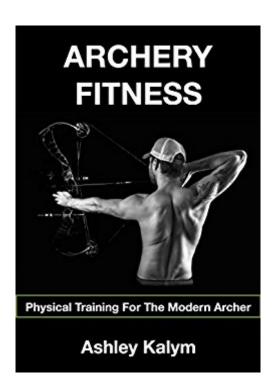
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Archery Fitness: Physical Training For The Modern Archer





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!

Book Information

File Size: 8096 KB

Print Length: 201 pages

Publication Date: December 27, 2015

Sold by: A Digital Services LLC

Language: English

ASIN: B019WY3XBC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #275,401 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Archery #59 in Books > Sports & Outdoors > Individual Sports > Archery #15243 in Kindle Store > Kindle eBooks > Children's eBooks

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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

Excellent resource for improvement od Archery Fitness and competency.

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