



## REVOLUTIONIZE YOUR SHOOTING

Confidence. Strength. Control. Composure. Accuracy.

Take your shooting to the next level with the Astra Archery Shot Trainer. Definitely learn what a strong shot feels like. Train your mind, body, and spirit to execute that strong shot with and without a target. Compete with confidence.

Fully adjustable to fit almost any body type or size, the Shot Trainer connects the releasing force of the bowstring to your follow through, providing instantaneous feedback on the strength and direction of your shot. The comfortable, elastic elbow sleeve connects you to the force of the shot. Durable parachute cord wraps the bowstring, providing a non-destructive attachment. A stainless steel snap hook unclips you to move around freely in seconds. Your stronger, more connected shot is moments away.





**WARNING:** To avoid injury, read all operating instructions in this guide before using the Shot Trainer.

# SET UP AND FIT

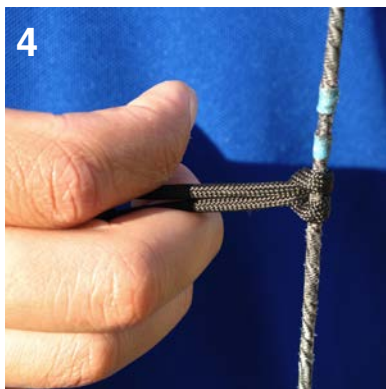
## THE ELBOW SLEEVE

- (1) The Nobel Prize winning Oelifin fabric is uniquely stretchy and will fit many arm sizes with an equally snug fit.
- (2) Pull the elbow sleeve on and align the grey elbow joint on the *inside* of your elbow.
- (3) The rigid straps should be of equal distance on either side of your elbow, wrapping around the back of your arm.
- (4) The elbow sleeve should stretch from bicep to wrist. Size accordingly.



# SET UP AND FIT

## CENTER STRAP AND SNAP-HOOK



- (1) Disconnect the snap-hook from the elbow sleeve.
- (2) Loop the bowstring attach loop around the bowstring under the nocking points and thread the snap-hook through the middle of the bowstring attach loop.  
(position the double sheet bend knot out of the way)
- (3) Pull the assembly taut and connect the snap hook to the elbow sleeve.
- (4) Adjust the length of the center strap until approximately one inch of the bowstring attach loop protrudes past the fingers when they are curled as if holding the string.

video example at: [www.AstraArchery.com](http://www.AstraArchery.com)





# SET UP AND FIT

## FINE TUNING WHILE SHOOTING

- (1) The Shot Trainer may lengthen slightly while breaking in – make adjustments to the center strap length to maintain a one inch gap.
- (2) According to shooting style and type of follow through, the Shot Trainer may make contact with the neck or forearm, causing discomfort – make minor adjustments to center strap length as required and focus on strength of shot.
- (3) Unclip the snap-hook to retrieve arrows.



# IN USE

## COMMENTS AND GOALS

The Shot Trainer connects the releasing force of the bowstring to your follow through, providing instantaneous feedback on the strength and direction of your shot. With consistent practice, it is possible to make shooting feel the same with and without the Shot Trainer (hint, a lot of practice). This is your goal when using the Shot Trainer – make shooting feel the same with and without being attached to the elbow sleeve.



# DRILLS

## WITHOUT AN ARROW

- (1) Without an arrow, prepare to shoot the bow in a normal fashion.
- (2) No adaptations to form or technique need to take place. Archers should attempt to shoot as if he or she were not wearing the Shot Trainer.
- (3) Practice your shot routine with your competition bow in hotel rooms, or anywhere you are stuck without easy access to a target.





# DRILLS

## WITH AN ARROW – NO TARGET

- (1) Face an empty field and shoot without the distraction of the target or aiming.
- (2) Videotape a couple shots – compare side-by-side to a video without the Shot Trainer – eliminate differences so both shots look and feel the same.
- (3) Unclip the snap hook to retrieve arrows!
- (4) Arrows should only travel 1-3 meters before hitting the ground. If your arrows fly farther, you are collapsing!





# DRILLS

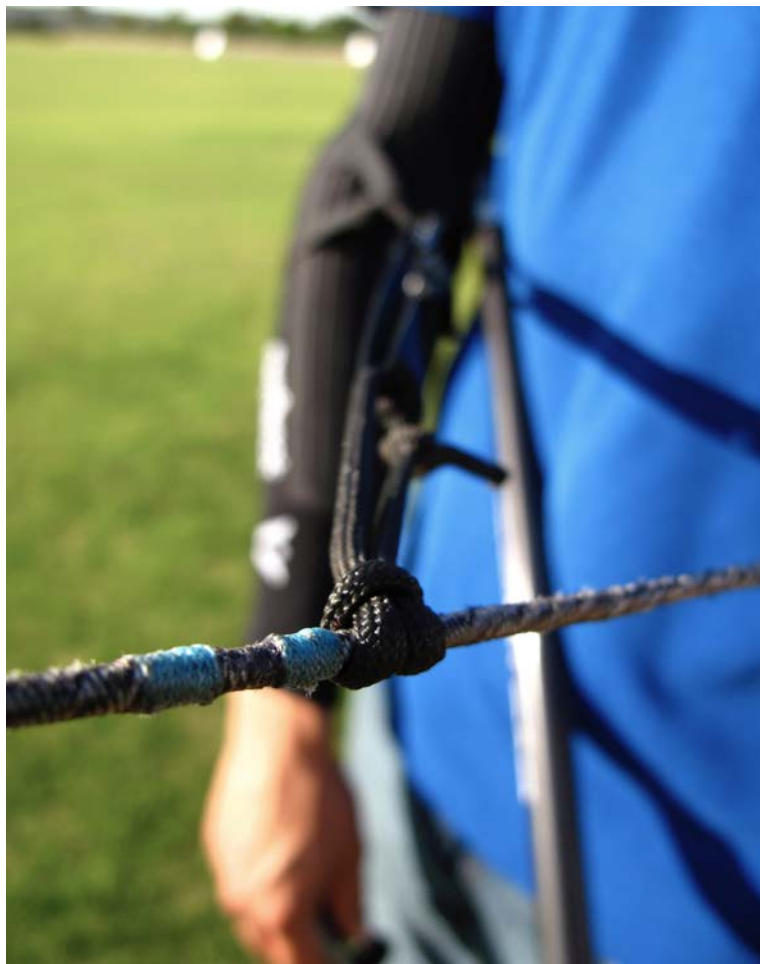
## WITH AN ARROW AND TARGET

- (1) Master the previous drills first. Seriously.
- (2) Now try a target. Maintain your timing.  
Not so easy, eh?
- (3) The target should be the desired distance away (ex. 70m) even though the arrow will not fly the distance.
- (4) The target serves as the final distraction from the shot – even go through the process of guessing the wind.
- (5) Only 1-3 meters of arrow flight!

# GOALS

## MEASURE PROGRESS

- (1) Work up to shooting 20-40 shots a day, with and without an arrow, every day before actual practice
- (2) Slowly introduce aiming at a target – it makes these drills much more difficult! Be a harsh critic on look and feel.
- (3) Practice at home, in hotel rooms, or before official practice at a tournament to quickly bring back good feeling.





# DIFFICULTIES

## FIXING PROBLEMS

- (1) If the center adjustable strap is adjusted too short, the bowstring may not completely leave the archer's fingers at release. If it is too long, the strap may slap the archer's neck. Make adjustments until the string clears, minimizing slapping.
- (2) Position the plastic ladder lock buckle away from arm to avoid excess contact.
- (3) Tuck excess slack under the tri-glide adjustment buckle.



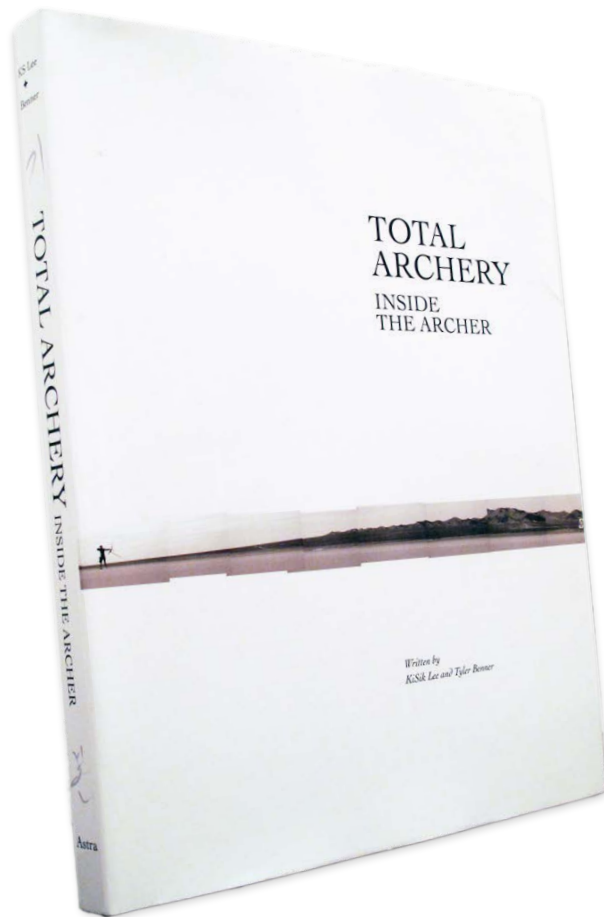
# INSIDE THE ARCHER

## SHOT TRAINER TECHNIQUE

Astra Archery is happy to provide a free, 10-page primer on correct hooking of the string, “Chapter 4 – Hooking,” of *Inside the Archer*. Details contained within this chapter will greatly aid in using the Shot Trainer, prevent injury, and improve your scores. Additional Shot Trainer secrets are in chapters 10, 11, 12, and 17.

To download the free pdf, visit:

[www.AstraArchery.com/hooking/](http://www.AstraArchery.com/hooking/)



# — CAUTIONS —

INCORRECT ADJUSTMENT MAY  
CREATE CONTUSIONS AND  
CAUSE BRUISING AND  
LACERATIONS TO THE FOREARM,  
HAND, AND NECK

- Always check the latching mechanism of the snap-hook to ensure it is fully engaged and closed.
- Have a certified archery coach check the fit and adjustment prior to use.

- First time users may experience slapping against the hand, neck, or forearm. As the archer becomes more proficient with the Shot Trainer, slapping will minimize inversely to strength of shot.
- The quick detach stainless steel snap-hook has a certified working weight capacity of 120 pounds of force. Exceeding this force can cause failure.
- The double sheet bend knot used for the bowstring attach loop is the same knot used on ocean-going sailboats, however it should always be examined prior to use to check for damage or slipping. The parachute cording is safety rated at 550 pounds.

# ASTRA ARCHERY

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# Shot Trainer

