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MEMBERS UPDATE

December, 2018



Hunting Dogs 101

Strength Training for Shooters

Top 8 EDC Knives of 2018

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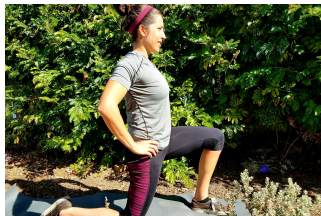
CONTENT



02

Top 8 EDC Knives of 2018

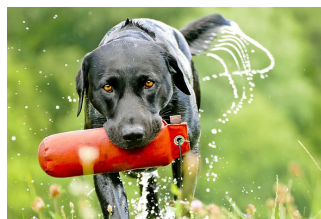
If you've got a little Christmas cash burning a hole in your wallet, we've got a recommendation for you. Do yourself a favor and buy one of the most indispensable everyday carry items of all. These pocket knives are so awesome you'll thank yourself on a daily basis.



09

Strength Training for Shooters

Most people believe the most effective place to practice shooting is at the range, but NSRA members know otherwise. In addition to dry fire training, a targeted workout program like Olympic shooters follow is what separates the best from the rest.



16

Hunting Dogs 101

Considering adding a K9 member to your family in 2019? Temperament, energy level, and training needs should all play a role in your decision. We've done the research and highlighted the breeds that will not only become your best friend, but also your favorite hunting buddy!



THE TOP 8 VERY BEST EDC KNIVES OF 2018

Look, we're not in the prediction business or anything. But there's one thing that seems obvious to anyone who's paying attention in America today. It's not about the economy, nor the current political climate in our country... it's about Christmas.

Using our not-so magical powers, we predict that you will soon become the proud owner of a gift card or maybe two. Hopefully, you won't become one of the unfortunate few who receive a gift card to Ties R Us, redeemable only for store credit.

Given your status as an NSRA subscriber, we'll deduce that your friends and loved ones are more resourceful gift-givers than that. Thus, you may be sitting on a card or two that feature names like Amazon, Walmart, or even Bass Pro Shops in big bold letters.

If this is true, you've got a very important decision to make: How are you going to spend your gift cards? Or, more aptly put, what's the very best use for this precious monetary resource – an investment that you will thank yourself for on a nearly daily basis in 2019?

Not to sound flippant regarding this very important decision, but well... it's an easy one. Get yourself one of the very best EDC knives of 2018. Because if you pick from our list, you'll get one of the best EDC knives the world has ever known.

If you've got a drawer full of disappointing so-called "pocketknives" that are simply too bulky, dull, or clumsy to be worth carrying, then you desperately

need to pay careful attention to the next few pages. If you have never fallen into the habit of carrying a knife on your person, on the other hand, it's high time you change that.

We can't say how much time we've saved over the years by carrying a pocketknife; it's just impossible to measure. We can, however, make a rough estimate regarding how often we get asked, "You got a knife handy?" At the very least, it's a once-a-week occurrence.

And much like our answer to another common question, "what time is it?" our response is, after they hand back our trusty EDC folder: Time to get an EDC knife.

WHAT MAKES A GREAT EDC KNIFE?



We know what you're thinking. Sure, carrying a high-quality EDC knife is great, but it's not worth the

hassle, the extra weight, and besides a knife wouldn't good well with the dress code at your place of business. Well, that's where you might be surprised.

A truly great EDC knife is one that's low-profile and extremely easy to carry and/or conceal. That goes for not just for carrying in your pocket, but your sport coat, purse, etc. In fact, a top-notch EDC knife should be light enough that you forget you're even carrying it.

Additionally, you might be surprised by how inexpensive these knives are. You absolutely don't need to spend \$200 to get a quality knife, or even \$50. If you're like us, that one time you decided to pony up and get a nice Benchmade folder, you were too afraid of losing or damaging it to even carry the thing. It's such a shame.

Make no mistake, we believe there are plenty of \$200 EDC knives out there worth buying, but not if you're not comfortable carrying one. If, say, you were to lose your EDC knife, or snap off the tip while trying to pry something open... this misfortune wouldn't reach tragic levels if you only paid about \$20 for it.

The qualities we are looking for in an EDC knife are a combination of quality, "carryability," and value. And obviously, based on the idea that you may be using a gift card to purchase your new EDC knife, that could be a \$20 card, or a \$100 card. Believe us, we have incredibly capable knives at the low end of the spectrum, as well as the high.

We all understand what quality means, but our definition in this case includes durability, design quality, and material quality. Carryability is determined by weight, overall folded dimensions, and a sleek design that doesn't get caught up on clothing.

Another key issue to define is utility, as in what level of tasks should this knife be good at. To meet our standards, an EDC knife must fulfill light-to-medium tasks with ease. A great knife has to be well rounded, as good at slicing fruit as it is cutting boxes, while also standing up to basic outdoor hunting and fishing support uses.

In essence, the best EDC knife for you is the strongest, most carry-friendly, and user-friendly model you can

comfortably afford. And, to put a slightly finer point on it, we think it should be a price you're not only willing to pay once, but to pay again if your knife is ever lost or stolen.

Because that's what makes a truly great EDC knife. It's not something you view as purely a luxury or a practical necessity; it's both. It's indispensable.

BENCHMADE BUGOUT



If you are comfortable spending north of \$100 on your EDC knife, then Benchmade has an outstanding design that's hard to beat on every level.

The Bugout 535 is really exciting to us here at the NSRA for two important reasons. First, the Bugout so clearly checks all of our favorite boxes in the EDC category of knives, just exceptionally lightweight and well made. Second, for a Benchmade product, the Bugout actually constitutes a "value" knife, even though it's one of the more expensive on our list.

But hey, you're using a gift card to subsidize this purchase, right? So why not get the very best EDC knife available? And very seriously, this might just be exactly that.

Sporting a 3.24" drop point blade in CPM-S30V premium grade steel, this is the kind of razor sharp, get-to-work EDC knife you can comfortably bust out in some fairly heavy-use applications. Read: It's not the kind of high-end Benchmade that you're afraid to get dirty.

The build quality, the AXIS lock, and even the color-coded thumb studs on this model all clue you in to the level of detail put into a knife that's just a bit over

\$100. Benchmade really thought of everything when putting the Bugout together, including a top-notch pocket clip.

The grivory handle looks great in blue and we applaud the choice to exclude steel liners - keeping this knife below 2 ounces. Yes, it's incredibly lightweight. And we've barely mentioned the blade characteristics on the Bugout, which is outstanding in material quality and shape.

We'll just come out and say it; this is probably the most complete knife on the list, from steel quality to carryability and durability. Of course, it's also the second most expensive. So, if you want the best, made in the good ol' US of A, you've gotta pay for it.

If price is your chief concern, don't worry; we've got some screaming good options coming right up.

Blade Length: 3.24"

Overall Length: 7.46"

Weight: 1.85oz

Country of Origin: USA

Retail: \$115

KERSHAW OSO SWEET



We've never been able to settle the debate. Was this knife's name supposed to be a clever Spanglish double meaning (sweet bear)? Or is it simply an alternative spelling of the thing most people say the first time they get their hands on this assisted opening flipper.

The Oso Sweet is an oldie but a goodie from the folks at Kershaw, and one of the only assisted opening knives on this list. We're not against assisted or auto knives, not at all, but we don't find them to

be a necessity for a great EDC knife. It is, however, a "nice-to-have" feature.

With that out of the way, the Oso ranks very high on the carryability scale, tipping the scales at a very comfortable 3.2oz. And it's also decked out with a very nice stainless pocket clip, deep-ride but not as deep as some. The glass-filled nylon handle is extremely well done, with a very grip-tastic scale pattern that's far better than most.

The blade shape on this knife is an excellent 3.125" drop point that's easy to sharpen. The 8cr13mov steel is a very decent budget option, a touch softer than AUS-8, but it takes an edge well. And, of course, this-budget friendly steel keeps the Oso doable with a \$25 gift card, depending on where you buy it.

Pre-drilled for 2 clip positions, either tip-up or tip-down, the Oso is one of the few knives that doesn't have a thumb stud, nor does it need it thanks to the assisted flipper. If you're looking for some serious bang for your buck power, or a EDC that's not a completely manual opener, the Oso Sweet is just that.

Blade Length: 3.125"

Overall Length: 7.25"

Weight: 3.2oz

Country of Origin: China

Retail: \$21

SOG ZOOM MINI



For another homerun faux-automatic knife option, the Zoom Mini is a blazing fast assist-open design that gets almost everything right. SOG has enough

material for a greatest hits triple-album when it comes to EDC folders, so it should come as no surprise that they've claimed a spot here. In fact, it was really hard to pick a favorite SOG.

Finally, we settled on the Zoom Mini on account of its value and super-fast assisted opening. We know how you like auto and faux auto knives.

With a very nice 3.125" AUS-8 blade, razor sharp out of the box, you can't help but notice that it looks like an auto-knife. Yet, since it's an assisted opener, it avoids many pesky legal issues.

As you can see, the blade is a drop point with a cool contour on the belly. Maybe this isn't the best configuration for sharpening, but for detail work and functionality it's awesome.

The scales are aluminum, and the grip itself is a bit beefier than some others on this list. So, if you have large hands, this may feel a bit more natural in terms of scale. At 3.7oz, however, this is a very carry-friendly knife and has perhaps the best pocket clip of them all. It's a very deep-ride setup with a larger loop for pants with thicker pocket materials.

While it's far from the only outstanding knife in the SOG catalog, the Zoom Mini really checks all the boxes for an EDC knife, much like the 535 Bugout. At about \$90, it's also a comparative option for the Benchmade, and one with a jealousy-inducing assist open mechanism.

Blade Length: 3.125"

Overall Length: 7.25"

Weight: 3.7oz

Country of Origin: Taiwan

Retail \$89

CRKT PROWESS



The Prowess is yet another grand slam from one of the most iconic knife designers of our era, Ken Onion. Founded in 1994, CRKT (Columbia River Knife and Tool) has come on strong by making quality knives and collaborating with heavy hitters like Onion to ensure their designs are on the, ahem, cutting edge.

Made from AUS-8 mid-grade steel, the blade on this knife is super impressive. With a flat grind on an extra wide drop-point style blade, the edge on this knife is superb.

This is a flipper, not an assisted opening knife, though the ball bearing pivot is extremely smooth and deployment is lighting quick. The glass-reinforced scales are good, not as grippy as we'd like, but very solid feeling in your hand. Part of that comes from the steel liners that add strength but also weight; it's on the heavier side at 4.6 ounces.

The Prowess makes up for its weight with its very sleek, low-profile design. The pocket-friendliness, aided and abetted by a really nice low-ride pocket clip, makes it an excellent EDC option.

The only major drawback with the Prowess appears if you prefer a tip-up carry, since this knife is configured solely for tip-down. Even if you are a tip-up type of person, this Prowess' handle design really makes more sense tip-down.

Blade Length: 3.375"

Overall Length: 7.75"

Weight: 4.6oz

Country of Origin: Taiwan

Retail: \$50

KA-BAR DOZIER FOLDING HUNTER



Often referred to as simply the "Ka-Bar Dozier," this ultra-lightweight knife is really the ultimate pick for

someone who wants a top-performer, yet is pretty tough on their EDC knives. Inexpensive as this Ka-Bar is, you can easily afford to replace your damaged, lost, or stolen Dozier and not miss a beat. Yet, you'll no doubt be very sad to see your old Dozier go.

Now, let's get into the box score, shall we? The Dozier Hunter is outfitted with a 3" blade in a very practical drop point configuration. The steel quality is good, made from very capable AUS-8a steel, plenty hard yet still easy to sharpen.

As for the handles, the Dozier Hunter features Zytel scales with a very well-executed grip pattern. The lock-back mechanism is nice and solid, with a really nice reversible thumb stud for deployment. And with no steel liners in the handle, this knife is impressively light, weight in at 2.2oz.

Another very nice feature with this knife is that Ka-Bar ships it with a shaving sharp edge. Plus, recent updates include a black coated blade for extra rust-resistance. AUS-8 steel is a bit prone to rust, as they all can, so the black coating is a substantial upgrade, as well as just looking cool. Speaking of looking cool, this knife also comes with a ton of color options from blaze orange to coyote brown.

Blade Length: 3"

Overall Length: 7.25"

Weight: 2.2oz

Country of Origin: Taiwan

Retail: \$20

KERSHAW SKYLINE



The Kershaw Skyline (model number 1760) is one of the highest rated EDC folding knives mankind has ever known, and has been held out as a standard for many years. With a very substantial deep-ride pocket clip, a slim profile, a confidence-inspiring G-10 handle, and barely noticeable carry weight of 2.3 oz., this is a knife that punches way above its price range.

Kershaw's American-made knives typically come with scary sharp blades, and the 1760 somehow seems even sharper. The Skyline packs an impressive 3.1-inch drop point blade in high quality Sandvik steel.

The blade, all by itself, is a significant accomplishment. It's big and stout enough for any kind of EDC use you throw at it, yet the fully-extended Skyline doesn't feel like a large knife.

How did they manage to design a knife with a 3+ inch blade that weighs 2.3 oz., it's probably because the G10 scales are the handle, no steel liners. But don't worry; you won't miss them.

The stats for the Skyline are impressive, but they only tell part of the story. Fact is, this model strikes a really nice balance between ergonomics, size, and weight that thousands of EDC fanboys can attest to. As we mentioned, this knife is often used for comparison in YouTube knife reviews.

The Skyline has a very stout liner lock mechanism that feels super solid. At the same time, it rides really comfortably in your pocket. At \$45, this knife really makes you wonder why anyone who has done their research would pay over \$100 for a competing blade.

Blade Length: 3.125"

Overall Length: 7.375"

Weight: 2.3oz

Country of Origin:

Retail: \$45

ZERO TOLERANCE SINKEVICH 0450

Now for something completely different. We love G10 handles, deep-ride pocket clips, and cool color choices as much as anyone. But for those who enjoy

a different aesthetic altogether, we bring you the ZT 0450.



It's bold, it's aggressive looking, and no it ain't cheap... but is this ever a sleek and sexy EDC knife. And hey, if you're investing a gift card or a little Christmas cash of some kind, this is an American made blade that's well-worth your consideration.

The 3.25" satin finish blade, in the case of the ZT 0450 comes in CPM-S35VN, which is a premium grade steel. This is one of the best steel options for hardness and edge retention that you're going to find in a mass-production knife. The sabre ground blade, though technically a drop point, just has a mean dagger look to it.

Bucking the trend, the handle on this ZT is a stonewashed titanium with chamfered edges. It's a nice handle, very solid hand feel. The flipper design deploys super-fast, with a KVT ball bearing pivot and the only frame lock mechanism on this list. Operation on the lockup is about the smoothest you'll find anywhere.

For a few dollars more, there is a carbon fiber version of this knife, if you're not into the titanium handle. The carbon fiber version is a bit more expensive and also lighter in weight.

7 The pocket clip is good, but we do wish it had a loop over deep ride clip. For a knife at this level, it's even

more important to protect your investment from getting scratched or somehow flipping out of your pocket and getting lost.

Zero Tolerance knives are all "proudly overbuilt in the USA" and we'll come out and say it's the most impressive looking on this list. If you want to slice through cardboard like it's a sheet of notebook paper, to get out some aggression or to impress your friends, this is the knife to do it. It's just solid as hell.

As we said above, the 0450 is not what you might call inexpensive, nor is its execution totally flawless. But the fact is, this knife is very reasonably priced considering the quality of the materials. Titanium handles, S35VN steel, an excellent sabre ground blade, these are what sets this knife apart.

Blade Length: 3.25"

Overall Length: 7.375"

Weight: 2.9oz

Country of Origin: USA

Retail: \$160

SPYERCO ENDURA 4



Did we save the best for last? We're sure that a lot of our readers will think so. The honest truth is that we did our best to mix things up in this list, peppering in knives with differing features and price points in order to keep things interesting.

Still, this knife has so many good things going for it, there's no doubt that it's got the right stuff to be #1 on your list. Thing is, Spyderco just gets it. They know what it takes to make the very best EDC knives out there and they currently produce several world-class options (e.g. the Delica 4).

The reason we selected the Endura 4 is, wait for it... it's got a big-ass blade. Really though, for an extremely carry-friendly EDC folder, the Endura does a great job feeling both smaller in the pocket, and bigger in the hand. At 3.75" in length, this full flat ground blade in VG-10 steel is one very clear instance where bigger is just better.

In no uncertain terms, the Endura's blade quality is outstanding, the third highest quality steel on this list (next to the Benchmade and ZT) thanks to the VG-10 Spyderco wisely selected. That's a lot of blade for your buck, folks.

This knife weighs in at 3.4oz, extremely impressive for its size. It's got a very well-done fiberglass reinforced nylon handle with plenty of grip texture and 4 pre-drilled positions for your pocket clip. The deep ride pocket clip is very good, not the best ever, but not a weakness by any means.

The quality of construction with this knife is excellent as well. The locking mechanism is about as good as it gets, with no side to side movement. The blade fits ever so snug, yet deploys easily. And there's adequate jimping on the back of the blade if you're doing so heavy work. All in all, this knife really hits on all cylinders, even on value.

Blade Length: 3.75"

Overall Length: 7.25"

Weight: 3.4oz

Country of Origin: Japan

Retail: \$78

CUT TO THE CHASE

We hope that we've succeeded in whetting your appetite with this list of EDC top-performers. As you can see, whether you've got a \$20 gift card burning a hole in your pocket, or a substantially larger sum

to spend, you've got several excellent options. You literally can't go wrong with any of these.

Although the prices range from an Andrew Jackson to a Benjamin Franklin and then some... all of these knives are scary sharp, lightweight, and extremely well-designed. In fact, we were struck by how incredibly similar these top EDC blades are. In terms of weight, overall length, and blade length, the stats speak for themselves.

The knives on this list exemplify what an EDC folder should be. The formula for what makes these knives so incredibly practical and useful is clear. The main difference between the least and most expensive just comes down to the quality of the materials used. We don't know about you, but that makes a lot of sense to us.





STRENGTH TRAINING FOR SHOOTERS: LOWER BODY EDITION

Spending hours at the shooting range has always been seen as the best way to increase shooting accuracy. But did you know Olympic shooting competitors have been relying on strength training to further their skill and win shooting events around the world, time after time?

It's simple. By strengthening your muscles, you automatically increase overall stability and endurance, no matter what outdoor activities you partake in. When it comes to shooting, the more stable you are, the better control you will have over your accuracy. And the more stamina you have, the more time you'll have to practice at the range or track and nab that prized buck without sacrificing your accuracy.

With the right strength training program, you can change your progress in less than two weeks by focusing on the muscles groups that play the most important role in your shooting stance.

9 But there's a common misconception about strength training for shooters floating around that

is affecting the progress of gun enthusiasts around the world...the misconception is you should focus more on upper body strength than lower body strength.

Although upper body strength for shooting is very important, training only your upper extremities can lead to postural deviations and poor balance. And we all know balance is key with developing a stable stance to counteract the kickback of a gun.

Avoiding the lower body muscles is a dangerous thought that has plagued many strength enthusiasts and can be seen everywhere. Go into your local gym and you will find a guy who is top heavy with a great upper body but twig-like legs to support it all.

But what many don't realize is the human body is much like a house. The lower body is the foundation. The core is the frame. The upper body is the windows. Now, you wouldn't build a house by constructing the windows first. You start with the foundation and work up from there.

The same goes with strength training. We want to begin with the extremities that play the most important role in creating a strong foundation for your shooting stance. By performing lower body exercises, you will be able to develop the necessary muscles that help increase your balance and endurance.

The primary lower-body muscles used when shooting are the glutes, quadriceps, and the calves, all of which create a strong foundation during target shooting and long hunting sessions in the wilderness.

First, we'll work on the glutes. Unlike what you might have learned, the glute muscles are not one big muscle group. It is made of the gluteus maximus, gluteus medius, and gluteus minimus. Each has its own task and work together to perform certain movements.

While the gluteus maximus aides in the extension of the hip, lateral rotation of the hip, and hip adduction, the gluteus medius and minimus is essential for stability while standing, walking, running, and performing single leg weight bearing movements.

Next muscle we will focus on are the quadriceps. They are a group of four muscles that are critical for extending the legs at the knee: the rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius. We want to pay attention to the quads because they're essential for standing, walking, running, or any activity that involves using your legs for long periods of time, like hunting.

Lastly, we will concentrate on the calf muscles, which are made of two muscles: the gastrocnemius and soleus. Their function is plantar flexing the foot at the ankle joint and flexing the leg at the knee joint, which means the calf muscle pulls the heel up to allow movement when walking, running, or jumping.

By strengthening these areas, you will be able to condition yourself to last a long trip without feeling tired or deviating from good shooting form.

isosceles, weaver, or chapman stance, your lower body must be strong enough to keep your body from shifting and throwing off your sights. Each of the muscle groups listed above plays a huge part in keeping your body stable when you are shooting and should be strengthened in order to bring your skill set to the next level.

Unlike other strength programs that include a heavy load with low repetitions, a shooter's strength program is not meant for developing a great amount of strength. As a shooter, you are looking for speed, agility, and endurance, which is why your lower body program includes high repetitions with lows weights.

Shooting is an endurance sport. High repetitions with low weights will help develop slow twitch muscles which increase your muscles' oxygen capacity, allowing your body to burn energy for extended periods of time. Perfect for when you are on a long hunting trip.

If you want to increase your stability and stamina, and in turn increase your shooting abilities, this is the program for you. Best part, you don't need a gym membership. All of these exercises can be done at home.

It is important to note, this program includes not only primary exercises, but warm-up stretches and cool down stretches. Although the main focus is to further develop your glutes, quads, and calves, it is essential for your body to warm-up and cool down whenever engaging in any physical activity.

HERE ARE THE GUIDELINES:

1. Always warm-up before strength training
2. Complete all movements through a full range of motion
3. Perform at least three sets of each exercise
4. Rest 45-60 seconds in between sets
5. Implement exercises into your schedule two to three times a week, 30 minutes a day
6. Do not hold your breath!
7. Increase weight in small increments once you can perform 15 reps of exercise with good form

8. If you decide to add weight: load chosen should produce “failure” by repetition 12, meaning you can’t do more than 12 reps in a particular exercise
9. And always STOP EXERCISING if you feel any unnatural strain

THE PROGRAM

Warm-up

- 1 set of Kneeling Hip Flexor Stretch
- 1 set x 15 reps of Good Mornings
- 1 set x 30 reps of Fire Hydrants

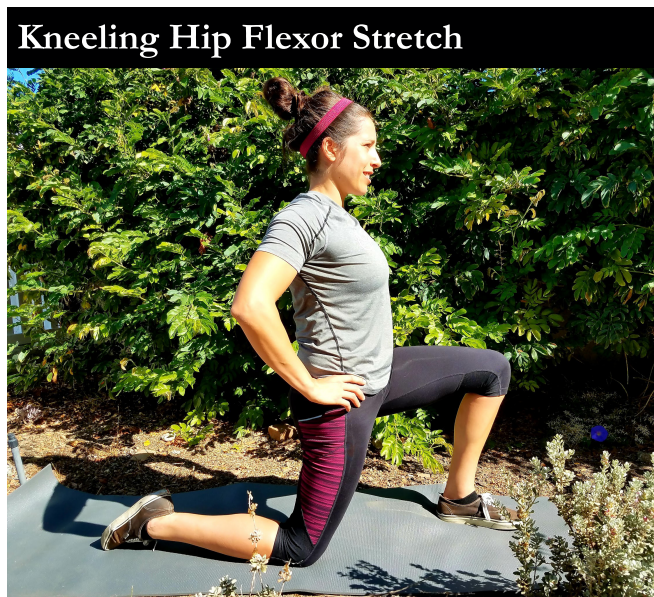
Workout

- 3 sets x 12 repetitions of Front Squat
- 3 sets x 12 reps of Stationary Split Squat
- 3 sets x 24 reps of Step-ups
- 3 sets x 24 reps of Single-leg Calf Raises

Post-workout Stretch

- Standing quad stretch
- Knee to chest stretch
- Standing calf stretch

WARM-UP



Kneeling Hip Flexor Stretch

- Find soft ground
- Come down in a lunge position with your right foot forward and your left knee on the ground
- Keep your chest up, core engaged, and shoulders back throughout the stretch
- Visualize your pelvis. Right now your pelvis is its neutral position. You want to flip your pelvis up toward the sky and hold it there for this stretch to be effective
- With your pelvis pulled up, squeeze your left glute
- You should feel a tightness down your left thigh.
- If you want a deeper stretch, gently push the pelvis forward
- Hold for 30 seconds and switch sides

Good Mornings



- What you need: PVC pipe
- Stand with your feet shoulder-width apart
- Rest the PVC pipe across the back of your shoulders, not your neck. Keep the pipe secured by retracting or pinching your shoulder blades together.
- Stand upright with the pipe across your shoulders and your core engaged (pull your navel to the back of your spine)
- Take a breath and hinge forward from your hips, not your waist
- Allow a slight bend in the knees while keeping your back completely flat

- Lean forward until you feel a stretch up your hamstrings (back side of legs)
- Do not go beyond horizontal
- Exhale and come back up to the starting position
- Repeat 15 times



- Find something to hold on for support like a chair
- Stand straight up with your core engaged, chest up, and shoulders back
- Keep this stance throughout the exercise
- Shift your weight to your left leg with your left knee slightly bent
- Raise your right leg out to the side as far as you WITHOUT leaning over
- As you get better, try raises your leg higher
- Repeat 15 times on right side, then switch to the left side

THE WORKOUT

Squat



- Stand with your feet slightly wider than your hips with your toes pointed slightly outward (about 5 to 20 degrees)
- Pick a spot on the wall straight in front of you and focus on this point the entire time
- Extend your arms forward. Keep them like this during the exercise to help counteract the weight
- While performing the squat, keep your spine in a neutral position, which means not rounding your back or hyperextending the natural arch of your lower back
- Remember, the weight of the squat should be evenly distributed on the heel and ball of your feet
- Keep your spine neutral with your chest up, core engaged, and shoulders pulled back
- Take a breathe and hinge at your hips. Do not start the squat by bending your knees
- As you descend down, bend your knees and continue to push your butt back behind you
- As you go down, make sure your knees are tracking your second toe the whole time. If your knees shift in, then push them out so they are in line with the second toe
- Squat down until your hips are lower than your

knees. If you stop before that, you will only be doing a partial squat and won't make much progress

- When coming back up, breathe out and drive through your heels while keeping the balls of your feet on the floor
- Drive your knees out the same way you did when you went down into the squat
- Make sure to squeeze your glutes at the top of the movement for full range of motion!
- Perform 3 sets of 12 repetitions

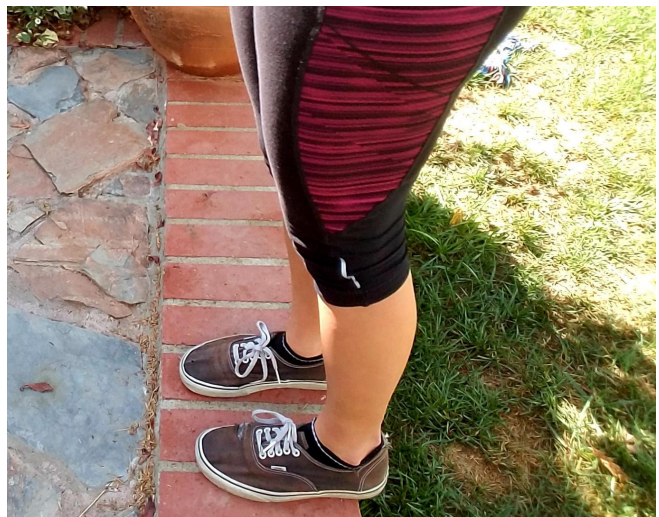
Stationary Lunge



- For your starting position, stand tall with your feet hip distance apart and take a large step backward with your right foot
- Your right foot should be on the toes with the heel lifted
- Keep your chest up, core engaged, and shoulders back
- Lower your right knee to a 90 degree angle, just above the ground. At this point, both knees are bent at a 90 degree angle.
- Use the left glute, quad, and hamstring as well as the right quad to press up to the starting position

- If you feel tightness in your right quad as you descend down, don't worry. This is normal and will become looser over time
- Repeat 12 times then switch to your left leg; this one set
- Perform 3 sets on each leg

Step-ups



- What you need: A leveled, elevated platform
- Stand up straight with your core engaged, chest up, and shoulders back
- Place your right foot on the platform
- Breathe out and step up onto the platform by extending the hip and the knee of your right leg
- Drive your right heel into the platform to further lift your body
- Once you are upright on the platform, place your left foot down
- Take a breath in and step your left leg down by flexing the right hip and knee
- Return to the original standing position by placing the right foot next to the left foot on the floor.
- Repeat 12 times and switch sides
- Perform 3 sets on each side



Single-leg calf raises



- What you need: a raised surface like a step
- Place the ball of your right foot on the edge of the raised surface so your right heel is hanging off
- Cross your left ankle behind your right and hold on to something with your left hand to help with balance
- With your right leg straight, lower your right heel toward the floor but stop before you touch it
- Now, rise up on the toes of your right foot as high as possible and give your right calf a huge squeeze once you've reached the top
- Pause and lower your right heel back to the starting position
- Remember, this is a slow and controlled motion. Take your time so you ensure you are targeting the calf correctly
- Repeat 12 times and switch sides
- Perform 3 sets on each side

POST WORKOUT STRETCH

Standing Quad Stretch



- What you need: something to hold onto for support (if needed)
- Stand up straight with your core engaged, chest up, and shoulders back
- Bend your left knee and grab your left foot by the laces
- Try to pull your heel to your butt while keeping your hips pushed forward
- You should feel a stretch in your hips and left thigh
- Make sure to breathe and keep your body in a straight line
- Hold for 30 seconds and switch sides
- Repeat as many times as needed

Knee to Chest



- Lie flat on your back with your legs straight and toes pointed to the sky
- Bend your right knee and slowly pull your leg to your chest
- Wrap your arms around either your thigh, shin, or knee, and bring your leg further to your chest
- Remember to breathe!
- Hold for 30 seconds and switch sides
- Repeat three times on each leg

Standing Calf Stretch



- Find a wall and stand about an arm's-length away
- Lean forward and put your hands flat on the wall about shoulder width apart
- Place your right foot close to the wall
- Extend your left foot behind you with the heel on the ground
- Lean into wall by pushing your hips forward until you feel a stretch in the the left calf
- If you want a deeper stretch, move your left foot farther back behind you
- Hold for 30 seconds and switch sides
- Repeat as much as needed

**STAY TUNED FOR STRENGTH TRAINING
FOR SHOOTING: UPPER BODY EDITION
NEXT MONTH!**

Hunting Dogs 101: The Right Dog for the Job

Searching for the perfect companion to bring along on your next hunting trip? Here's our guide to the best dog breeds for specific types of game.

For centuries, dogs have been used by hunters to pick up a scent, point, flush, and retrieve. But some breeds are better suited for a particular type of game than others due to their inherited skills.

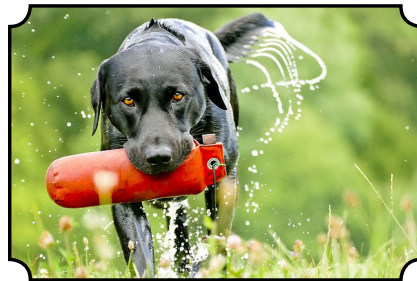
To come up with this guide, we looked at the following categories to determine which game matches up with a particular dog breed:

- Historical Background
- Physical Attributes
- Stamina
- Personality

And in case you find a dog you really like and want to get, we have also included training advice from the American Kennel Club so you can get the most out of your new hunting companion.

Enjoy!

Duck Hunting: The American Labrador Retriever



History

The Lab has been the go-to dog for hunting waterfowl and upland birds since the 1800s due to its natural ability to please and retrieve. No matter if your prize target is in a lake, pond, or ocean, the Lab will deliver it right to your hand.

Physical Attributes

This dog has several features that make it a great retriever in any weather condition. On top of a muscular body, it has a short and dense, double coat that is water resistant, webbed feet, and an “otter tail,” all of which helps make this dog one of the best swimmers and retrievers of waterfowls and upland birds.

Stamina

The Lab has great stamina because of its drive and

athleticism. This dog has the determination to hunt waterfowl for many hours, in any weather, without giving up. If their owner is still going, the Lab will be right there next to him, no matter what.

Personality

Labs have one of the most friendly demeanors and easy going temperaments. They are eager to please and love. They will be a great companion to a family and will get along with other dogs and cats... All they want to do is please their owner!

Training Advice From AKC

“With the Lab’s physical strength and high energy level, early socialization and puppy training classes are vital. Gently exposing the puppy to a wide variety of people, places, and situations between the ages of 7 weeks and 4 months and beginning obedience training early on will help him develop into a well-adjusted, well-mannered adult. Puppy training classes serve as part of the socialization process and help the owner learn to recognize and correct any bad habits that may be developing. Labs are devoted, intelligent, and enthusiastic companions who need to be included in family activities.”

Coon Hunting: The Treeing Walker Coonhound



History

You can find out all about this breed and why it was developed by breaking down its name.

“Treeing” is a type of hunting where the dog chases an animal up a tree and stays there, continuously barking, until the hunter shows up. A Coonhound is a type of breed that was created to “tree” small animals like racoons, but also bigger game...This dog is a coon’s worst nightmare.

Physical Attributes

This dog has an aerodynamic frame with muscular legs. It has powerful hind legs that allow it to propel forward and cover a whole lot of ground for long periods of time.

Stamina

The Treeing Walker is a straight out runner. They have stamina for days and can cover a great amount of area without losing energy.

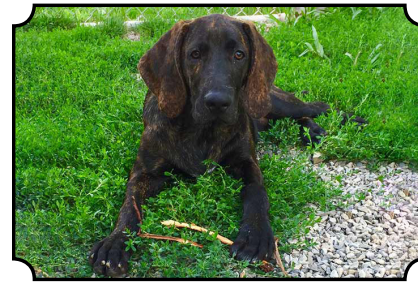
Personality

This dog is very alert and wants perform for you. Give it a task, and it will get done. If you want a smart companion on the field and a courteous companion at home, this dog might just be the one.

Training Advice From AKC

“The Treeing Walker Coonhound is very intelligent and eager to learn. These hounds love to please their people, but they also have a stubborn, independent streak. This can make them seem difficult to a trainer who doesn’t understand the coonhound brain. Keeping training lessons fun and entertaining and praising good behavior and jobs well done with treats as well as effusive praise will result in a hound who is a joy to live with.”

Bear Hunting: The Plott Hound



History

The Plott Hound was first developed in Germany by Jonathon Plott as a mountain dog,

used primarily for tracking and hunting wild boars. But once Mr. Plott brought his family and his Plott Hounds to North Carolina in 1750, where there are no wild boars, the Hounds adapted to their surroundings and were used to hunt bears...by either bringing them out of hiding or treeing them.

Physical Attributes

The Plott Hound has an athletic, large build that is also very agile in nature. They have muscular and sloping shoulders that provide great strength and speed.

Unlike other hounds, the Plott has a brindle-colored coat that is anything but saggy, and helps protect the dog from wind and water.

Stamina

Known for its endurance and agility, the Plott Hound can keep up with large animals and outlast anyone on a long hunting trip.

Personality

The Plott Hound is an aggressive hunter, but they are also very intelligent, quick to learn, and eager to please.

Training Advice From AKC

“The Plott is intelligent, alert, and confident. He can be a tail-wagging, people-loving dog, but may be a bit standoffish, since he is extremely smart and focused. Puppies should be socialized thoroughly with gentle exposure to a wide variety of people and other animals. Prospective owners should plan on an energetic puppy who requires a lot of attention. Because of his intelligence, the Plott needs mental stimulation to keep him occupied, or he will find ways to amuse himself that may be undesirable. Plotts may become food or toy aggressive, and need to be trained to avoid these behaviors. Owners should be prepared to hear the Plott’s “voice” in the home at times.”

Boar Hunting: The Doggo



Argentino

History

Although the Doggo Argentino was first used as a guard dog, its creator Dr.

Antonio Nores Martinez experimented with the dog’s capabilities by taking one a hunting trip. Once he saw the dog’s ability to adapt to its surroundings and use its power, tenacity, and keen sense of smell to capture large prey, he knew he had discovered a superior hunting dog.

Physical Attributes

The Doggo Argentino has a large and muscular build, supported by strong forelegs and angulated hind legs that give it that explosive power to track and bring down big game.

Stamina

Not only does this breed have a powerful, yet agile body, it also has great lung capacity and can tolerate long trips in any weather while successfully taking down big prey.

Personality

The Dogo Argentino is one of the most loyal companions you can ask for and will always protect its loved ones. It is very aware and energetic, making

it a great hunting companion.

This dog is also weary of strangers and can be a great guard dog. Just make sure to train it from a young age.

Exercise Training Advice From AKC

“Options for exercise include play time in the backyard, preferably fenced, or taken for walks several times a day. Exercise can also come in the form of indoor activities, like hide-and-seek, chasing a ball rolled along the floor, or teaching them new tricks. Certain outdoor activities like swimming, hiking, retrieving balls or flying discs can provide a good outlet for expending energy. Training for dog sports like agility, obedience and rally can also be a great way to give your dog exercise.”

Rabbit Hunting: The Beagle



History

Known as the “foot hound,” the Beagle became a popular breed during the 1500s due to a hunters ability to

keep up with the dog without needing a horse.

After the breeds arrival in America after the Civil War, its popularity exploded. The beagle’s strong nose (second to the bloodhound), distinct voice, and enthusiasm for hunting rabbits, made it the go-to dog for hunters.

Physical Attributes

The beagle is small, but powerful and big for its inches.

Did you know Beagles don’t drool? They also don’t have odor. And because of their short, smooth coat, there is little shedding.

Stamina

Don’t let this little guy’s size fool you. His muscular body can last a long time and keep up with the fast and determined rabbit.

Personality

The Beagle has one of the most adaptable personality and is extremely friendly. They are great companions,

full of love and just waiting to give it all to their next family.

Training Advice From AKC

“As with all dogs, early socialization and puppy training classes are a must. Treats are a huge aid in training. Beagles do not respond well to harsh techniques, but patience, positive reinforcement and even a little creativity will win out in the end.”

Deer Hunting: The American Foxhound



History

The American Foxhound was George Washington’s favorite dog for

hunting the quick and smart fox. He had dozens of these dogs and relied on their noses to sniff out foxes across the countryside. Their ability to catch a fox without killing it was an added bonus to this already impressive breed.

Due to its ability to run for long periods of time, pick up a scent, and keep prey moving, the American Foxhound soon began being used to hunt deer...and hunters have been pleased ever since.

Physical Attributes

Known as the “running hound,” this breed has long legs with slightly arched hind legs, giving it explosive power and great endurance capabilities.

Stamina

Not only can the American Foxhound endure a long tracking trip, they can also keep up with the speed of a fast animal like a deer.

Personality

This dog is super friendly and will get along with about anyone.

If an American Foxhound gets enough exercise, it can have a very adaptable personality. To avoid the dog from becoming bored and destructive, make sure to keep it active.

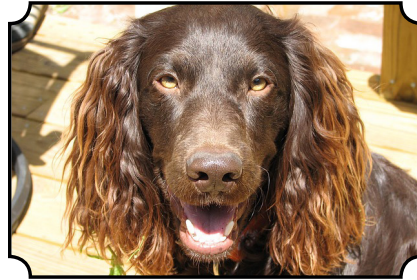
Training Advice From AKC

“American Foxhounds are easygoing and amiable.

19 They also can be stubborn and independent,

however, which can make training an exercise in patience. Obedience classes are recommended, and as scenthounds, it may never be safe to have them off-leash, because their noses can lead them into trouble. Foxhounds raised in the home tend to be wonderfully mild-tempered, devoted, and easygoing companions, and they get along well with children. Even so, owners will need patience and persistence when training them, and hounds can develop unwanted behaviors if not given enough exercise.”

Turkey Hunting: The Boykin Spaniel



History

Developed in the 20th century, the Boykin Spaniel is a crossbreed between the

Chesapeake Bay Retriever, Cocker Spaniel, English Springer Spaniel, and American Water Spaniel. So not only do you have an excellent retriever, you also have a great flusher...perfect for when you are hunting turkey.

Physical Attributes

This breed was developed to have a medium sized, balanced body that can cover all types of ground and excels in agility as well as speed. On top of that, this dog has webbed feet and is a beast in the water.

Stamina

Due to its extremely balanced and effortless gait, as well as its high energy level, the Boykin Spaniel has no problem sustaining long hours in the field or water.

Personality

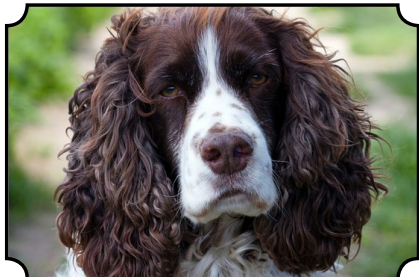
When the Boykin Spaniel is at home, the main word that describes this dog is sweet. But once they are out on the field, they’re main focus is hunting. They are highly intelligent and can adapt to a home of people or a home of wild turkeys on the dime.

Training Advice From AKC

“The Boykin Spaniel is a tough, energetic, and enthusiastic hunting dog, yet gentle and contented in the home. An affectionate and fiercely loyal personality is a hallmark of the breed, and Boykins make wonderful family pets. They thrive on

companionship, enjoying the company of children and other dogs. Early socialization and puppy training classes are recommended to help ensure that the Boykin grows into a well-adjusted, well-mannered companion. Intelligent and eager to please, Boykins are generally easy to train.”

Pheasant Hunting: The English Springer Spaniel



History

The English Springer Spaniel was developed in the early 1900s to

do one job: detect pheasants in high grass or brush, flush them from their safe cover, then point and retrieve their prize.

Physical Attributes

This dog has a medium sized, compact body with a double coat that protects from almost all weather conditions.

Stamina

Because of the dog's symmetrical and balanced body, the English Springer is built to cover a lot of ground with agility and endure long hours out on the field.

Personality

The English Springer is extremely polite and the ultimate people pleaser. This dog wants to do everything for you on a trip and wants to be best friends with the family at home.

Training Advice From AKC

“Early socialization and puppy training classes are important and help to ensure that the Springer grows into a well-adjusted, well-mannered companion. Springers are lively and highly intelligent, and continued training and gentle guidance are vital. The owner should be sure to be in control at all times, because the Springer is an active and forward explorer of his environment. The Springer wants to be with his family, and undesirable behaviors can result if he is regularly left alone for long periods of time.”

Quail Hunting: The German Shorthaired Pointer



History

The German Shorthaired Pointer (GSP) was developed with creativity by Prince Albrecht

zu Solms-Braunfels. He set out to create a hunting dog that did it all: a pointing bird dog, with a profound nose to trail, ability to retrieve on land and water, endurance power, and temperament to be a family guard dog..What he got was a hunting beast, born to hunt small game like the quail.

Physical Attributes

At shoulder height, a male GSP can stand between 23 and 25 inches and weigh from 55 to 70 pounds.

This dog's slim, but strong body gives it the power, speed, agility, and endurance needed to outpace small game like quail. On top of that, a GSP has webbed feet and is extremely athletic in water.

Stamina

The symmetrical body of a GSP gives it the ability to run long distance over a long period of time without getting tired.

Personality

The GSP has a friendly temperament and is willing to please their owner. This dog is very smart and trainable, making it a great hunting and family dog.

Training Advice From AKC

“Early training is essential for the German Shorthaired Pointer. Socialization and puppy training classes are vital, continuing with practice in basic obedience commands. This is an intelligent breed that learns quickly with consistent training sessions. GSPs need a purpose, and without one they can be destructive if left to their own devices. The breed can be extremely challenging from 6 months to 3 years old. GSPs have a very high energy level and a strong prey drive, and they need an owner with an active lifestyle to guide the dog's exuberance and intensity into positive outlets.”

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