

## Want to Hold Longer at Full Draw

Fatigue is your friend and is a surefire way to increase motor unit recruitment.

### 21 Day Path to HOLDING LONGER at FULL DRAW

The Dry Fire Pro® helps archers be better through Progressive Resistance and Isometric Training. Progressive resistance minimizes the risk for new injuries during training and allows a safe way for archers that are injured to rehabilitate. Never rush a shot again due to fatigue or instability.

Isometric training helps archers focus on key archery muscles. For isometric training to be effective, the contraction of a muscle must be maintained over intervals of time. This is exactly what the Dry Fire Pro® offers archers, the ability to provide sustainable resistance at or above their hold weight, or resistance experienced at full-draw, for time interval training without the need of a bow, arrow, or target range.

There are big advantages to isometric conditioning of archery muscles. Contracting your muscles in the full draw position for timed intervals causes your body to recruit additional motor units. The more motor units you have the longer you can maintain the contracting. Thereby, holding your bow at full draw longer. Being that archery specific muscles are hard to target, now many of the motor units needed at full draw will be conditioned for the first time. Forcing these motor units to continuously contract time after time will result in quicker muscle maturity and maximum performance. Now you know why the professional archers practice at the range for 6-12 hours every day. *Always seek the advice of your physician prior to beginning any training or rehabilitation program. If you feel any pain or other concerning symptoms stop and discuss it with your physician before restarting this training.*

#### Pre-Program Measurement:

Record time you can hold on target before fatiguing (i.e. shaky, pin is all over when trying to hold center).

<b>Pre-Program Hold Time</b>
Seconds

#### Days 1-7

**Setup:** Set the Dry Fire Pro® resistance to the hold weight of your bow and slide on a 2.5lb standard weight plate to the Gravity weight adapter.

**Routine:** Draw the device and anchor like you normally would with a mechanical release. Hold for 21 seconds at full draw then let down. Rest for 21 seconds and silently repeat "I am strong today and stronger tomorrow" throughout the rest phase. Repeat process 21 times per day.

#### Days 8-14

**Setup:** Increase the Dry Fire Pro® resistance by 1 full turn more than the hold weight of your bow and slide on a 2.5lb standard weight plate to the Gravity weight adapter.

**Routine:** Draw the device and anchor like you normally would with a mechanical release. Hold for 21 seconds at full draw then let down. Rest for 21 seconds and silently repeat "I am strong today and stronger tomorrow" throughout the Rest phase. Repeat process 21 times per day.

#### Days 15-21

**Setup:** Increase the Dry Fire Pro® resistance 1.5 turns more than Days 8-14, slide on a 2.5lb standard weight plate to the Gravity weight adapter, and attach a bow sight.

**Routine:** Draw the device and anchor like you normally would with a mechanical release, place bow sight pin on a small target (4" or smaller) and hold for 21 seconds at full draw. Let down your draw. Rest for 21 seconds and silently repeat "I am strong today and stronger tomorrow" throughout the Rest phase. Repeat process 21 times per day.

**Post-Program Measurement:** Record the time you can hold on target before fatiguing.

<b>Post-Program Hold Time</b>
Seconds