



## Ryan Faehnle: Walking the Talk

**A** former strength coach at Miami University of Ohio, Ryan Faehnle was struggling with his power clean form and decided to try something different. So in October he switched from a conventional starting stance to a frog stance.

With the frog stance, an athlete begins with the heels together, knees out, and hips low. Faehnle found that by having his knees positioned out, he was less likely to bang the bar hard off his thighs, causing the bar to slow down and swing forward. He tried the style on a Monday with light weights, and on Thursday tied his personal best with 352 pounds and subsequently smashed his best with 359 pounds. *BFS* Editor in Chief Kim Goss was on hand to witness this technical revelation and be the first to congratulate Faehnle. Next stop: 400 pounds!



*BFS* Editor in Chief Kim Goss congratulates Coach Ryan Faehnle on his 359-pound personal record power clean. (Photos this page: Karim Ghonem)



# Strength Coaching Success Secrets: Ben Prentiss

Strength coach Ben Prentiss was one of the guest speakers at the 2012 Poliquin BioSignature™ Convention in Las Vegas on Labor Day weekend. Prentiss, owner of Prentiss Hockey Performance in Darien, Connecticut, has trained numerous elite hockey players, including NHL all-stars and Stanley Cup winners. His mentor was strength coach Charles Poliquin; Prentice first learned about Poliquin through articles that appeared in the early '90s in the bodybuilding magazine *Muscle Media* 2000.

In his presentation Prentiss explained that there is no such thing as sport-specific exercises, such that a female fat-loss client can deadlift and bench press just as an athlete can deadlift and bench press. The workouts may differ, but the exercises can be the same. He advises trainers that success comes not through advertising but from focusing their efforts on becoming a more intelligent trainer. Prentiss also says that training professional athletes over the long term is different from training the general population because an athlete often has invested their life and livelihood into their sport. When you train elites throughout their career, you will often encounter setbacks such as injuries. How you coach in such situations will be key to your athletes' success.

Photos by Karim Ghonem.



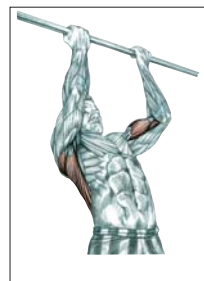
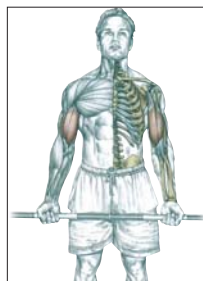
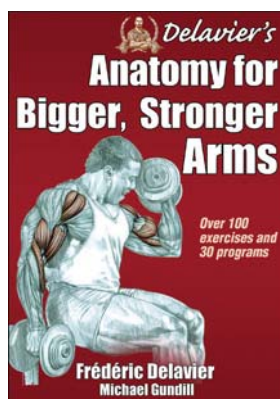
Coach Ben Prentiss and his mentor  
Coach Charles Poliquin.



Poliquin BioSignature™ Convention.







## BOOK REVIEW:

# Delavier's Anatomy for Bigger, Stronger Arms

**F**rédéric Delavier has done it again! The French artist is best known for his book *Strength Training Anatomy*, which has sold over two million copies, but he didn't stop at one best-seller. Among his other titles that would be of interest to anyone in the field of strength and conditioning are these best-sellers: *Women's Strength Training Anatomy*, *Delavier's Core Training Anatomy* and *Delavier's Stretching Anatomy*. In collaboration with Michael Gundill, Delavier's latest offering is *Delavier's Anatomy for Bigger, Stronger Arms* (Human Kinetics, 2011).

The book contains 330 full-color photos and 130 illustrations of the muscles involved in 100 exercises.

Beyond detailing the best exercises to work the biceps, triceps and forearms, there is considerable practical information on how to prevent overuse injuries and muscle tears.

*Delavier's Anatomy for Bigger, Stronger Arms* is divided into four parts: Part 1: What You Need to Know Before You Begin; Part 2: Weak Areas and Pathologies; Part 3: The Exercises; and Part 4: Arm Workout Programs. Part 4 will be of special interest to strength coaches, as it suggests the best exercises for specific sports. Most major bookstores carry Delavier's books, and you can also order them from Human Kinetics at [Humankinetics.com](http://Humankinetics.com).

2009 State Championship Heritage High School



## Variety Is the Spice of Sports Success!

**A** study recently accepted for publication in the *Journal of Strength and Conditioning Research* looked at the effects of three different types of training programs on athletic performance over a six-week period. The study involved 20 men and 12 women, divided into four groups. One group was a control group. The other three groups performed workouts that were considered high volume (3 sets per exercise and 9 sets per muscle group), moderate volume (2 sets per exercise and 6 sets per muscle group), or low volume (1 set per exercise and 3 sets per muscle group).

The researchers concluded that a high-volume workout was the best protocol for the preseason, while a low-volume approach could maintain strength during the season. This is in line with what the BFS program does, reducing the amount of strength training work during the season. The key is not to stop strength training altogether during the season, as this will cause athletes to lose their competitive edge.



## Team BFS Lifters Shine at "Beast of the East"

On October 13, 2012, at the "Beast of the East" weightlifting competition, Team BFS weightlifters Nikki Gnozzio and Brittanie Masticola shined. Both made all their attempts, exceeding their personal records on every attempt. Among the highlights were Gnozzio clean and jerking 176 pounds, 38 pounds above her bodyweight, and Masticola clean and jerking her bodyweight. They are shown here after the competition with their awesome trophies.



Michael Massik  
CEO USA Weightlifting

## USA Weightlifting Stepping Up with New CEO

Michael Massik is the new CEO of USA Weightlifting. Massik was the executive director of USA Fencing for 12 years, and during that time USA went from no medals in the 1996 Games to six medals in the 2008 games, including a gold medal. Also during that period, the budget for USA Fencing increased from less than \$1 million to nearly \$4 million, and its membership grew from approximately 8,000 to 25,000. USA Weightlifting has been struggling in recent years, and Massik appears to be a strong choice to lead this sport in reclaiming its former glory.



**BIGGER FASTER STRONGER**



## Coming Next Issue

The January/February 2013 issue of *BFS* magazine will start the new year with features on several of the nation's most successful high school football programs. It will also contain more news about how the OptoJump is improving performance in young athletes.



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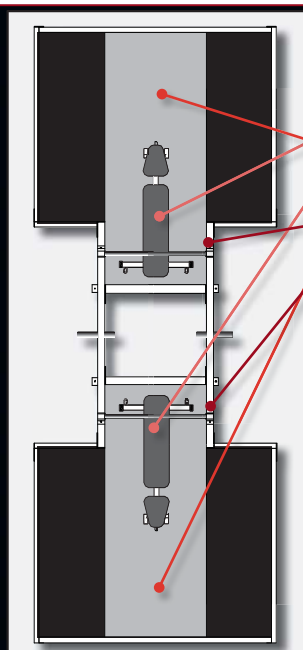
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