Table S1. Routine exercise protocol

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:00	Addition to routine exercise protocol for exercise group		Addition to routine exercise protocol for exercise group		Addition to routine exercise protocol for exercise group	Rest	Rest
8:30-11:30	1. Short-range archery × 150 sticks 2. 70 m × 108 sticks	1. Simulation game × 2 (individual race)	1. Simulation game (individual race)	1. Short-range archery × 150 sticks 2. 70 m × 144 sticks	Self-adjustment	Self-adjustment	Rest
13:30- End of training	1. Short-range archery × 150 sticks 2. 70 m × 144 sticks 3. Jogging for 2 km	1. Short-range archery × 150 sticks 2. Resistance training 3. Jogging for 2 km	1. Simulation game (team competition)	1. Short-range archery × 150 sticks 2. Simulation game (individual race) 3. Jogging for 2 km	Self-adjustment	Rest	Rest

Self-adjust: Training conducted according to the participant's individual needs (e.g., archery at 70 m, resistance training, and jogging).

Resistance training:

1. Two-handed dumbbell curl, two-handed dumbbell shoulder press, upright pull dumbbell, dumbbell one-arm rowing, barbell press, barbell squat. All dumbbell exercises: 15 reps, 3 sets.
2. Push-ups × 25, bend abdomen × 25, unilateral foot lift × 25, burpee × 25, bear crawl × 10 m.
3. Maintain the bowstring for 20 s × 6.