

What Is *BFS*?

Here's why the BFS program is so effective for young athletes

One statement BFS clinicians keep hearing over the years is “We did parts of your program and had some success, but it wasn't until we decided to do the entire BFS Program that our program stepped up to the next level.” Let's take a closer look at some of the unique elements of the BFS Total Program that make this program so successful:

Unified Program Concept. Coaches

are most effective when the entire school uses a unified approach to work toward achieving success in all areas. All athletic programs should use the same terminology and should be unified in all the following areas of athletic fitness: rest and nutrition, year-round training record keeping, sprint training, agility training, endurance training, flexibility training, plyometric training, strength training, skill training and mental training.

Unified training can be incorporated as part of the PE curriculum.

BFS Set-Rep Program. Our success over more than three decades comes from teaching coaches to successfully plan their strength and conditioning programs to incorporate all the basic elements of athletic fitness: speed, power, strength, agility, flexibility and muscular endurance. We also have an aggressive in-season program

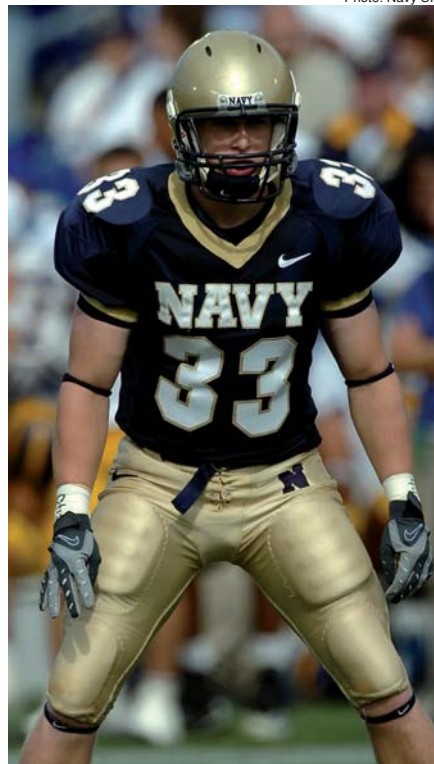


A BFS clinic is a great tool for unifying an entire school's athletic and physical education programs to help athletes achieve their goals.

so that athletes continue to make gains in strength during the season; they are therefore stronger during the playoffs and are prepared to prevail over other programs that have simply maintained their athletes' strength since the off-season.

Auxiliary Lifts. Auxiliary exercises are supplements to the core lifts, and are used to work muscles that are emphasized or commonly injured in sports. For example, a wrestler or a football player could work on a neck machine as one of their auxiliary exercises. We suggest performing only two to four auxiliary exercises, as any more than that tends to interfere with the time and energy required for other aspects of the BFS Program.

Speed and Plyometric Training. In the off-season athletes should devote two full days every week to activities that will help them run faster and jump higher. Usually Tuesdays and Thursdays are the best days, as during the off-season three days a week should be devoted to weight training, and it's usually best to have



one day of rest between strength training workouts. One key aspect of this program is box jumping. Box jumping is a key to developing jumping ability and explosiveness for what coaches often refer to as "first-step quickness." A plyometric box jumping

Bobby Doyle represents the best of BFS. The son of BFS clinician Bob Doyle, Bobby could clean 300 pounds in high school and went on to become a starter for the Midshipmen.

program progresses from easy to more difficult drills.

Six Absolutes. Dr. Greg Shepard, Founder/CEO of BFS, developed six training principles that are amazingly effective in teaching perfect technique, not only in the weightroom but also in any sport. Coaches who learn the BFS Six Absolutes can dramatically elevate their athletes' strength and their own coaching ability. Here they are:

1. Use an athletic or jump stance
2. Be tall
3. Spread the chest (lock-in the lower back)
4. Align the toes
5. Align the knees (knees over toes)
6. Eyes on target

One reason the Six Absolutes are so effective is that they encourage all coaches to use the same terminology when teaching weight training and sport skills. After all, how can an athlete



Our dynamic Be an 11 seminar presenters will infuse your athletic program with a greater vision. They will teach your athletes how to set higher athletic goals, work harder and also improve themselves and their communities.

be expected to follow instructions exactly when the instructions they receive vary from coach to coach? Such confusion also goes against the concept of developing a unified program. Therefore, when teaching the squat, instead of one coach saying, “Make your chest big!” and another coach at batting practice saying, “Spread the chest!” both coaches will simply say, “Spread the chest.”

Readiness Program. For athletes at the junior high school level we have designed a shorter, motivational workout that emphasizes perfect technique and higher reps. We also have designed special equipment to ensure the rapid success of all younger athletes. The warm-up, flexibility and speed program is the same as described above. Plyometrics are performed in a readiness step-by-step method.

Be an 11. BFS offers a character education program called “Be an 11.” With this program we encourage athletes to make great choices both on and off the field. We believe athletes should be respectful in the classroom

and should participate in service projects to improve their communities. Athletes need direction, and when they get it, they have the means to build their local program and to create a legacy of accomplishments to inspire future student-athletes.

Coaching Education. To support coaches and physical educators in their work with young people, we offer certification programs and continuing education materials that teach how to increase the safety and effectiveness of their sports and physical education programs through the concept of unification. Our experienced staff also assists – from concept to completion – with all aspects of developing the best possible strength and conditioning facilities and programs.

Bigger Faster Stronger is committed to making positive changes in the lives of young people through the development of a superior athletic fitness workout and character education program. It’s a proven program, with over 36 years of success. Isn’t it about time you tried BFS? **BFS**

Steve Kinslow photo.



Plyometric box jumping is a key component to help athletes jump higher. Lusya Angilau, a volleyball player who plays for Southern Utah and is majoring in nursing, had a 27.1 vertical jump in high school and trained with a BFS coach.



BFS magazine and the BFS Online Learning Center are among the many types of educational resources available to coaches.

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The Bench is the Heart of Your Upper Body Program



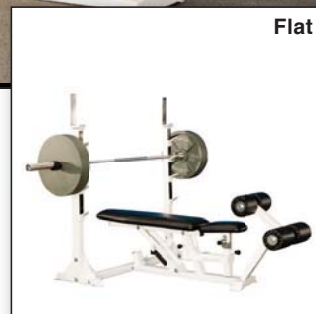
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▶ I-67" w-48" h-57"



Flat



Military



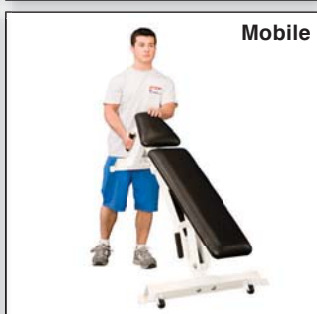
Military (shoulder press)



Flat



Decline



Mobile

Flat Bench With Incline

- ▶ Easily adjusts from flat to military: 0, 30, 35, 45, 85 degrees
- ▶ Heavy-duty: Built to last
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\$355

▶ I-51" w-30" h-18"

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BFS steel equipment is proudly designed and manufactured in the USA

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