Bow and Arrow

**Purpose:** Improve balance, leg strength; shoulder, trunk and hip mobility; coordination and controlled weight shifting.

**Position:** Stand with arms at side and feet twice as wide as shoulder-width apart.

- Shoulder-width apart
- Sitting

**Action:** Swing arms to shoulder level on the right side. Look over right arm, draw bow back with left arm and lunge backward. Return to upright position as the left arm straightens.

- Sweep arms past the front and repeat exercise on the right side
- Arms only
- Stand against wall for back support

Hold each repetition ______ seconds.

Do ______ repetitions ______ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.