

SarcoFlex

Athleticism / Physique: The Archer

Notes: This workout will focus on the prime movers and stability work for becoming a stronger archer. Perform stretching exercises at the end of every workout. Additionally perform stretches on days off if required for more mobility.

Purpose

Muscular Strength & Size
Muscular Endurance
Stability
Mobility

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Pull ups	Lats, Scapula, Traps	1 x 5	2 x 8	3 x 8	4 x 8	30 - 60 Sec
Chin Ups	Biceps, Scapula, Lats	1 x 5	2 x 10	3 x 10	4 x 8	30 - 60 Sec
Face Pulls	Rear Delts, Traps, Rhomboids	1 x 10	2 x 10	3 x 10	4 x 12	30 - 60 Sec
Barbell Row	Traps	2 x 8	2 x 10	3 x 12	4 x 8	30 - 60 Sec
Dumbbell Shrug	Traps	2 x 10	2 x 12	3 x 12	4 x 10	30 - 60 Sec
Straight Arm Pulldown	Lats	2 x 10	2 x 12	3 x 12	4 x 10	30 - 60 Sec
Trap Bar Deadlift	Full Body Compound	2 x 10	2 x 10	3 x 10	4 x 8	30 - 60 Sec
Dumbbell Lateral Raise	Lateral Delts	1 x 10	2 x 12	3 x 12	4 x 10	30 - 60 Sec
V Ups	Core, Abs	1 x 15	2 x 15	2 x 20	3 x 15	30 - 60 Sec
Side Plank	Core, Obliques	1 x 45 Sec.	2 x 45 Sec.	2 x 45 Sec.	3 x 45 Sec.	30 - 60 Sec
Frequency: 2-3 times per week						

Equipment Needed

Pull up Bar
Cable Machine
Barbell
Dumbbells
Trap Bar (Hex Bar)
Flat Bench

Stretches

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Bar Hang	Back	1 x 30 sec	1 x 30 sec	1 x 30 sec	1 x 45 Sec.	x
Supine Flexion	Shoulders / Scapula	1 x 12	2 x 12	2 x 12	2 x 12	30 Sec.
Bench T Spine	Lats	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Pause Squat (Holding Weight in front)	Ankles (Knee Over Toe Position)	1 x 45 sec	2 x 45 sec	2 x 45 sec	2 x 45 Sec.	30 Sec.
Couch Stretch	Hip Flexors	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Seated Goodmorning	Back, Glutes, Hamstrings	1 x 12	1 x 12	2 x 12	2 x 12	30 sec