

Photo: Steve Kinslow



Maegan Snodgrass won the Junior National Weightlifting Championships and will be representing the United States at the Junior World Championships in Romania in June.



Photo: Steve Fauer, www.photosforbfs.com

Team BFS Lifter Makes World Team

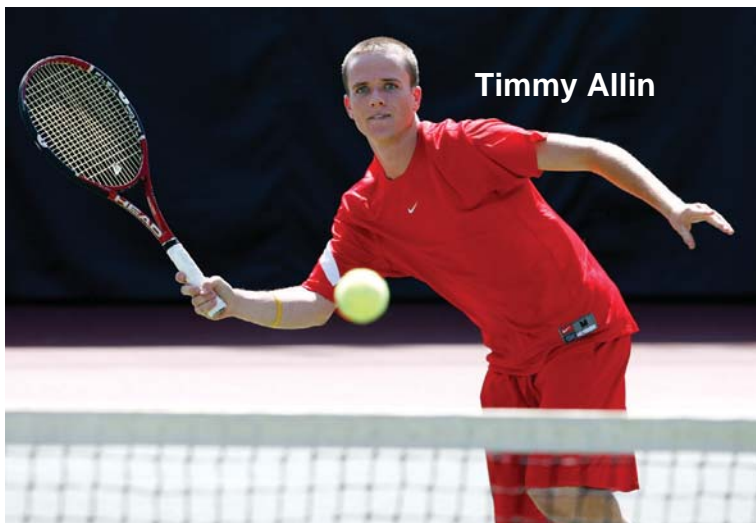
Competing in her first national competition in three years, Team BFS weightlifter Maegan Snodgrass qualified for the Junior World Team, which will compete in June in Romania. Snodgrass snatched 182

pounds and clean and jerked 220 pounds to win the 152-165-pound bodyweight class. Snodgrass attends Utah State on scholarship with a major in education and plans to become a teacher when she graduates.

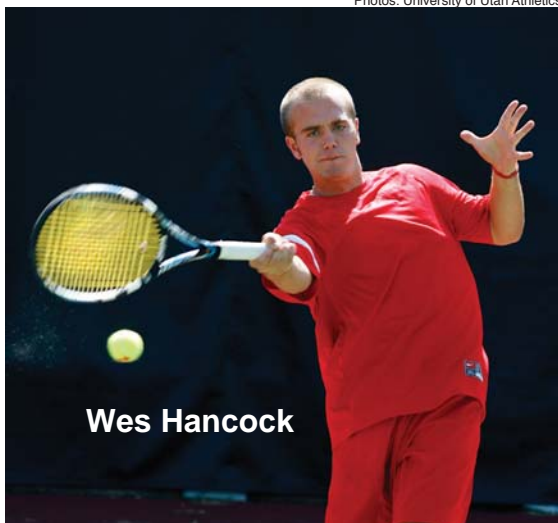
This year Snodgrass hopes to break the Junior American record in the snatch, currently held by Kelly Lynch at 194 pounds. Lynch, who was featured in the March/April 2007 issue of *BFS* magazine, is also on the team.

DOUBLE TAKES

Photos: University of Utah Athletics



Timmy Allin



Wes Hancock

Utes Tennis Coming On Strong

While considerable media attention has focused on the success of University of Utah's football and gymnastic teams, their tennis program is also starting to really take off. The program was featured in our

July/August 2008 issue and has a BFS connection, as former BFS clinician Roeland Brateanu is an assistant coach. Last year they finished 13-11. At the time of this writing they are having a great year with 3-0 in confer-

ence play and 15-6 in the season. As for individual standouts, Timmy Allin is on an 11-game winning streak, and the doubles team of Wes Hancock and Phillip Eilers is 13-1. Congratulations!

Revising History: The Reverse Back Extension Machine

In the May/June 2007 issue of *BFS* magazine, we presented what we thought was a complete history of the reverse back extension machine. However, after receiving a letter from Tony Dolezel of Vancouver in February, we've learned that our article was missing some information.

The reverse back extension exercise has a long history, and variations of this exercise with resistance over a pommel horse appear in Hungarian and East German gymnastic books. In 1993 the first patent for a machine was approved, which applied resistance by the use of a strap that wrapped around the ankles. Years later, a roller pad attached to a lever arm was used, and this is the variation offered by BFS. Dolezel, however, believes that he developed the first working prototype of a reverse back extension machine.

In 1976 Dolezel seriously injured his lower back while performing the "good morning" exercise in preparation for the Canadian National Powerlifting Championships. Says Dolezel, "Frustrated, and afraid I might have to live with chronic pain...I began looking around for something that could help me stretch and decompress my lower back." What he found was the reverse back extension exercise; and as he got stronger, he looked for ways to add resistance.

"At first, I suspended weights from my ankles with ropes, but this was time consuming and uncomfortable.... In time my back got so strong, I began using gym members for resistance." Then he got the idea of developing a machine specifically for this exercise.

"On December 2, 1979, I joined the Spartacus Athletic Club in Vancouver, BC, Canada. There was no high bench in the gym, so I asked the owners (Dennis Carson and David Madison) if I could install a "Double Hyperextension" bench." They agreed, and Dolezel contracted the building of the first reverse back extension machine to a Mr. Roger Black, which was installed on December 13, 1979. "To my knowledge, this was the first bench ever made for the reverse hyperextension exercise," says Dolezel.

Currently Dolezel is living a pain-free life but regrets not being the first to have his machine put on the market. Shown above is a 1979 photo of Mr. Dolezel's machine, and you can learn more about his experiences at tony@silathletic.com.

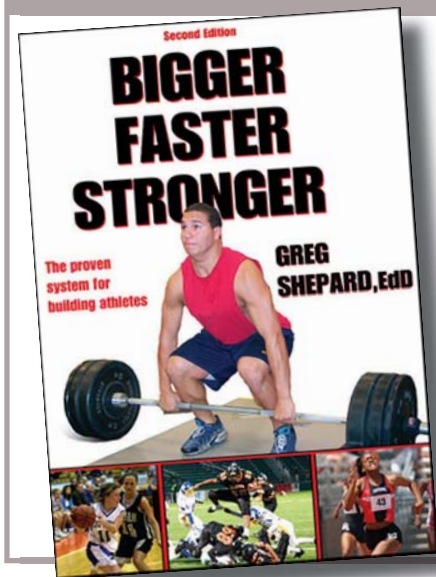


Tony Dolezel suffered a lower back injury in 1976, which inspired him to create this reverse hyperextension bench in 1979.



BFS Plate Loaded Reverse Back Extension Machine, 2008

PRODUCT SPOTLIGHT



The Total Program: Part II

Although BFS has an amazing website and many other multimedia presentations, the heart of the BFS program has always been Dr. Greg Shepard's book *Bigger Faster Stronger: The Proven System for Building Athletes*. This March, Human Kinetics published the second edition of this great text, completely revised with 20 additional pages, updated photos and several additional chapters. A must for the library of every coach and physical education instructor. Order online at biggerfasterstronger.com, or give us a call at 1-800-628-9737.



Brett Sampson

Coming Next Issue

Our July/August issue will announce our 2009 BFS High School Male Athlete of the Year. If you know of an athlete who deserves this honor, which includes a major feature story in *BFS* magazine and the great trophy shown here, please contact *BFS* editor in chief Kim Goss at kim@bfsmail.com.



Bring On the Power!

The 5th Annual National High School Power Clean Championships will be held on May 23 at Bonanza High School in Las Vegas, Nevada. Val Balison is the meet director, and for more information contact him at vjbalison@cox.net.

One of the favorites this year is Brett Sampson, the national record holder in the 123.5-pound bodyweight class with a best of 240 pounds. This year Sampson has moved up to the 136.5-pound class, and in the Las Vegas Power Clean Championships in March Sampson cleaned 240 pounds. Now he's shooting for 275 pounds in the national meet to exceed the current record of 235 held by his Las Vegas High School teammate Gabriel Love-Hough. A special exhibition will be performed by last year's winner, Pat Mendes, who has cleaned 462 pounds in training and was the winner of the Arnold Classic Weightlifting Competition held in March.

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