

Want to be More Accurate?

Adjust yourself not your equipment. Get Tuned-Up!

21 Day Path to ACCURACY

The Dry Fire Pro® helps archers improve by helping them develop muscle memory. Muscle memory in archery is the ability to reproduce the shot process without conscious thought, and is acquired as a result of frequent repetition of the shot process. Over time, thoughtful practice leads to shot mechanics that your body will be able to produce without your conscious thought. Be familiar with the 11 Steps in Archery (see description form), your stance style, and your anchor point. Watch yourself in the mirror or have someone record you on a smart phone application (Example: Coaches Eye- Not endorsing/No affiliation) using your DFP to evaluate your shot process.

Pre-Program Measurement: (Shoot 3 arrows each set, measure distance between arrows, and total)

	Shot Set 1	Shot Set 2	Shot Set 3	Shot Set 4	Shot Set 5	Shot Set 6	Shot Set 7
Total							

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: Perform the Step 1-7 in Archery in front of a mirror. Focus on Steps 4 & 7. Hold at full draw for 21 seconds then let down your draw. Rest for 21 seconds and silently repeat “I will be the best archer I can be” throughout this Rest phase. Evaluate yourself during each step to ensure that you are performing the steps the same way each time. Repeat process 21 times per day.

(Notes: Don’t nock arrow in Step 2; Check for hand torque by visually looking at the upper band so that it is coming straight through the torque indicator; The Dry Fire Pro® doesn’t have a back wall so you can comfortably establish your anchor point. Once established you may need to adjust draw length on your bow.)

Days 8-14

Setup: Increase the Dry Fire Pro® resistance by 1 full turn more than Days 1-7, attach bow sights, and slide on a 2.5lb standard weight plate to the Gravity weight adapter.

Routine: In front of a 2-3 inch target 10 feet away from you go through Steps 1-9 in Archery. Focus on Steps 8 & 9. (Step 8) Align your bow sight pin(s) on target while you settle into (Step 9) the tightening of your back muscles at full draw and hold for 21 seconds. Let down your draw, rest for 21 seconds and silently repeat “I will be the best archer I can be” throughout this Rest phase. Repeat process 21 times per day.

Days 15-21

Setup: Increase the Dry Fire Pro® resistance 1 full turn more than Days 8-14, attach bow sights, and slide on a 2.5lb standard weight plate to the Gravity weight adapter, and attach a bow sight.

Routine: In front of a 2-3 inch target 10 feet away from you go through the 11 Steps in Archery. Focus on Steps 10-11. Hold for 21 seconds during Step 9, trigger your mechanical release and follow through the shot. Rest for 21 seconds and silently repeat “I will be the best archer I can be” throughout this Rest phase. Repeat process 21 times per day.

(Note: Triggering a mechanical release should almost surprise you. As you put tension on your back muscles and start the follow through action the trigger should activate. We strongly recommend using an app to record your release and follow through or watch yourself release/follow through in a mirror)

Day 22:

Post-Program Measurement: (Hunters can modify stance from standing to kneeling or crouching)

	Shot Set 1	Shot Set 2	Shot Set 3	Shot Set 4	Shot Set 5	Shot Set 6	Shot Set 7
Total							

If you find holding at full draw for 21 seconds or 21 reps too strenuous you can decrease the hold length and work up to 21 seconds and 21 repetitions. *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.*

11 Steps in Archery Description

1- Stance

(3 styles, pick the one that is most comfortable to you)

2- Nock an Arrow

(Always aim bow & arrow down range)

3- Set Draw Hand on bow string or Attach Mechanical Release to D-loop

(3 fingers below or 1 on top and 2 below nock)

4- Set Bow Hand

(Turn forearm down & slightly out, place bow handle in Y of hand, maintain loose grip)

5- Pre-Draw

(Raise bow with bow hand while aiming safely towards target)

6- Draw

(Draw mechanical release or draw hand rearward)

7-Anchor

(Place finger, knuckle, or thumb of draw hand in the same place on mouth, cheek, jaw, or neck)

8-Aim

(Looking down arrow to target or through peep sight aligning sight pin on target)

9- Shot Set-up

(Tightening of back muscles)

10- Release

(Trigger mechanical release or release bow string with draw hand)

11- Follow Through & Reflect

(Draw hand elbow rearward, back muscles squeezed, & bring thumb to back shoulder)

(Evaluate steps 1-11 for area of improvement)

11 Steps in Archery Self Evaluation Form

Steps in Archery	Pre-Assessment Scores	Post Assessment Scores
1) Stance		
2) Nock Arrow		
3) Set Draw Hand		
4) Set Bow Hand		
5) Pre- Draw		
6) Draw		
7) Anchor		
8) Aim		
9) Shot Set-Up		
10) Release		
11) Follow Through		
1= Novice 2 = Advance Beginner 3 = Competent 4 = Proficient 5 = Expert		