

Like Father Like Son Like Brother



Photo: Jaren Wilkey, BYU

Thirty-five years ago while attending BYU, Anders Arrhenius put the shot over 65 feet and earned All-American honors for that event. At that time BFS founder/CEO Dr. Greg Shepard was the strength coach at BYU. Many years later, Anders' son Nik set a national high school record in the discus at 234 feet 3 inches and later won the NCAA title while representing BYU in that event. Now it's Leif Arrhenius's turn.

Leif Arrhenius, Nik's brother, was a three-time champion in the shot put and discus at Mountain View High School. This year Leif, representing BYU, had the nation's top throw in the discus going into the NCAA National Championships with a best throw of 207 feet 1 inch (63.12 meters). At the Nationals he fell short of that distance and finished fourth, but the good news is that as a sophomore he has two more years.

In the weightroom, as a freshman Leif bench-pressed 495 pounds, a remarkable achievement when you consider that the best bench press for a BYU football player is 540 pounds. His coaches include Olympic champion L.J. Silvester, his father and his brother Nik. Since most top throwers peak in their late 20s and early 30s, we expect to hear more of the Arrhenius name for many more years to come.

BFS Gets the Treatment, Soft-Tissue Style

On May 13 Dr. Peter Levy stopped by BFS headquarters in Salt Lake City for a visit. While here, he provided demonstrations of Neuromuscular ReeducationSM to several of our staff, including BFS president Bob Rowbotham. Neuromuscular ReeducationSM is a hands-on soft tissue treatment method that can be learned in a weekend at Dr. Levy's seminar. We plan to have an article describing this technique and its benefits in more detail in an upcoming issue. In the meantime, check out Dr. Levy's web-site: www.nmrseminars.com.





LETTER TO THE EDITOR: Certification Power

Nick Brewer is the strength coach and assistant football coach at Jackson Preparatory School in Jackson, Mississippi. In February 2006 his school hosted a BFS Coaches Certification Clinic, and since then they have gone 25-0 and have won two state championships. "The BFS clinic was what I needed, and the BFS program was what our kids needed," says Brewer. "Our team speed improved dramatically as well as our strength. This year the average weight on the offensive line was 220 pounds

and 186 pounds on the defensive line, and as a result both lines were generally outweighed by at least 40 to 50 pounds per man. The BFS program gave us an edge over bigger lines by using our speed and strength to wear down our opponents. We are a college prep school that plays in a private school league, but this year we played two public schools and shut out both opponents by a combined score of 74-0. It was all possible by following the BFS program."

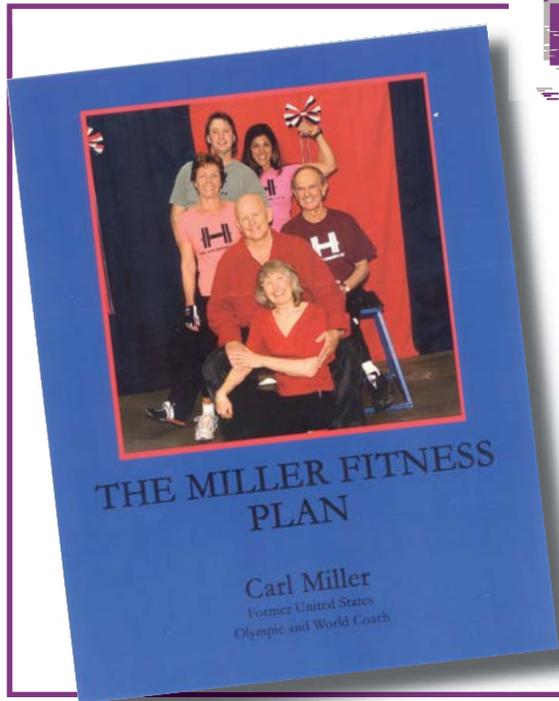


Photo: USC SID

Sam Baker: Supersized

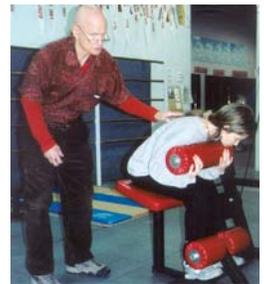
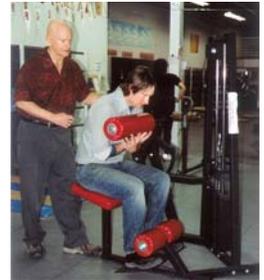
When offensive lineman Sam Baker finished his college football career, he knew that he would need to add some strength and muscle mass to take his game to the next level. As a result, he sought out the help of Charles Poliquin and Mike Bystol, owner of Poliquin Performance Center in Chicago, Illinois. After two months, the 6-foot-5 Baker added 25 pounds of solid muscle and reduced his bodyfat percentage from 26 percent to 16.9 percent. These results apparently impressed the scouts, as he went to the Atlanta Falcons in the first round of the NFL Draft.

DOUBLE TAKES



Core Training with Carl Miller

The accomplishments of Carl Miller were profiled in our Fall 2003 issue, and he tells us that he has had great sales of his recent book, *The Miller Fitness Plan: Physical Training for Men and Women* (Sunstone Press). He recently purchased our selector abdominal/lower back machine, and he sent us these photos of him working with his son Shane and Sarah Sneiderman, a second-year medical student.



BOOK REVIEW: Making the Best Better!

Strength coach Tim Adams has been featured twice in *BFS* magazine, once in 2004 when he was a strength coach for the Oakland Raiders and last year when he discussed his independent work with clients who range from Heisman Trophy winners to X-Game champions. Adams has recently written *Making the Best Better!*, a book about the mental training method he has used with these athletes. In it you will learn Adams' 10-step program that will help you

achieve success in all aspects of life. The book is published by Motivated Publishing Ventures and is available through Amazon.com.



Getting Stronger with BFS

They say that weightlifting is a sport of development, and Shane Davis and his athletes are proving just that. A strength coach at Apalachee High School in Winder, Georgia, Davis had this to say about his results in the weightroom: "When we did our first max in June of 2005, we only had four kids in the program who could power clean over 200 pounds, and our strongest power clean was 215 pounds. We now have 42 kids who can power clean over 225, and 24 over 250, and two over 300. In 2007 we won our area and finished second in the state behind powerhouse Washington County. We have great kids who love the weightroom and have thrived using the BFS program."

PLAYER PROFILES

Jasmine Bingham

Jasmine Bingham is a junior at Wahkiakum High School in Cathlamet, Washington. She competes in track and cross country. Jasmine holds the school records in the 100 meters at 12.4 and in the 200 at 26.0. This year she placed second in the state in the 100, 200, the 4 x 100 and the 4 x 200. Bingham's best lifts include the following: clean, 160; bench, 150; squat, 230; deadlift, 265. Bingham has a 3.93 cumulative grade point average and has been on the All-State academic team ever since her freshman year. She is very involved in school activities, volunteers for many community events, and this year was the Masonic "Outstanding Junior" award recipient. Says her strength coach, Marc Niemeyer, "Jasmine Bingham is an amazing athlete and has shown tremendous achievement in the Bigger Faster Stronger program!"



MRSA Warning: Don't Sleep with Your Dog!

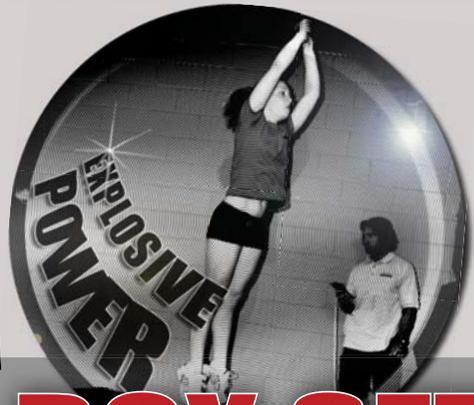
As the concern grows about Methicillin-resistant Staphylococcus aureus (MRSA), it might be a good idea to take additional precautions with your pets. According to the Centers for Disease Control, pet owners can become infected with the so-called superbug if their pets are infected, although it is believed to be relatively rare.

According to Oklahoma veterinarian Dr. Tina Neel, interviewed for *NewsOn6.com*, "What we're finding is that pets, if they are colonized or harboring the bacteria, have first gotten it from people in the house. But if they become infected or colonized, they can be part of that transmission cycle and for a short period of time, transmit that to people in the house." Neel says that one practical piece of advice to reduce the risk of such transmission is not to let your pet sleep with you. **EF**



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