

Section	Drill	Reps	Guidelines
Dynamic mobilisation	Fwd - Backward arm swings	14	The purpose of this section is to raise core body temperature and loosen joints. Begin slow and controlled.
	Alternate OH swings with trunk rotation	8 e/w	
	Crucifix hand reaches	10	
	Full lateral raises	6	
Activation	Crucifix internal external rotation	6	During this section the aim is to activate, or fire up key muscle groups, namely the rotator cuff and trapezius
	Alternate arm abduction position internal external rotation	12	
	Scaption position internal external rotation	6	
	4 point scapula protract/retracts	2 each	
	Alternate scapula depression	12	
Mobilisation	Behind back, across body retraction sequence	6 ea	Mobilisation should ensure that your flexibility around joints is consistent practise day to practise day. Which should help consistency of feel.
	Multi-plane head movement sequence	2x through	
	Lateral neck stretch	2 e/w	
	Protraction reaches	5	
	Standing straight arm across body pull	10	
Individual specific	Personal choice, preference or as prescribed		Use this section to complete any prescribed exercises or drills that you find beneficial prior to shooting

...Progress on to band and bow drills