

Photo by David Stuka, Wisconsin Athletic Communications



### More Awards for Jared Abbrederis

**J**ared Abbrederis, starting wide receiver for the University of Wisconsin, was selected first team to the 2012 All-Big Ten Conference football team. Abbrederis was the 2009 BFS High School Male Athlete of the Year and appeared on the cover of our March 2012 issue. Congratulations to Jared, who is a Be an 11 athlete in every way!

## Sergio Oliva

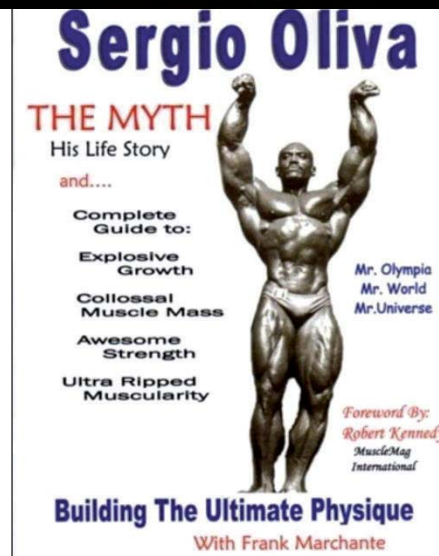
**B**FS doesn't cover professional bodybuilding, but upon hearing about the death of Sergio "The Myth" Oliva on December 11 we decided to make an exception. Oliva displayed a level of muscle size and symmetry that set a new standard for physique competition and earned him his nickname, "The Myth."

Born in Cuba on July 4, 1941, Oliva started out not as a bodybuilder but as a weightlifter; he had been a member of the Cuban national weightlifting team. Oliva's best competitive lifts included a standing press of 280 pounds, a snatch of 280 pounds, and a clean and jerk of 360 pounds (the press was dropped from Olympic weightlifting competition in 1972).

In bodybuilding, the most prestigious competition is the Mr. Olympia, and Oliva won it three times, in 1967, 1968 and 1969. In 1969 one of his competitors was Arnold Schwarzenegger. These two behemoths met again in 1972, with Arnold winning in a controversial decision that to this day is still debated. In 1984, although in his 40s, Oliva returned to the Olympia stage and placed a respectable eighth.

At his peak condition, Oliva packed more muscle on his frame than any bodybuilder before him. When measured by Nautilus founder Arthur Jones, Oliva's arms stretched the tape, without pumping them up, at 20 1/8 inches. "Sergio's arms are so big that they literally must be seen to be appreciated – and some people, upon first seeing them, are almost unable to believe their eyes; in a recent full-length picture of Sergio, the width of the flexed upper arms exceeded the height of Sergio's head – his arms were literally larger than his head, a size ratio never before approached by anybody else," wrote Jones in his book *Bulletin #2*. Oliva was known for his remarkable V-taper, with thighs reportedly larger than his waist!

Oliva worked as a police officer in Chicago for nearly 30 years. His son, Sergio Oliva, Jr., has followed in his father's footsteps and competes in bodybuilding events run by the National Physique Committee. When a writer for *Iron Man* magazine asked him about his famous father, the younger Oliva replied that he was his biggest fan and said that his father was of the character that he would never lie or talk behind your back. RIP Sergio.





## Mid-Illinois Strength Symposium

**W**eightlifting coach Marty Schnorf was featured in our Summer 2003 issue for his work in developing exceptional weightlifters, including an Olympian. Schnorf is the president of the Charleston Weightlifting Club, which will be sponsoring the Mid-Illinois Strength Symposium in Mattoon, Illinois, on January 19-20, 2013. This sparked our interest because among the presenters are two of our favorite strength coaches, Jim Radcliffe and Al Vermeil.

Radcliffe has been the head strength and conditioning coach for the University of Oregon since 1985 and is considered one of the foremost authorities in the country on plyometric training. Vermeil is the only strength coach who earned rings for the Super Bowl (when he was with the 49ers) and for NBA championships (Chicago Bulls). For more information on this great event, contact Marty Schnorf at [charlestonweightliftingclub@gmail.com](mailto:charlestonweightliftingclub@gmail.com) or give him a call at 217-258-6588.



## Dr. Greg Shepard, Founder, BFS

**A**s announced in the November/December 2012 issue of *BFS* magazine, after 36 years of passionate work Coach Shepard has stepped down from his position as CEO. That position is now held by former president Bob Rowbotham, and the position of president is now held by John Rowbotham. Shown here is Coach Shepard with his family, a large group of loving supporters who are certain to keep him busy!

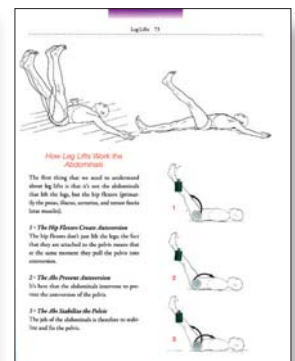
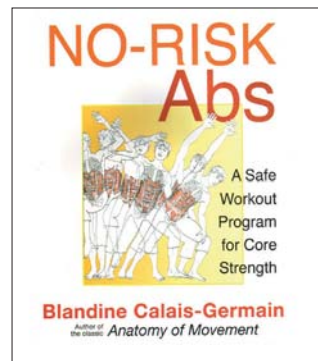
## BOOK REVIEW: *No-Risk Abs*

One of the most controversial topics in the area of athletic and physical fitness is the value of sit-ups and leg raises. At one time both were key exercises in physical education classes, but today there is concern that these exercises can, over time, cause more harm than good. As a result, leg raises have been dropped from most training programs, and sit-ups have been replaced by crunches. Also, because Swiss ball crunches take the rectus abdominis through an extreme range of motion, there is concern they could cause abdominal injuries and even hernias.

In an effort to separate abdominal training facts from fiction, physical therapist Blandine Calais-Germain has written *No Risk Abs: A Safe Workout Program for Core Strength* (Healing Arts Press, 2011, [www.HealingArtsPress.com](http://www.HealingArtsPress.com)). Calais-Germain is the author of *Anatomy of Movement*, a practical and classic resource for physical educators who want to further their understanding of human movement.

"*No-Risk Abs* is written not exclusively for medical professionals but also for anyone who wants to better understand, practice or teach abdominal exercises," says the author. "You'll find that the terminology in this book is designed to be accessible for the widest possible audience of readers."

In regard to leg lifts, Calais-Germain explains that the muscles that lift the legs are the hip flexors, not the abdominals. "The hip flexors don't just lift the legs; the



fact that they are attached to the pelvis means that at the same movement they pull the pelvis into anteversion." With anteversion the pelvis tilts forward, causing the lower back to arch. The abdominals act to prevent excessive anteversion by pulling in the opposite direction. As such, if a trainee's abdominals are weak, they are subjecting their back to a greater risk of injury.

The accompanying illustrations from *No-Risk Abs* show this balance between the abdominals and the hip flexors. From this functional anatomy background, the author discusses the risks of performing conventional leg raises and presents safer, alternative types of leg raise movements for all levels of physical fitness.

In *No-Risk Abs* Calais-Germain also examines the risks and benefits of many other common abdominal exercises, along with offering many safer alternatives. This book is a valuable resource for any physical educator, coach or health care practitioner who wants to teach the safest and most effective ways to train the core.

## BIGGER FASTER STRONGER



## Coming Next Issue

Next issue will feature the inspirational story of Tottenville High School from Staten Island, New York. The Pirates built a 41-6 record since implementing BFS. Shown is BFS clinician Ray Cosenza, Jr., with head coach Jim Munson at Yankee Stadium during pre-game preparations at the New York City Championship Game on December 4.



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Flat



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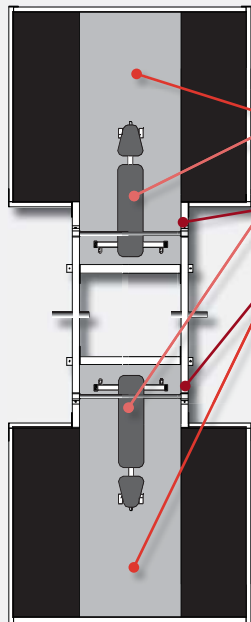


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