

Keeping Yourself “Match Fit”

There are things we can do to stay “Match Fit” and relieve SWS (Shooting Withdrawal Symptoms). Especially, if for whatever reason, you have been away from shooting for a while.

Staying fit might be an issue for anyone social distancing and spending more time sitting at home, with the only exercise being going to the cupboard or fridge for nibbles. At home you can practice your Gun [Mount and Swing](#). You can also build your core strength and muscles for shooting.

Exercises: These exercises are also good for you if you are not a shooter. To improve or to maintain your core strength you can do:

Sit-ups Lay on your back and secure your feet, use something you can tuck your toes under. Place your hands on either side of your head (not behind on your neck) and gently lift your back off the floor and touch the outside of your knees with the inside of your elbows. Ten times and then rest. Repeat as many times as you are comfortable with:

Leg Raises Lay flat on the floor with your hands by your side, Lift both legs off the floor hold for a few seconds then slowly with control lower them to the floor. Ten times and then rest. Repeat as many times as you are comfortable with:

Standing Dumbbell Curl Stand holding a weight (If you have no Equipment use a large bottle of water) in each hand with your arms hanging by your sides. Ensure your elbows are close to your torso and your palms facing forward. Keeping your upper arms stationary, exhale as you curl the weights up to shoulder level while contracting your biceps and down again slowly with control. Further exercises – **Triceps Kickbacks** and **Seated Shoulder Press**.

Stay safe and keep fit.

