



Greetings from BFS:

New construction projects are exciting and challenging times for school districts. Bigger Faster Stronger – the nation's leader in athletic fitness for the past 30 years – provides essential services to assist you with your project. We would like to work with you on your weightroom project, from concept to completion, and offer you the highest-quality exercise equipment at the best price.

BFS is your full-service company for all your exercise equipment needs, with an experienced staff to help with all aspects of weightroom design and program administration. Because we stock more than 800 quality products in our 70,000-sq. ft. warehouse, we can offer you low prices and ship any stock item within 48 hours.

Our motto at BFS is that we will help guide coaches and administrators “From Concept to Completion” to ensure a functional and aesthetically pleasing weightroom that also minimizes liability risk. Dr. Marc Rabinoff, an expert in the legal aspects of sports/fitness training and author of the BFS Liability and Safety Training Manual, estimates that fully half of the hundreds of litigations in his experience as expert witness were the result of poor facility design.

To ensure your weightroom is designed properly, BFS offers weightroom planning through the use of 3-D illustrations. These illustrations are drawn to scale to show you exactly how your weightroom can look, thereby ensuring proper use of available space and the best design for safe traffic flow. For example, whereas three feet of space between most equipment might be adequate, treadmills might require twice that amount – such considerations are essential from a liability standpoint.

BFS also offers regional and on-site clinics and a complete line of multimedia educational materials to teach coaches and athletes how to exercise for maximum performance with minimal risk of injury. And to ensure the highest levels of competence among coaches and physical education staff, we offer a hands-on certification course that includes a continuing education program. It's our proactive approach to liability management.

Highest Quality and a BFS Price

We use high-quality base materials for all its products, and we can customize almost any piece of equipment with these options:

- Powder-coat paint color
- Upholstery color
- Upholstered, colored rollers
- Chrome slides, adjustments and weight horns
- Protective stripping and wear guards

Here are a few of the quality features on all BFS equipment that set us apart from our competitors:

WARRANTY: Lifetime Warranty • Flange Bearings, Pulleys and Guide Rods: 5 years

Linear Bearings and Cables: 1 year • Upholstery and Grips: 120 days

FRAME AND WELDS: BFS offers A-36 carbon steel tubing with .035 MIG welds.

DESIGN: Every piece of BFS equipment is designed with the athlete in mind for function, safety and usability.

PAINT: Highest-quality black powder-coat paint is applied and then baked at 375 degrees.

PADDING: Each piece of padded equipment has a minimum 2”-thick, high-density neoprene padding.

UPHOLSTERY: Marine-grade vinyl is the stock vinyl to resist mold and mildew and comes in a wide range of colors.

BRASS BUSHINGS: All pivot points have institutional-grade, oil-impregnated brass bushings.

HARDWARE: BFS uses zinc-coated bolts with oversized washers and “nylock” nuts.

LOCK DOWNS: 3/8” hardened pop pins and threaded secure locks make sure the unit is safe, stable and easy to use.

RUBBER END CAPS: BFS uses institutional-grade, all-rubber end caps on the base points of each piece of equipment.

SETUP AND INSTALLATION: Our professional staff is available to come to your facility for assembly and installation.

Since 1976 BFS has been dedicated to helping administrators, athletes and coaches succeed with our quality products. Please give us the opportunity to help take your program to the next level.

Thank you,

Dr. Greg Shepard
BFS CEO/Founder