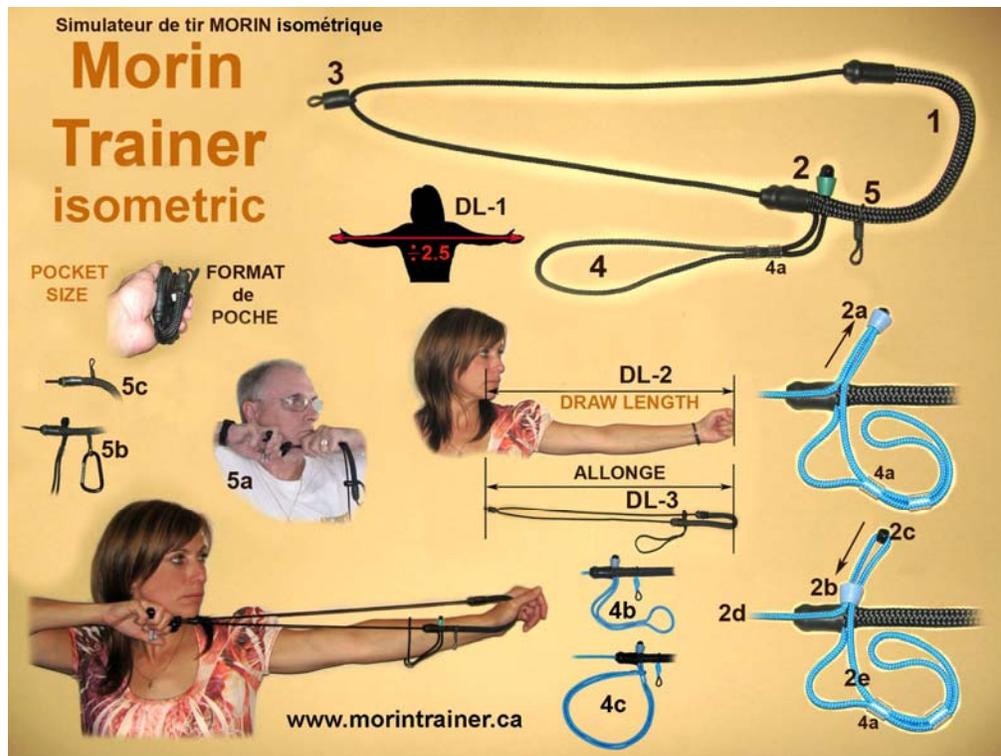


The Morin Trainer ISOmetric (compound)

The Morin Trainer was specifically developed for isometric exercises to complete certain stages of the shooting obtained by the two other Trainers. It makes no apparent movement to vary alternately muscular tension desired, from minimum to maximum.

By adjusting the M-Trainer ISOmetric to different lengths, you can strengthen and refine each step up to your drawing path and during multiple successive isometric contractions, you can also change your angle positioning to maximize the strength necessary to make it comfortable all stages lengthens.

To preliminarily adjust the length of your M-Trainer ISOmetric, there are several systems used to establish your personal AMO draw length (DL). The first one is arm-span (DL-1) so stand with your arms out and palms facing forward (don't stretch when measuring) and measure from the tip of one middle finger to the other then divide that number by 2.5. This method has some exceptions, but the one presented in DL-2 is more precise. You simply place your fist on a wall in shooting position and measure the distance between the wall and the corner of the mouth (below your eye) as shown in the photo.



As demonstrated by this diagram (DL-3), you adjust the length of the Trainer on the extension granted but, this is a starting point and then by adjusting the trainer at different drawing length positions and with repetitive contractions, you will find exactly the ideal draw length that you need to maximize your shooting.

It is also an ideal tool to adjust the tension or the travel of your trigger without being influenced by a major burden. To program the ideal trajectory for your follow through, it is advisable to start with a very slight pressure up to the path of movement respected, then you gradually increase the pressure required until the successful motion passed with a load or equivalent more than your holding bow weight. This Trainer ISOmetric, which once folded, can fit in the palm of your hand, you can mostly have it on you at any time of day to reprint the new features recently acquired. To better plan each phase of your shot sequence with this trainer aid, it is best to consult a professional coach or info@morintrainer.ca.

Instructions

1 - This part of the rope over large (3/8"), makes most of practice comfortably despite the overload that you might develop and putting your hand to the desired angle, you can simulate a sensation substantially equivalent to your bow competition.

2 - This section provides specific adjustment to your extension as shown in DL-3. By pulling in the required angle on the tip 2a to the desired length, you can then accurately adjust the trainer on the condition of the lower it down as shown in Figure 2b. To stretch your trainer, you pull the section 2d and shorten it you pull 2e to introduce the excess rope to the reserve (4) until the tightening ring (2c) is located in the nozzle to block everything.

3 - This D-Loop allows you to place a release of your choice and this section is fitted with a rubber to promote a certain comfort in pressing the chin. Remove the rubber could cause scratches due to the tightening ring resting on the face.

4 - The excess cord is also provided a bow sling even it is very little drag in this projection. In the case of an unusually long draw length, it is possible that this subject is too short to be used as a wrist bow sling so it can be use to the thumb (4b). In the case of very short draw length it will be a very long reserve then 4c explain how to shorten it (refer to photo section). Two tightening ring (4a) will adjust the strap across the insertion of the hand or the thumb.

5 - This D-Loop has several utilities used for training. The demo 5a shows a way to practice discreetly with your release aid without having to run the full position, which can be handy in a confined space. Having the D-Loop between your fingers promotes a fast placing on your release aid then several releases accelerating a program of action or the development of intense perception of certain technical elements. By adding a hook to the D-loop of this section (5b), it is possible to attach a weight of your choice to simulate that of your bow or as info on the M-Trainer ISOmetric swing weight to develop proprioception needed to stabilize your sight. It is even possible for those who wish to move the D-Loop in the top part (5c) to simulate a sight.

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