

HOLDING EXERCISES WITH MUSCLE AWARENESS

(For advanced shooters only)

HOLDING IN AIMING AREA: It requires that the shooter holds a steady sight picture in the aiming area using control of muscle groups necessary to achieve a stable hold. Use a stop clock that counts down in your non-shooting hand (Coach can help with stop watch). Press to start it as soon as you settle in the holding area.

THE FOLLOWING EXERCISES MUST BE CONSIDERED AS PROGRESIVE AND ONLY DO UP TO THE STAGE A SHOOTER IS CAPABLE OF DOING. ONLY WHEN ACHIEVING THAT LEVEL COMFORTABLY, PROGRESS TO THE NEXT LEVEL UNTIL SUCH TIME AS HE/SHE CAN DO ALL 6 IN ONE SESSION.

REST FOR ONE TO TWO MINUTE BETWEEN EVERY EXERCISE

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| 1. | Hold – 20 sec. Rest 15 sec. | Repeat 6 times | Hold sight picture as
Steady as possible |
| 2. | Hold – 30 sec. Rest 15 sec. | Repeat 6 Times
maintained | Sight picture must be |
| 3. | Hold – 40 sec. Rest 20 sec. | Repeat 6 Times | Activate trigger |
| 4. | Hold – 50 sec. Rest 30 sec. | Repeat 6 Times | Maintain stability of
Whole unit |
| 5. | Hold – 60 sec. Rest 40 sec. | Repeat 6 Times | Stability Only |
| 6. | Hold – 60 sec. Rest 40 sec. | Repeat 6 Times | Activate trigger |

THIS WHOLE 6 EXERCISES WILL TAKE APROXIMATELY 45 MINUTES.
THEY SHOULD BE REPEATED A MINIMUM OF TWO TIMES PER WEEK.
IDEALY THEY SHOULD BE REPEATED AS A ONE TRAINING SESSION TOTAL TIME 1.5 HOURS.
TRAINER/COACH CAN USE STOPWATCH TO ASSIST SHOOTER

IF ANY DISCOMFORT OR PAIN APPEARS STOP THE EXERCISES IMMEDIATELY