

## The Morin Trainer (compound and recurve)

This version has been developed for compound bows using release aid, but also effective for fingers shooters. The main components of this model are exercise elastics that maintain a holding force relatively equivalent to the holding weight of your bow at the end extension (approximately 16 lbs). For an additional amount (upon special request on website), it is possible to order a specific holding weight. To simulate the final part of extension, called the wall, an internal part in the elastics restrict the stretching to create the effect of solid wall. In addition to help you to program all parts of your shooting, it serves primarily to synchronize yourself with the intensity necessary for a good release and a specific follow-through. Shooters often have to adjust tension and travel of their release aid, but it is often difficult and sometimes dangerous to do in real shooting. For people with skills in isometric exercises, it is possible to use the wall at different length to strengthen specific muscles required for each step of your shooting, from beginning of the draw up to the shoot. Example: crossing the peak of your compound bow or passing the clicker by muscle compression for recurve bows, etc. It is an important tool for technical warm-up before shooting sessions and it is providing a nice carry away projection in contrast to elastic commonly used. As for fingers release, it is suggested to protect forearm to avoid repetitive friction.



1- The adjustment node makes it possible to modify your draw length. The photo (cut away view) shows the operation for the draw length adjustment. To adjust your draw length, you only have to pull on the 1.a part to unlock and then you pull down the 1.b part to lengthen or to go up to shorten it. Moving part 1 near the bow hand will limit the projection of this piece.

2- Because of the internal part, the elastic tube is stretched to simulate the wall of a compound at the end of the course. This new elastic, allow to reach your holding weight around 16 pounds. At full draw, you just give that extra pressure to release (mechanical release aid or fingers).

3- This loop allows the use of a release. For finger shooting, this part can be moved to the bottom in order to leave space.

4- Sling - The sling is necessary in order to limit the effect of projection during release. During the movement, part 4.a allows an adjustment in order to prevent the sling from falling off. In order not to impair your shooting, it is important to place the part 4.b such as the photo shows in diagram (5) (always use the safety sling).

5- The hand holding the bow must be placed at the angle corresponding to your bow grip (5.a). At full extension, resist without stiffening the hand in order to allow a direct and straight projection upon release. If the lower cord has tendency to slip, place your thumb as forward as possible (5.b) in order to simulate the support of your bow.

6- The excess cord makes it possible to vary the length specifically to your draw length. Hanging a lightweight at the end of this loop (6.a) (or adding an elastic tie to your foot) is possible, in order to improve the stability of your shooting or simply to simulate the weight of your bow. The swinging of this weight could also develop the ability necessary to stabilize your sight even in the wind.

7- Helping you to better perceive and improve all the alternatives of shooting with your fingers. Because of the wall, you will develop isometrically your strength to pass your clicker.

8- Refines all aspects of the release of your choice.

SAFETY TIP : During your practice, wearing the sling is a must in order to limit the projection of this apparatus. Visualize the projection path and make sure the space is clear. This is not designed to simulate the real load of your bow but rather to simulate or plan a movement without constraint of overload.

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