



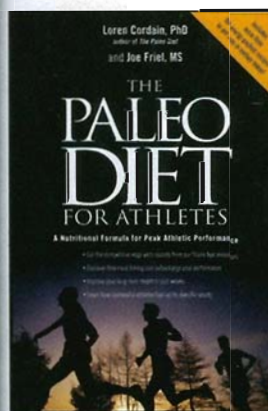
MacGyver Does It Again

Paul "MacGyver" Gagné has come up with two innovative exercises to do with the Hex bar. In these two photos he demonstrates Hex bar dips, which are brutally hard, and Hex bar pull-ups. For more exercises by Gagné, refer to our article about Hex bar training in our September/October 2004 issue.



Powerful Reception

With personal bests of 330 in the power clean and 515 in the squat, Jason Brown is one of the strongest wide receivers in Division I football. The Air Force Academy senior weighs 225 pounds and can run a 4.58 forty and vertical jump 35 inches.

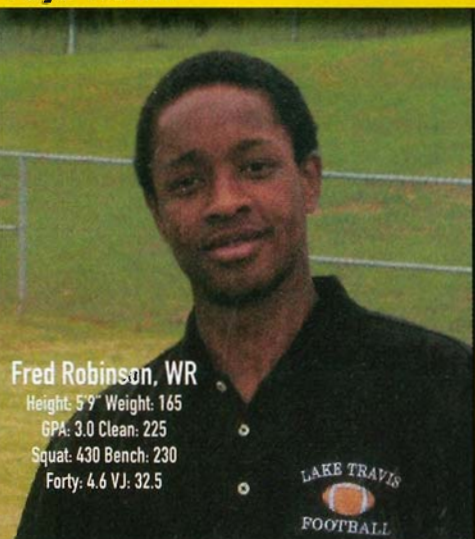


Evolutionary Caveman Diet

The Paleo Diet by Dr. Loren Cordain was featured in our September/October 2004 issue. An upcoming issue of "BFS Magazine" will review Dr. Cordain's newest book, "The Paleo Diet for Athletes," published by Rodale Press.

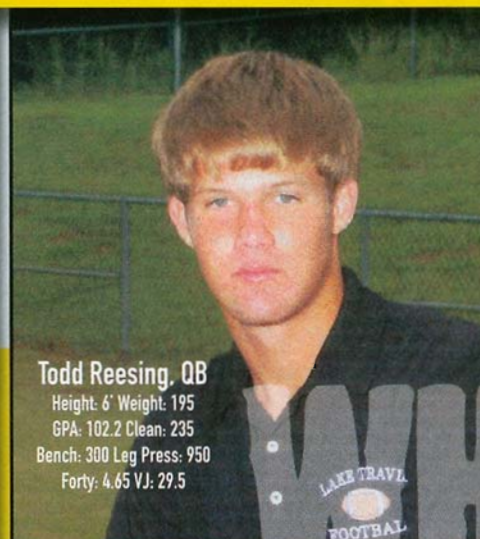
Last year Jeff Discus, the head football coach at Lake Travis High School in Austin, Texas, saw his team win the district championship for the first time in school history. We hope to feature the Cavaliers in an upcoming issue. Until then, here are some stats on three of their outstanding athletes:

Player Profiles



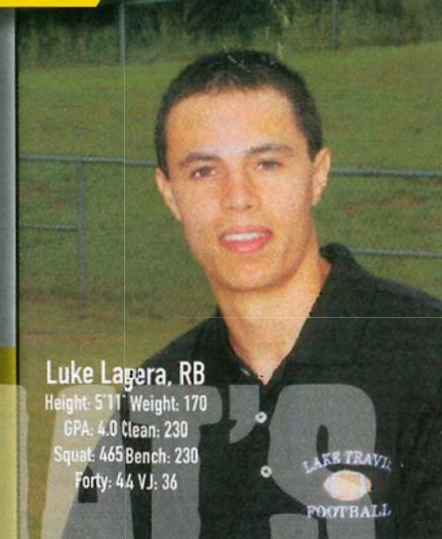
Fred Robinson, WR

Height: 5'9" Weight: 165
GPA: 3.0 Clean: 225
Squat: 430 Bench: 230
Forty: 4.6 VJ: 32.5



Todd Reesing, QB

Height: 6' Weight: 195
GPA: 102.2 Clean: 235
Bench: 300 Leg Press: 950
Forty: 4.65 VJ: 29.5



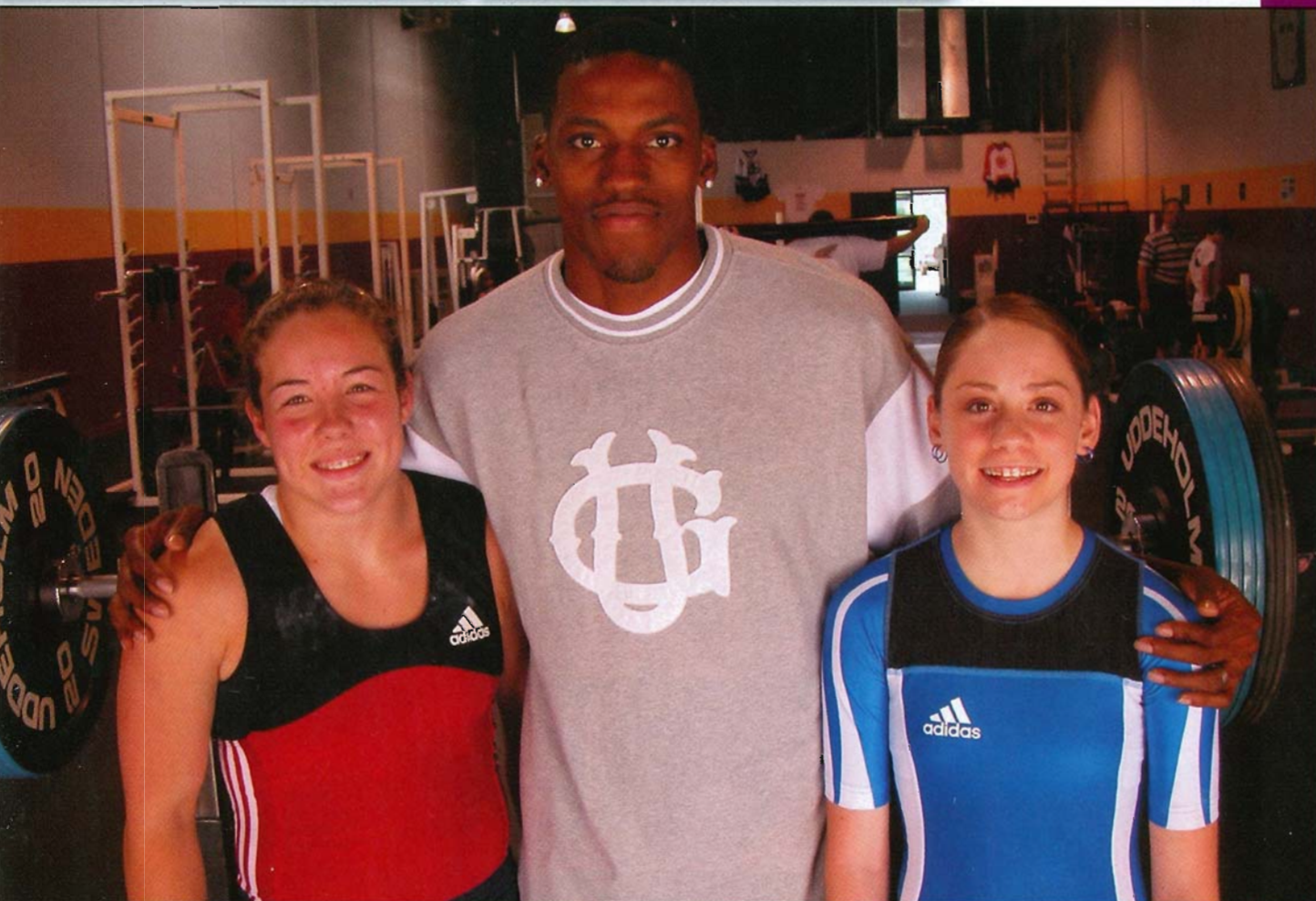
Luke Lagara, RB

Height: 5'11" Weight: 170
GPA: 4.0 Clean: 230
Squat: 465 Bench: 230
Forty: 4.4 VJ: 36



Ultimate Fighting: The BFS Way

When he's not working hard in our warehouse to ensure on-time delivery of BFS equipment, Eric Hutchinson competes in Ultimate Fighting. Here he is shown taking an order from his supervisor, Brent Delgado, and then showing Brent what he thinks of that order.

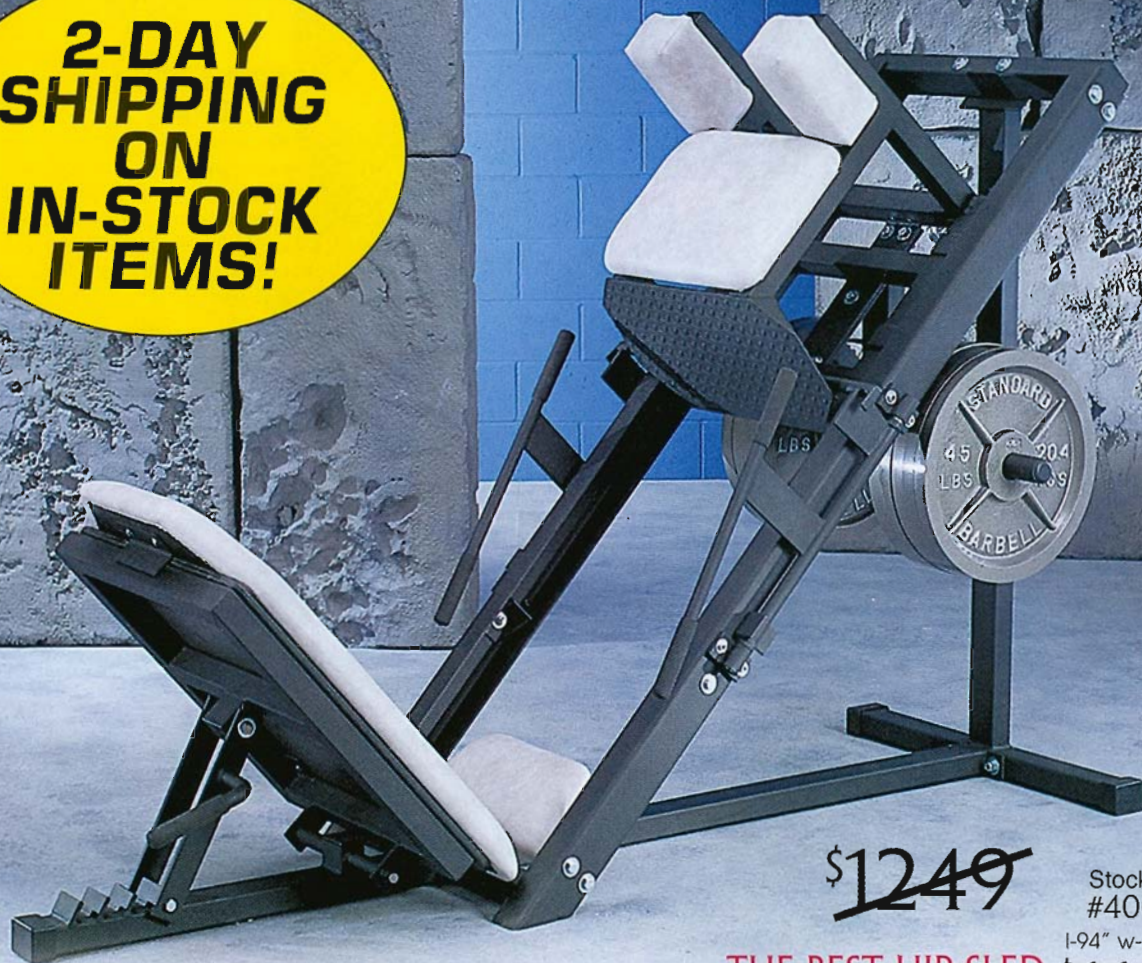


Weights Against Cancer

Ade Jimoh, a defensive back for the Washington Redskins, poses with Team BFS athletes Maegan Snodgrass (left) and Shelby Smith. The three were part of a lift-a-thon held on July 30 at the Edge Training Center in Salt Lake City. The event raised \$1500 for St. Jude Children's Research Hospital.

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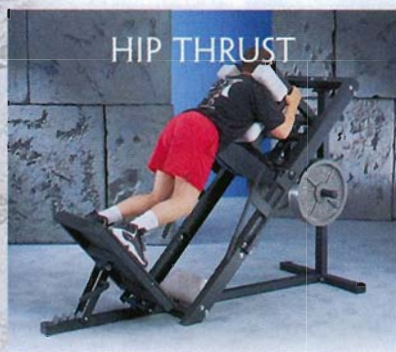
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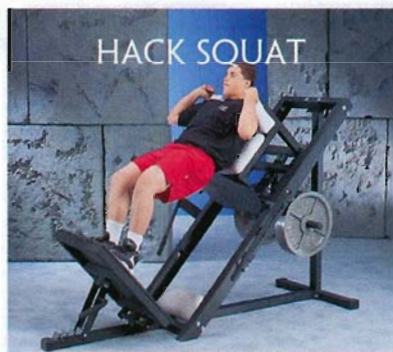
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