

## QUICK-CARD

## Fitting a low-poundage bow

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We set riser length, limb weight and draw so a new or adaptive archer draws comfortably and consistently. Poundage goes up when they're ready.

### Why it matters

- Comfort and repeatability come before distance or draw weight.
- A light, well-fitted bow lets you coach form instead of fighting the equipment.

### How to set it up

- 1 Start light: our LevelBow P1 (6-7 lb, depending on draw length), or the lightest limbs the club has.
- 2 Match limb length to the archer's draw length; use a longer riser for a smoother, more forgiving draw.
- 3 Set brace height and nocking point, then **write the setup down** so the same rig is rebuilt next session.
- 4 Add poundage only when form holds for a full end (all arrows) without strain.
- 5 Re-check fit as the archer gets stronger. Stepping up is part of the plan.

**Coaching note.** Rule of thumb: if the archer cannot hold a steady full draw for a slow count of three, drop the poundage.