

## Exercise Group One:

**Front Raises:** Standing upright with your *arms down at your side* and light dumbbells in each hand, alternate raising *one hand at a time front wards to a height just above the top of your head then lower slowly* and repeat with the other hand. Keep the *dumbbells level to the ground and your palms facing the ground.*

8 to 10 times with each hand then rest a minute or two. Gradually build up to 3 sets of 12 raises with each arm.

**Lateral Raises:** Next, start again standing upright with your arms down at your sides. This time *raise both arms at the same time but laterally (sideways) away from your body up to the level of your eye and then back down.* It is critical to keep your *thumbs pointing down.* This is a variation of the standard lateral raise and is much harder to do.

Repeat this 8 to 10 times then rest again. Gradually build up to 3 sets of 12 raises with each arm.

**Bent Over Arm Raises:** Stand upright then bend over so that you are *facing the floor and your arms are hanging down next to the floor with dumbbells in each hand.* You do not need to be perpendicular to the floor and be careful not to injure your back with carelessness. *Now raise both arms at the same time sideways or away from your body.* Again your *thumbs need to be pointing downwards* all the while you stay in the bent over position. *Raise the weights to the level of your shoulders and then back down slowly.*

Repeat 8 to 10 times and rest. Gradually build up to 3 sets of 12 raises with each arm.

## Exercise Group Two:

**Exercise two is called Bent Over Rowing.** It is simple, easy and done one hand at a time. ***Bend over again facing the floor with a heavier weight in one hand hanging next to the floor but this time make sure your other hand is on a chair seat or bench to balance yourself. Now just pull the weight straight up to the edge of your chest which requires you bending your arm. Slowly go back down.***

repeat 8 to 10 times then do the same with the other arm. Gradually build up to 3 sets of 12 raises with each arm.

## Exercise Group Three:

The above two exercises will definitely suffice but nothing excels like excellence so there are two others to do for maximal benefit. The **Military Press** is next and it really builds the deltoid muscle. The starting position is sitting all the way back in a chair with a straight back and dumbbells in each hand that are resting on your shoulders. ***Begin by simply pressing them up one hand at a time over your head to full extension and then back down.***

Repeat 8 to 10 times per side. Gradually build up to 3 sets of 12 raises with each arm.

## Exercise Group Four:

Lastly, is the **Bicep Curl** which will greatly enhance your upper arm strength. Starting position is sitting in the chair with the straight back and the dumbbells in each hand hanging down. Begin by simply curling them upwards to your shoulder and then back down slowly alternating arms as you go. Try to do it with your palms pointing upwards.

Repeat 8 to 10 times with each arm and you are now done. Gradually build up to 3 sets of 12 raises with each arm

If you really don't have the time to **work up to the 3 sets per arm per exercise**, then you can make a substantial difference by doing each exercise above with **only one set three times per week**. This would only take approximately 15 minutes three times per week which is a small amount of time to invest to greatly strengthen your shoulders and your bow draw.

**Also, when you can do 8 to 10 repetitions of a particular exercise easily then it is time to go up on the weight of the dumbbells.**

