



RAP-Grip

Thank you for purchasing your RAP-Grip

The RAP-Grip will aid the novice and experienced archer and coach.

- » Help the archer to learn and maintain the correct bow hand position by providing feedback.
- » Provide a stable and repeatable bow hand contact when using exercise bands, for example for the "skills and drills" exercises.
- » Provide a method of maintaining technique when the archer has no access to a bow.
- » Provide visible feedback on "string twisting".

Three versions are available with different bow-hand angles.

- » "High" angle grip with blue thumb pieces.
- » "Medium" angle grip with grey thumb pieces.
- » "Low" angle grip with red thumb pieces.

Each version is available with a choice of two resistance tubes.

Yellow tube: giving a "draw weight" of about 8lbs at 28inches.

This is ideal for developing/changing technique.

Green tube: giving a "draw weight" of about 12lbs at 28inches.

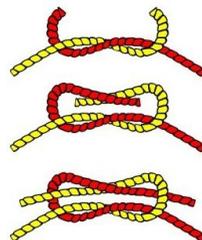
This is more suited for maintaining technique when there is no access to a bow.

The RAP-Grip is intended for working on and maintaining technique, NOT for strength and conditioning.

Before use

The RAP-Grip is supplied with either yellow (light) or green (heavy) Thera-Band® Exercise Tubing. Note that Thera-Band® Exercise Tubing is made of natural rubber latex.

Follow Thera-band® recommendations for tying the loop. The loop size should approximate to the archer's bow bracing height.

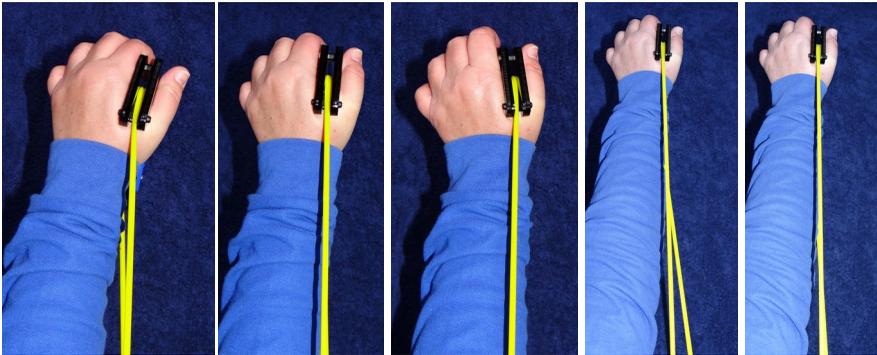


In use

This is not a toy. Always use in a safe environment, observing the same precautions when drawing as you would with a bow and remember that the tubing has a natural lifespan.

Many coaches are now recommending therapeutic resistance tubing for use in "skills and drills" type exercises and for general demonstrations of good technique. One problem with this is that the tube rarely sits in the correct position in the archer's "bow hand". The RAP-Grip solves this problem by keeping the tube in the correct place, allowing the archer to work on their technique with the force passing correctly into the archer's wrist.

As the RAP-Grip keeps the tube in the correct place this allows the archer to experiment with bow hand position and feel the result (photos a, b & c).



(a) Bow hand twisted
(b) Bow hand correct
(c) Bow hand twisted
(d) String twisted
(e) String correct

In addition, as the tube is held in the correct place, the archer can see if they are twisting the "string" by just glancing down. If the tubes are not directly above one another the "string" is twisted (photos d & e).

Care and Maintenance

Always examine the Thera-Band® Exercise Tubing before use for small nicks, tears, or punctures that may cause the tube to break. If you find any flaws, discard the tube and replace before performing any exercises.

It is recommended that Thera-Band® Exercise Tubing is used for any replacements.

The RAP-Grip may be cleaned using warm water, a mild detergent and a soft brush. Disassembly of the RAP-Grip is not recommended.

www.Regnum-Archery-Products.co.uk

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