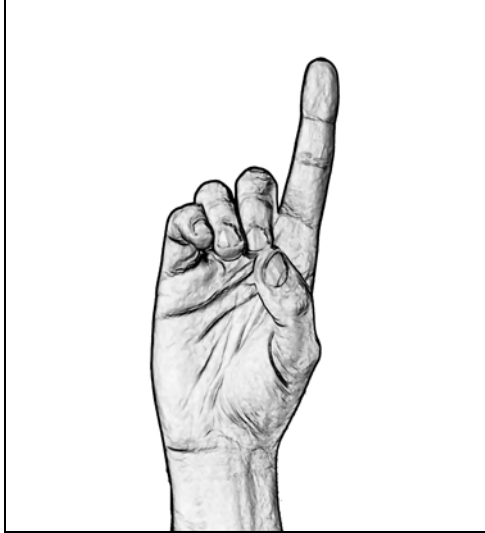


Trigger Finger Training:



Method 1 – Start like you're holding a gun (but without one) then practice **MOVING ONLY YOUR TRIGGER FINGER**. If your middle finger moves you'll feel it on your thumb.

Method 2 – Grip the first three fingers of your non-shooting hand with your shooting hand, approximately with the same grip strength you would use if you were holding your pistol (tight - but not too tight) and then move just your trigger finger. If your other fingers try to move, you'll feel it.

Method 3 – Take one of those 500 ml water bottles and take a drink or two out of it then put the cap back on tightly, so you can squeeze it and hold it out at arms length - try to approximate your normal pistol hold. Grip it so that your trigger finger can press against the curvy top part. Now squeeze the bottle like you mean it and then work your trigger finger. Pay attention to your grip and listen - try to do it without making the bottle crackle.

Wrist Strength Training:

<input type="checkbox"/> Wrist extension with weights <ul style="list-style-type: none">• Grasp weight with hand.• Place forearm on table with hand off edge of table, palm down as shown.• Move wrist upward.• Return to starting position. Perform 3 sets of 10 repetitions, once a day. Use 2 lbs. Rest 5 seconds between sets.	
<input type="checkbox"/>	Wrist flexion with weights <ul style="list-style-type: none">• Grasp weight with hand.• Place forearm on table with hand off edge of table, palm up as shown.• Move wrist upward.• Return to starting position. Perform 3 sets of 10 repetitions, once a day. Use 2 lbs. Rest 5 seconds between sets.

Arm Strength Training:

Hold up a weight using your one-handed shooting stance!

<u># Reps / Sets</u>	<u>Time</u>	<u>Description</u>
10 rep X 2 sets	15 seconds	Use a weight same as pistol (2-3 lb dumbbell)