

# HUNTRESS WORKOUT

Full body workout plan with exercises designed to help strengthen the muscles used during archery to increase draw weight.

## GLUTES & HAMSTRINGS

- 🎯 Banded Squat & Crab Walks 3x10
- 🎯 Barbell Back Squats 4x8
- 🎯 Barbell Hip Thrusts 4x8
- 🎯 Walking Lunges 4x12

## CHEST & TRICEPS

- 🎯 Resistance Band Pull Aparts 4x10, hold 5 sec
- 🎯 Face Pulls 4x10
- 🎯 Close Grip Bench 5x5
- 🎯 Push-Ups 4x10
- 🎯 Triceps Pulldown 4x10

## BACK & BICEPS

- 🎯 Resistance Band Pull Aparts 4x10, hold 5 sec
- 🎯 Pull-Ups 4x10
- 🎯 Rows 4x10
- 🎯 Curls 4x10
- 🎯 Hammer Curls 4x10

## LOWER BODY

- 🎯 Banded Squat & Crab Walks 3x10
- 🎯 Deadlifts 4x8
- 🎯 Stiff Legs 4x8
- 🎯 Hamstring Curl 4x12

## SHOULDERS

- 🎯 Resistance Band Pull Aparts 4x10, hold 5 sec
- 🎯 Face Pulls 4x10
- 🎯 DB Shoulder Press 4x10
- 🎯 T's, Y's, I's 3x10
- 🎯 Rear Delt Fly 4x10