



Dear Coach,

Thank you for your commitment to excellence and your desire to help athletes succeed. BFS is your full-service company, not only for your equipment, but for weightroom safety, exercise instruction and total fitness program design. BFS is there for you "From Concept To Completion". To help you get started we would like to offer you a **free 2D weightroom design consultation** (a \$100 value).

In addition to being the most practical way to determine how to equip and organize your weightroom, this layout is invaluable when promoting your dream room to administrators, boosters and the community. With so many custom options, the look of your facility is limited only by your imagination.

If you'd like to go one step further in your presentation, we also offer the option of designing 3D renderings of your future facility. Using the latest computer graphic technology, we can provide amazing images of weightroom concepts. The cost is \$250, but we will waive that fee if you order \$3,000 or more of quality BFS equipment.

To get started, please take a few minutes to complete the attached Weightroom Questionnaire and send it to BFS (via fax, e-mail or regular mail), please allow 3 to 4 weeks for completion. Please be as specific as possible when answering the questions.

The information gained from this questionnaire will allow the BFS weightroom design team to layout the weightroom of your dreams. Our goal is to help you create a safe, efficient, championship weightroom so your athletes can make the greatest possible gains. We look forward to working with you and your athletes as you strive to reach your goals.

Please contact BFS with any questions or concerns. Remember our commitment to you only begins with installation of your new weightroom, BFS can help you with every step involved in building a championship program. With our various coaches certifications and youth character education and training clinics we are dedicated to assisting you as you shape young lives and encourage kids to reach their potential.

Sincerely,

A handwritten signature in black ink that reads "Greg Shepard". The signature is written in a cursive, flowing style.

Dr. Greg Shepard
Founder/CEO



WEIGHTROOM DESIGN QUESTIONNAIRE

School	Coach	
Address	Phone	
City	State	ZIP
e-mail address		

WEIGHTROOM LAYOUT INFORMATION

1. Room dimensions
2. Sketch of the room, with all doorways, windows, and obstructions
3. Designate the front and the back of the room



WEIGHTROOM DESIGN QUESTIONNAIRE

MARK ALL EQUIPMENT THAT YOU HAVE IN YOUR WEIGHTROOM AND ARE KEEPING.

ITEM	QTY	ITEM	QTY	ITEM	QTY	ITEM	QTY
<input type="checkbox"/> Squat Racks		<input type="checkbox"/> Combo Hex Bars		<input type="checkbox"/> Utility Benches		<input type="checkbox"/> Bumper Racks	
<input type="checkbox"/> 3 in 1 squat boxes		<input type="checkbox"/> Hip Sled/Leg Press		<input type="checkbox"/> Bar/Plate Racks		<input type="checkbox"/> Dumbbell Sets	
<input type="checkbox"/> Clean Platforms		<input type="checkbox"/> Lat Machine		<input type="checkbox"/> Plyometric Boxes		<input type="checkbox"/> Belts/etc.	
<input type="checkbox"/> Olympic Benches		<input type="checkbox"/> Ellipticals		<input type="checkbox"/> Plyo Ramp		<input type="checkbox"/> Speed Ladders	
<input type="checkbox"/> High Hex Bar		<input type="checkbox"/> Treadmills		<input type="checkbox"/> Olympic Bars		<input type="checkbox"/> Safety Package	
<input type="checkbox"/> Dead Lift Platforms		<input type="checkbox"/> Upright/Spin Bikes		<input type="checkbox"/> Olympic Plates		<input type="checkbox"/> Dot Drill Pads	
<input type="checkbox"/> Regular Hex Bar		<input type="checkbox"/> Glute Ham Dev.		<input type="checkbox"/> Bumper Plates		<input type="checkbox"/> Just Jump Pad	
<input type="checkbox"/> Incline/Military Press		<input type="checkbox"/> Leg Curl/ Extension					

PROGRAM IMPLEMENTATION INFORMATION

1. How many students (max) will be in the weightroom at one time?

2. In your program will you primarily be using:

- Set Rep Log Books Beat The Computer Record Cards

3. When will the BFS Program be used in the weightroom? (check all that apply)

- Before school During School After School

4. Is the weightroom used for PE, other sports, and or the community?

	<input type="checkbox"/> Yes	<input type="checkbox"/> No	# of Classes	# of People
PE				
Sports Teams			# of Teams	
Community			# of People	

5. What teams will be using the weightroom and how many athletes on each team?

IS THERE A NEED FOR CARDIO EQUIPMENT IN THE WEIGHTROOM? YES NO

ITEM	QTY	ITEM	QTY	ITEM	QTY
<input type="checkbox"/> BFS Treadmills		<input type="checkbox"/> BFS Elliptical Trainer		<input type="checkbox"/> BFS Recumbent Stepper	
<input type="checkbox"/> BFS Upright Bike		<input type="checkbox"/> BFS Recumbent Bike		<input type="checkbox"/> Sideline Cycle	

7. School Colors/Mascot

8. What is your ideal completion date for this weightroom?

