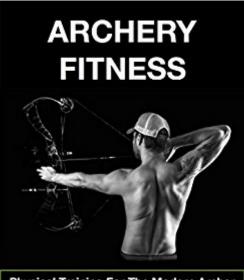
The book was found

Archery Fitness: Physical Training For The Modern Archer



Physical Training For The Modern Archer

Ashley Kalym



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: Â 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

Customer Reviews

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.

I liked the book for all the info in it

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