Once you've reviewed the manual and understand the recommended steps and programs, you must determine your Draw Length. *If you know the draw length of your compound bow, you may skip this section and move on to Determining your Maximum Draw Strength on page 7.*

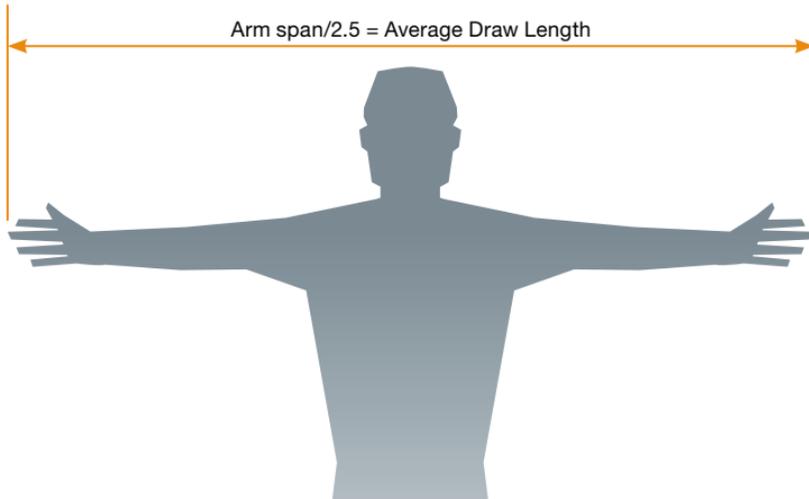
Draw Length defines you anchor position. Knowing your draw length and your anchor position is critical to ensuring you get the most from your exercise and avoid possible injury.



## Determine your Draw Length

You won't need the Bow Trainer™ for this but you will need a tape measure, calculator and it helps to have the assistance of another person to make measuring easier. To measure your draw length, you must determine the length of your arm-span in inches. Stand with your arms out and palms facing forward. Don't stretch when measuring, just stand naturally. Measure from the tip of one middle finger to the tip of the other. Then, simply divide your measurement by 2.5. If you are of average proportions, your arm-span will roughly equal your height. As such, you may also determine your draw length by dividing your height in inches by 2.5.

The chart at right is a general guide of average draw lengths:



Your Height	Average Draw Length
4' 10"	23"
4' 11"	23.5"
5'	24"
5' 1"	24.5"
5' 2"	25"
5' 3"	25"
5' 4"	25.5"
5' 5"	26"
5' 6"	26.5"
5' 7"	27"
5' 8"	27"
5' 9"	27.5"
5' 10"	28"
5' 11"	28.5"
6'	29"
6' 1"	29"
6' 2"	29.5"
6' 3"	30"
6' 4"	30.5"
6' 5"	31"

My average draw length:

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## Review the proper mechanics for drawing the Bow Trainer™

- » Place feet shoulder width apart with an open stance.
- » Hold your leading bow arm “in-line” with shoulders.
- » Hold your bow hand at shoulder height.
- » Grasp exercise bands with three fingers of the draw hand (index, middle, and ring fingers).
- » Pull bands with draw arm in upper position, also “in-line” with shoulders to your anchor position.

## Identifying your anchor position

The anchor position is a personal preference. Pull the number one band until you reach your approximate draw length. While drawing the band back past your jaw, try to get the band to the tip of your nose, or the corner of your mouth to create an extra reference point. Please review the proper mechanics (above) to ensure you are using the Bow Trainer correctly. Make a mental note as to where your proper anchor position is as this will be the target point for many of your training exercises.

**WARNING:** pulling back further than your anchor position could cause muscle strain or damage. Please remember: “more is not better.” In addition, pulling back further than your correct anchor position will affect your overall form and the effectiveness of the training program.

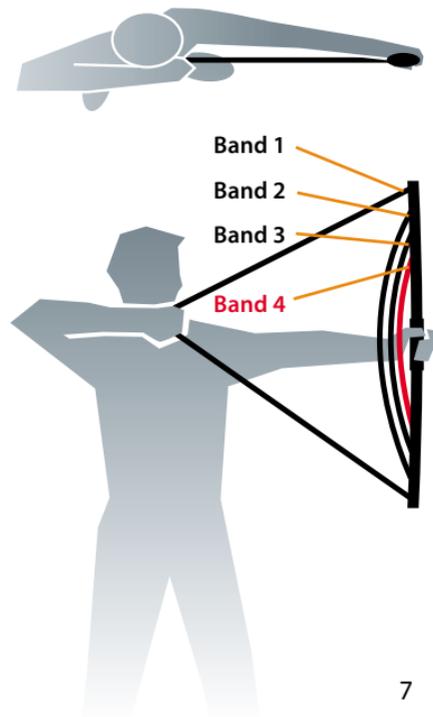
## Determine the Maximum Draw Strength (MDS) you can pull to your average draw length.

Once you have established your average draw length and anchor position, you should determine your initial Maximum Draw Strength. It is important to understand that the recommended process for a successful training program is to build strength over time. Don't try to pull too much too soon as you could experience muscle strain and damage. Take it slow and you should see notable progress.

Determine which combination of exercise bands you can easily draw to your anchor position. **Use the Resistance Chart on the next page to determine your maximum draw strength (MDS).**

You are now ready to begin your Bow Training.

**REMEMBER:** Consult a medical professional before undertaking any exercise program.



## 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

Working with the Bow Trainer™ consists of a well balanced exercise program which includes a warm up session, a resistance session and a strength session.

During the warm up and resistance sessions, only the 3 black bands are utilized. Each exercise should be performed to your full draw length (anchor position). Using the Resistance Chart, you can easily find the resistance levels of each band or combination of bands at your draw length. Perform each exercise as described below.

During the strength session, the Red “Power Band” will be incorporated. Using the Red “Power Band” helps simulate the initial resistance of a compound bow, where peak resistance is in the first 10 – 20 inches of pull.

### 1 Warm up

A good exercise program always begins with a warm-up. This will allow your muscles to get into a stretching process without excessive strain. Begin your exercise routine by using a resistance that is 30% to 40% of your maximum draw strength (MDS). Complete two sets of 8 to 10 repetitions. Rest 1–2 minutes between sets. For example: If your MDS is 45 pounds, your target resistance during warm up is 14 to 18 pounds. Using the Resistance Chart, find the black band or combination of black bands that provides the resistance at your average draw length.

*If 30% to 40% of your MDS is less than 7 pounds, warm-up by completing the recommended repetitions by drawing Band 1 back to a comfortable resistance. Do not strain to complete your warm up, remember, you are only stretching your muscles to prepare for your resistance training in the second step.*

### 2 Resistance Training

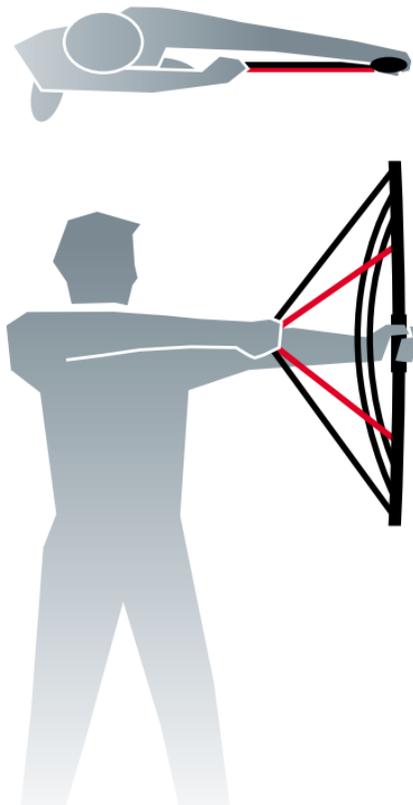
Following completion of your warm up, you will begin the next exercise routine – Resistance Training – by using a resistance that is 50% to 70% of your MDS. Complete three sets of 8 to 12 repetitions at your full draw length. Rest 1–2 minutes between sets. As an example: If your MDS is 45 pounds, your targeted resistance training should be between 22 and 32 pounds. Using the Resistance Chart, find the black band or combination of black bands that provides the resistance at your average draw length.

### 3 Strength Training

This is the phase of training you strive to reach. As you train properly, you should see your strength increase. With increased strength comes improved accuracy. That's your goal, but don't forget to prepare yourself well for this phase of the training program. And always remember, no matter how experienced you are, the warm-up phase is very important. Don't forget to WARM UP!

We will now incorporate the use of the Red "Power Band" to improve your strength for the initial stage of drawing a bow. Use a resistance that is 70% to 90% of your MDS. Complete four sets of 4 to 10 repetitions. Rest 1–2 minutes between sets. As an example: if your MDS is 45 pounds, your targeted strength training should be between 32 and 41 pounds. Using the Resistance Chart, find a band combination that incorporates the Red "Power Band" and draw back between 10 and 20 inches. NOTE: when using the Red "Power Band" DO NOT attempt to draw back to your anchor position. Pull back only 10 to 20 inches. As a guide, you should be drawing the bands back along your leading arm to a point somewhere between your elbow and your shoulder.

After performing the training regimen for three weeks, its time to check your progress. Use the method on page 7 to determine your new maximum draw strength. Adjust your warm-up, resistance, and strength training targets accordingly. Check your progress every three weeks, and adjust your routine as needed to continue to increase your strength and improve your accuracy.



**RECOMMENDATION:** Perform these exercises one time per day, five to seven days per week. If you faithfully follow this program, you should see your strength improve!

**For an audio/video presentation of much of this training information, go to [www.bow-trainer.com](http://www.bow-trainer.com)**

## Progress Chart

Date	Maximum Draw Strength

Date	Maximum Draw Strength

**WARNING:** exercise programs of any kind present an inherent danger to the participants. Serious injury can occur. Consult your doctor before starting any exercise program. Bow Trainer™ equipment is intended to be used by individuals in a responsible manner. Anyone under the age of 18 should have adult supervision. Always follow instructions and use proper techniques and common sense when exercising. Always check your equipment thoroughly and inspect for possible damage. If defects are found, discontinue use of product.

The use of safety glasses is recommended when using this product. The Manufacturer assumes no responsibility, obligation or liability for injuries sustained through the use of this product.

This product contains Natural Rubber Latex which may cause allergic reactions.



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Strength Training for Archers

[www.Bow-Trainer.com](http://www.Bow-Trainer.com)

866-701-8867

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**Prairie Innovators**  
Cooperstown, ND LLC