Bow Speed Warm-up

Bob Phillips

Medium-Slow Bow Speed - Place your bow in the MF lane with a medium-heavy amount of arm weight and move the bow at a medium-slow bow speed.



Slow Bow Speed - Place your bow in the F lane with a heavy amount of arm weight and move the bow at a slow bow speed.



Very-Slow Bow Speed - Place your bow in the FF lane with a very-heavy amount of arm weight and move the bow at a very-slow bow speed.



Medium-Fast Bow Speed - Place your bow in the mp lane with a medium-light amount of arm weight and move the bow at a medium-fast bow speed.



Fast Bow Speed - Place your bow in the p lane with a light amount of arm weight and move the bow at a fast bow speed.



Fast Bow Speed - Place your bow in the pp lane with a very-light amount of arm weight and move the bow at a very-fast bow speed.

