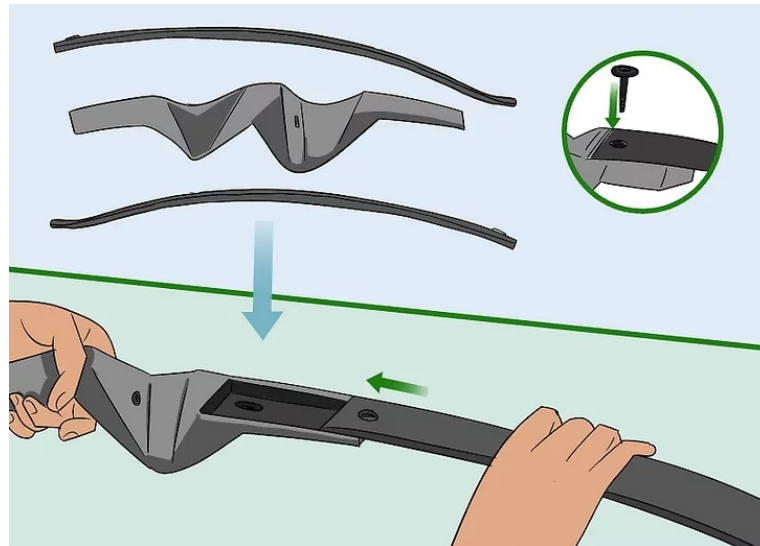


How to: Recurve Bow Set Up

Video Recommend:

[Assembling an Olympic Recurve Bow | NuSensei](#)

by World Archery



1. Screw in / Lock in the limbs of your recurve bow.

Image shows the screw in method, however some bows simply click into place. If your bow has the click in method, **do not** tighten the screws in the bow. These are not to hold the limbs in place, and will change your bow alignment.

Your Limbs will show on the sticker near the base 'Upper' and 'Lower'. Ensure these are put in the correct places of the bow



2. String your bow

For this step, you will require a bow stringer. While doing this step, be careful as to not untwist the string at all, as this will change your bow alignment. When not using the string, it is best to keep both looped ends together to prevent it from untwisting.

Take the larger loop, and put it on the top limb, as far down the bow as possible. (Usually about $\frac{1}{4}$ - $\frac{1}{2}$ down). Take the smaller loop, and hook into the groove of the limb, with the string going around the **back** of the limb, so the string follows the groove.

Grab your bow stringer, and now do the **opposite** sizing. Put the large cover over the bottom limb (Where the smaller loop is resting) Ensuring the loop remains in the groove. Put the smaller cover over the large loop end, keeping the string halfway down the limb.

Hold your bow by the riser, and carefully step on the bow stringer (2 feet is recommended but not required) Now, pull your bow up towards your chest, while simultaneously pushing the big loop up to the groove as the picture shows. It may feel like you are going to break the bow the first time you do this, but the bow is designed to shape like this.

When the string is situated, take off the bow stringer and ensure the strings are in the grooves correctly as pictured:

