

Arm strengthening exercises

It is a fallacy that you need to be big and strong to manage a heavy calibre rifle. What you do need is sufficient strength in both arms and this can be easily achieved with some very simple but regular exercise.

Most new shooters find that their weak arm (usually the left one for a right-handed shooter) tends to get tired and sore very quickly. This is simply because it is not used as the primary lifting arm and therefore needs to be strengthened. However if you concentrate on this arm, you will quickly reverse the problem and find your other arm then becomes tired.

The answer is to strengthen both arms simultaneously. So we have developed a simple exercise, and students who have used this technique have confirmed that it works.

Get yourself two normal bricks (not ones with holes in them!). Place them lengthwise on edge on the ground. Now sit in a chair with your thighs parallel to the ground so that you can easily bend to pick up the bricks. While holding a brick in each hand slowly lift them upwards with elbows bent at 90°, until your elbows, forearms and hands are level with your shoulders. Count to 5000 (1000, 2000, 3000...), to start, then slowly lower both arms again until the bricks touch the floor, and relax.

This should be done morning and evening every day with about ten repetitions. As your arms become stronger, you will be able to increase the repetitions as well as the time you can count to! If you do this for two weeks prior to ARH, you will give yourself a muscle bonus!

You will strengthen your fingers, wrists, forearms and shoulders.

NOTE: We use bricks rather than dumbbells, so that you have to grasp the flat side of the brick to strengthen your fingers. You do not really use your fingers when holding dumbbells!