

The BFS *Five-Day Workout* for Basketball

How to fine-tune the BFS program for basketball



Logan Aronhalt started the BFS program in the sixth grade and became the all-time leading scorer at Zanesville High School in Zanesville, Ohio. He now attends the University of Albany, where he plays guard and forward.

If you just went by the physiques of basketball players from several decades ago, especially in the NBA, you would think that you were looking at a different sport. Gone are the days of teams comprised of a tall, lanky center supported by four smaller, quicker teammates. Now everyone is tall, everyone is quick – and unless you saw them in person, you wouldn't guess that the average player is over 6 foot 6 and weighs 225 pounds. Indeed, today's professional basketball player is the living personification of our motto: Bigger, Faster, Stronger.

Although NBA players are exceptional physical specimens and do not reflect the typical body types of most mortals, their example has led players of all ages and at all levels to make strength training a key aspect of their training. And the reason is simple. Whether it's maneuvering for position under the basket or fighting for a rebound, the stronger athlete will almost always win. And this is always true with the women's game. Just ask Erin Aitken, head coach of the Lodi

High School girls basketball team in Lodi, California.

In the feature story on her championship team that appeared in the July/August 2007 issue of *BFS*, Coach Aitken talked about the benefits the team experienced after implementing the BFS program. “One thing I’ve really noticed since we started the BFS program is that we don’t have nearly the amount of tied-up balls that cause jump balls. It’s unbelievable the number of tied-up balls you have at the high school level, but our girls are getting the loose balls because they are strong enough to literally rip the ball out of opponents’ arms. And the weight training has been tremendous for the confidence level of the girls – they are more willing to take risks. I constantly tell my players, ‘If you can squat 200 pounds, are you trying to tell me that those girls can knock you out of the way?’ And they look at me and say, ‘Yeah, Coach, you’re right!’”

Of course, if a basketball player just focuses on powerlifting or bodybuilding during the off-season, they will be at a definite disadvantage compared to other players who have worked on the entire array of athletic fitness qualities required to excel in



Photo: UNC Athletic Communications

BFS clinician Jim Brown was Tyler Hansbrough’s strength coach at Poplar Bluff High School in Poplar Bluff, Missouri. Hansbrough led his North Carolina Tar Heels to a national championship last season and was drafted in the first round by the Indiana Pacers.

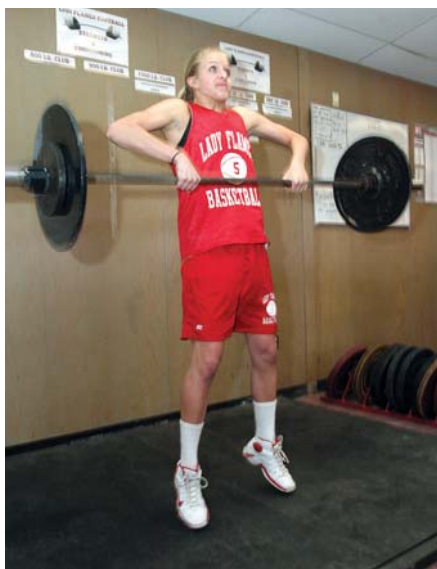
this game. Basketball players need to be able to jump, they need quickness, they need agility and they need muscular endurance. And the best way to do this is with the BFS Total

Program.

The basic BFS system for off-season training is set up on four-week cycles, each focusing on a different set-rep cycle: Week 1: 3x3; Week 2: 5x5; Week 3: 5-4-3-2-1; Week 4: 10-8-6 (or 4-4-2 for power cleans and deadlifts). During the week weight training is performed on Monday, Wednesday and Friday; speed, agility and plyometrics are performed on Tuesday and Thursday.

One aspect of the BFS program is that it is flexible, allowing the coach to use the exercises he or she believes will best benefit the team or an individual player. Because of the higher risk of ankle injuries in basketball compared to other sports, a coach may decide that the plyo ramp would be a better agility exercise than ladder drills. Or that the military press would be a better auxiliary exercise than a barbell incline press. We offer guidelines, but in the end it’s the coach who can make the best decisions for his or her players.

The accompanying table shows the general outline of an off-season and an in-season workout for basketball. For more information on how to perform these exercises, pick up



The BFS Total Program has enabled countless basketball programs to enjoy many championship seasons. One such team is the Lady Flames of Lodi High School in Lodi, California.

a copy of Dr. Greg Shepard's classic textbook, *Bigger Faster Stronger*. BFS also offers many multimedia tools to help you master the BFS program, depending upon your learning style.

We have set-rep logbooks, Beat the Computer software, instructional DVDs, an online learning center, clinics and certifications.

It may be true that talent prevails,

but the game of basketball has evolved at all levels. And to stay in the game, players who want to win need to spend time in the weightroom as well as on the court. **BFS**

BFS FIVE-DAY SCHEDULES FOR BASKETBALL

Table 1: BFS Off-Season Program (Outline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint work	Power clean	Sprint work	Parallel squat
Bench variation	Plyometrics	Hex bar deadlift	Plyometrics	Bench press
Auxiliary lifts	BFS Flexibility	Auxiliary lifts	BFS Flexibility	Auxiliary lifts
BFS Flexibility	Agility	BFS Flexibility	Agility	BFS Flexibility
	Sprint technique		Sprint technique	

Table 2: BFS Off-Season Program (Sample Workout)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Sprint technique	Power clean	Sprint technique	Parallel squat
Towel bench	Box jumps	Hex bar deadlift	Box jumps	Bench press
GHR	Plyo ramp	GHR	Medicine ball	Straight-leg DL
Military press	PP sled – Contrast	Military press	PP sled – Strength	Power balance
Power balance	BFS Flexibility	Power balance	BFS Flexibility	BFS Flexibility
BFS Flexibility		BFS Flexibility		

Table 3: BFS In-Season Program (Outline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint technique	Power clean	Sprint technique	Auxiliary lifts
Bench variation	Agility	Bench variation	Agility	BFS Flexibility
Hex bar deadlift	BFS Flexibility	Squat variation	BFS Flexibility	
BFS Flexibility		BFS Flexibility		

Table 4: BFS In-Season Program (Sample Workout)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Sprint technique	Power clean	Sprint technique	DB lunge
Bench press	Plyo ramp	Towel bench	Plyo ramp	Straight-leg DL
Hex bar deadlift	BFS Flexibility	Box squat	BFS Flexibility	BFS Flexibility
Push press		Push press		
DB lunge		Straight-leg DL		
BFS Flexibility		BFS Flexibility		

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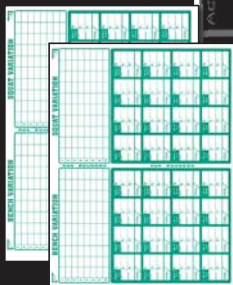
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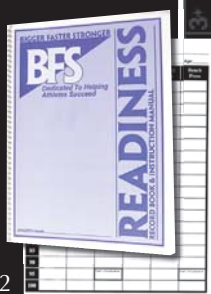
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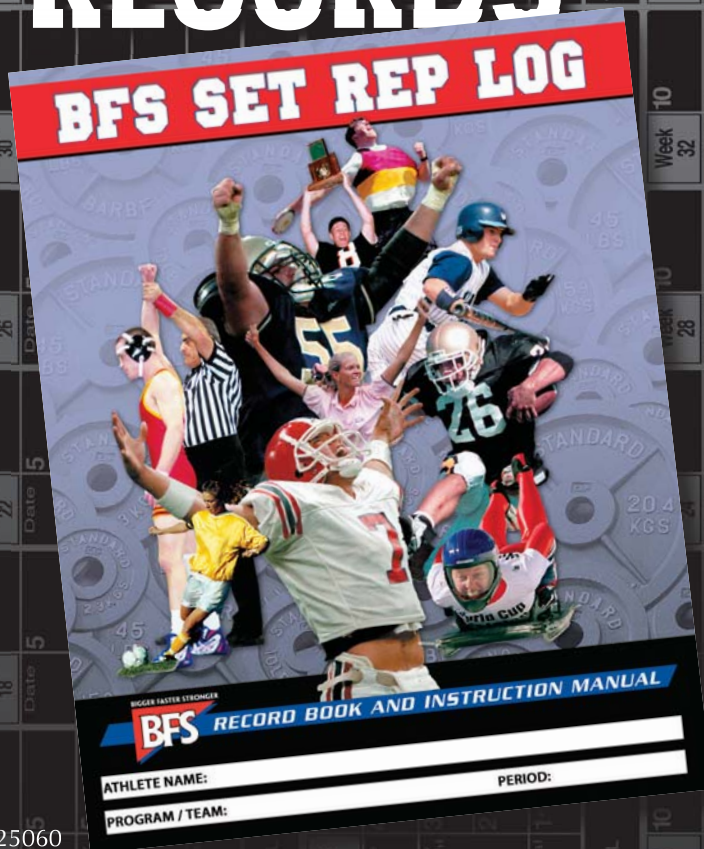
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