



The Answer for the Busy Coach: Computer-Aided Workouts

How the BFS Beat the Computer software can save you time

In our current economy, schools are being forced to downsize personnel, thereby increasing the administrative responsibilities of the remaining staff – including coaches and physical education instructors. And although weight-room supervisors know the importance of writing workouts and keeping accurate reports on athletes' progress, this task can consume an inordinate amount of time, particularly when large numbers of athletes are involved. The solution is to use computer software, such as the BFS Beat the Computer system.

When BFS developed the BFS Set-Rep Logbook 30 years ago, individual athletes were able to efficiently record their progress and set goals for their next training session. It was a good system that motivated athletes to train harder, but for large groups of athletes, coaches realized that a well-designed software program would be better. For this reason, Richard Knowley, director of computer programming at BFS, and BFS Founder/CEO Dr. Greg Shepard translated the BFS program into a software program.

Based on an athlete's current maxes for each exercise, Knowley's software program sets up challenging workouts. The innovative software

is divided into three categories: The Ironman Ranking shows the athlete's performance in the core lifts, while the Power Ranking compares the field tests and ranks them according to national standards, school grade level and the ranking in the school. Finally, the Recommendations category assesses the results and provides recommendations such as paying more attention to diet or flexibility.

The next goal of the program is to show athletes how they compare to current and past members in individual results. Athletes can choose to print a report that takes any of the benchmarks from the individual

reports and provides Top 10 lists of all the major core lifts and field tests, or they can select a report that provides a historical perspective by producing Top 10 lists of the best-ever performances in those tests in the history of the school.

With the ever-increasing responsibilities involved in coaching, BFS wanted to find a way to motivate athletes and reduce paperwork without sacrificing quality coaching. Beat the Computer is the perfect solution. Isn't it time you stepped up to the next level with this high-tech coaching tool? **BFS**

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East Side High School
Weekly Workout Schedule for the week of November 10, 2008
Bigger Faster Stronger
Visit BFS on the web: www.biggerfasterstronger.com

Athlete Information
Smith, Ryan
ID Number
Grade/Period 11 2
Sport / Positions FOOTBALL
Workout Schedule: BFS-B
Week # 2 of a 4 week workout.

Notes on the Workout
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**
For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number — 1 —
Did you BEAT THE COMPUTER on your last set? Write your Reps here!

| Core Lifts | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Auxiliary Lifts | Set 1 | Set 2 | New Weight |
|---------------------|--------|--------|--------|--------|--------|-----------------|---------|---------|------------|
| Power Clean | 5x 135 | 5x 140 | 5x 150 | 5x 155 | 5x 165 | Lat Pull Down | 10x 130 | 10x 130 | |
| Front Squat | 5x 140 | 5x 150 | 5x 155 | 5x 165 | 5x 170 | | | | |
| Incline Bench Press | 5x 120 | 5x 125 | 5x 130 | 5x 140 | 5x 145 | | | | |

Day Number — 2 —
Did you BEAT THE COMPUTER on your last set? Write your Reps here!

| Core Lifts | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Auxiliary Lifts | Set 1 | Set 2 | New Weight |
|------------------|--------|--------|--------|--------|--------|-----------------|--------|--------|------------|
| Parallel Squat | 5x 160 | 5x 170 | 5x 180 | 5x 190 | 5x 195 | Leg Curl | 10x 70 | 10x 70 | |
| Bench Press | 5x 135 | 5x 145 | 5x 150 | 5x 160 | 5x 165 | | | | |
| Hex Bar Deadlift | 5x 205 | 5x 215 | 5x 225 | 5x 235 | 5x 250 | | | | |

A sample in-season workout using the BFS Beat the Computer system.

provides the unique benefit of motivating athletes to *exceed* the computer's expectations – and that's why Knowley named the program *Beat the Computer*.

In addition to specifying workouts, the BTC program calculates individual and team reports. This enables coaches and athletes to compare an athlete not only to current team members but also to the all-time leaders on the team and to BFS national standards. The program produces individual progress reports on all the major exercises and field tests in the BFS program. Each athlete's report

RECORD KEEPING 4 RECORD BREAKING!

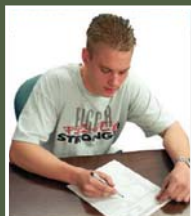


Beat the Computer Pro®

CREATE PERSONALIZED, SPORT-SPECIFIC WORKOUTS USING THE MOST SUCCESSFUL SET-REP COMPUTER SOFTWARE PROGRAM EVER CREATED.

Here's how it works

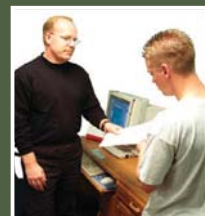
- ▶ Print test sheets & forms
- ▶ Athletes fill in forms listing core & auxiliary lifts.



- ▶ Enter the Athletes lifts
- ▶ BTC Pro calculates weights for each set in a unique, sport-specific workout.



- ▶ Each week simply print out the Weekly Workout Schedule for each athlete.



Beat the Computer Pro-Workout Test Sheet
East Side High School
Bigger Faster Stronger

Name: _____ ID Number: _____
Address: _____ Weight: _____
Phone: _____ Grade/Period: _____
City, St, Zip: _____
Weekly Workout Schedule: _____
Number of Workout Days per Week: _____
Number of Sets and Reps of each Workout: _____
Number of Weeks in Program: _____
Date to Begin Program: _____

Core Lifts: _____
Auxiliary Lifts: _____
Squat: _____
Deadlift: _____
Bench Press: _____
Clean: _____
Jerk: _____
Power Clean: _____
Power Snatch: _____
Front Squat: _____
Back Squat: _____
Trap Bar Deadlift: _____
Romanian Deadlift: _____
Bulgarian Split Squat: _____
Walking Lunges: _____
Calf Raises: _____
Sit-Ups: _____
Push-Ups: _____
Plank: _____
Core: _____
Cardio: _____
Other: _____

East Side High School
Weekly Workout Schedule for the week of October 17, 2005
Bigger Faster Stronger

Athlete Information:
Name: Dean, Carver
Address: 3875 W. Main Way
Merion Island, WA 98040
Phone: _____
City, St, Zip: _____
Weekly Workout Schedule: _____
Number of Workout Days per Week: _____
Number of Sets and Reps of each Workout: _____
Number of Weeks in Program: _____
Date to Begin Program: _____

Core Lifts: _____
Auxiliary Lifts: _____
Squat: _____
Deadlift: _____
Bench Press: _____
Clean: _____
Jerk: _____
Power Clean: _____
Power Snatch: _____
Front Squat: _____
Back Squat: _____
Trap Bar Deadlift: _____
Romanian Deadlift: _____
Bulgarian Split Squat: _____
Walking Lunges: _____
Calf Raises: _____
Sit-Ups: _____
Push-Ups: _____
Plank: _____
Core: _____
Cardio: _____
Other: _____

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Top 10

East Side High School
Top 10 scores among Current Athletes

| Rank | Name | Date | Score |
|------|-------------------|-----------|-------------|
| 1st | John Tibus | 5/24/2004 | 9th 315 lbs |
| 2nd | Jason Merrill | 7/12/2004 | 9th 255 lbs |
| 3rd | Andy Selcho | 7/11/2004 | 9th 245 lbs |
| 4th | Carver Deans | 7/11/2004 | 9th 225 lbs |
| 5th | Amy Coulam | 7/12/2004 | 9th 205 lbs |
| 6th | Kelly Vinyl | 7/12/2004 | 9th 160 lbs |
| 7th | Jason Castleton | 7/12/2004 | 9th 155 lbs |
| 8th | Carolyn Robertson | 7/12/2004 | 9th 145 lbs |
| 9th | Celina Tamayo | 7/12/2004 | 9th 135 lbs |
| 10th | Sara Clarke | 7/12/2004 | 9th 125 lbs |

BFS
Beat the Computer

- ▶ PRODUCE CUSTOMIZED ADDITIONAL REPORTS
- ▶ Ironman & Power Rankings
- ▶ Compare to national standards
- ▶ Produce Top 10 Lists and Challenge your athletes to improve

PRINT TEST SHEETS GENERATE INDIVIDUAL WORKOUTS

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ONLY
\$299
#325091

Each program is customized with the school name and CANNOT BE RETURNED.

Please get the demo version if you are unsure of your purchase.

Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements:

Pentium II Mhz or faster processor • Windows 98, ME, XP, NT, 4, 2000 or newer operating system

256 MB or more of available memory (RAM) • 8x speed or faster CD rom (only required to install from CD)

Hard drive with 50 MB or more free space • SVGA monitor running at 800x600 resolution (1024x768 preferred), 256 color

Windows compatible mouse or other pointing device • Windows compatible printer.

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