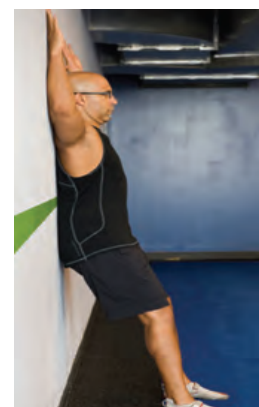
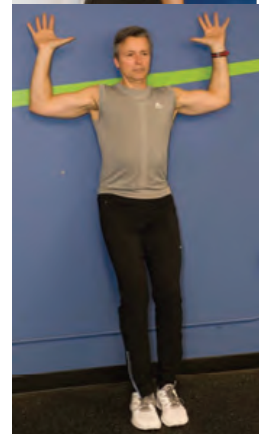
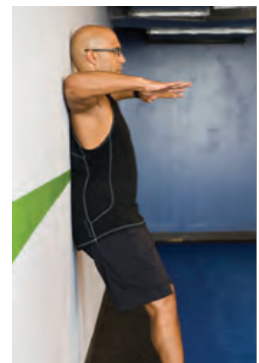


## STABILIZATION

1. Stand with your back to the wall
2. Make sure your bottom, mid spine and head are flush against the wall (use a pillow behind your head if your head tilts back too much)
3. Raise your elbows to shoulder height and engage your core muscles
4. Keep your shoulder blades level to the wall
5. Reach your arms to the ceiling in an arcing motion
6. Hold for 3 seconds
7. Return to starting position
8. Relax and repeat up to 5 times



Repeat this 3x per day

Practice with your bow