

BFS Advisory Board

To keep abreast of the latest information in the areas of strength and conditioning, BFS has assembled an advisory board. One of the goals of the advisory board is to help teachers, parents, coaches and student-athletes understand the risks of concussions and a child's right to symmetrical development. As you will see from reading the profiles of these outstanding individuals, we have assembled an impressive team:

Peter Gorman, DC, brings experience in developing



programs with broad impact from working with institutions as diverse as the Athlete Readiness Program for the National Institute of Soccer in Coverciano, Italy, to the Efficient Running Program for the US military. He is now the president of Microgate

USA, where he works extensively to bring Olympic and professional-level athletic testing to all young athletes through a commitment to bringing schools access to equipment and methods. His resume includes graduating from the New York Chiropractic College and being an adjunct professor at Hanseo University South Korea and the University of Bridgeport Chiropractic College, as well as the holder of six US patents on heart rate monitor technology.

William F. Brechue, PhD, is a professor of physical



education at the United States Military Academy at West Point, New York. In this role he serves as the director of the Center for Physical Development Excellence (the department's research center) and program director of the Kinesiology bachelor's degree program.

Previous academic appointments include the Department of Kinesiology and Health Studies at the University of Central Oklahoma (2006), the Department of Kinesiology at Indiana University (1995-2002), and the University of Florida College of Medicine in the Department of Pharmacology and Therapeutics (1987-1993) and in the Department of Medicine (1993-1995). In addition to his academic appointments, Dr. Brechue has also coached at the junior high, high school and university level.

Scott Burkhart, PsyD, is a neuropsychologist trained in clinical concussion management and treatment. Dr.

Burkhart completed his concussion fellowship at the University of Pittsburgh Medical Center, Sports Concussion



Program. Dr. Burkhart currently works at Tallahassee Orthopedic Clinic in Tallahassee, Florida, and is the clinical director of the Tallahassee Orthopedic Clinic Regional Sports Concussion Center. Dr. Burkhart currently provides concussion treatment and management

services to four colleges and universities, including Florida State University athletics, 30-plus high schools located in the Florida panhandle, and multiple middle school and youth sports organizations. His current research interests include pediatric concussion presentation in youth athletes ages 8-12, the effects of concussion injury on vestibular/vision functioning, and improving rehabilitative efforts to expedite concussion recovery in youth and collegiate athletes.

Henry Kasmin, MD, is board certified in internal medicine and is currently assistant professor of medicine



at New York Medical College. He is also the medical director of Hudson Valley Community Services Clinic Division of United Cerebral Palsy. In this capacity Dr. Kamin employs his extensive knowledge in movement therapy and care. Dr. Kamin's resume includes election

to Alpha Omega Alpha medical honor society while at Louisville, a fellow of the American College of Physicians, a member of the American College of Cardiology, and past medical director of Putnam Hospital Center.

Kevin Barr has more than 20 years' experience as a strength coach working with athletes at the highest level of



sports. He brings invaluable insight into working with maturing bodies that will help the BFS Advisory Board with their goal to affect positive change in school-age youth. He has a master's degree in exercise and sports physiology from Ohio University, and he worked for 20 years

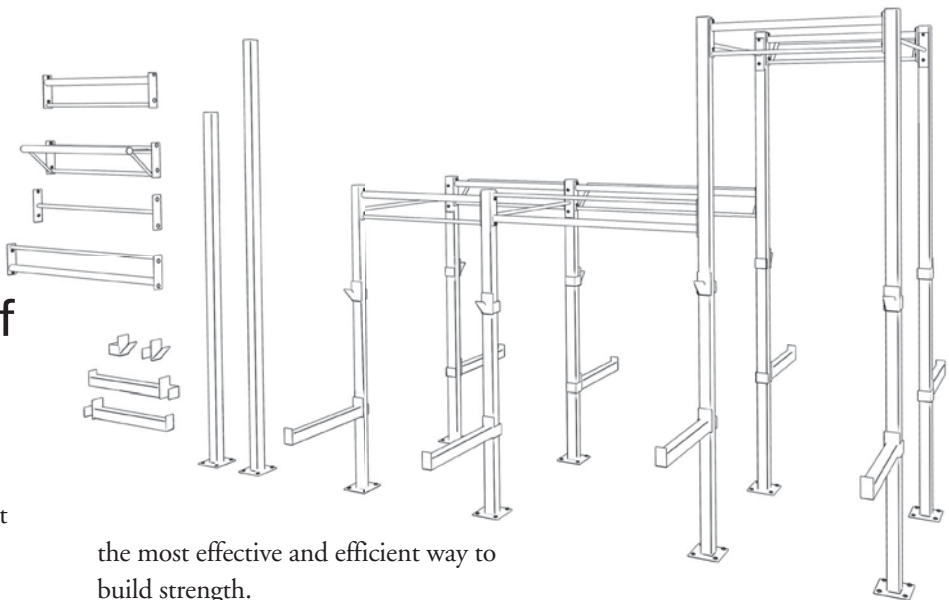
in Major League Baseball. He has worked with the Tampa Bay Rays, Florida Marlins, Cincinnati Reds and Kansas City Royals.

BXI

Powered by BFS

BFS Introduces the BXI Series of Racks and Rigs

BFS is a 37-year leader in weightroom program, design and equipment. In that time the market for weightrooms has expanded and diversified as more people have discovered the benefits of weight training. From bodybuilders dedicated to “pumping iron,” to athletes looking to improve performance, to people looking to lead a healthier life as they balance careers and family, weightrooms have evolved to suit these varied markets. BFS has moved with the times but only when these ideas were based on the ideals of the proven BFS Total Program,



the most effective and efficient way to build strength.

BFS is very excited to be introducing the BXI series of racks and rigs, which are flexible enough to fit into a modern fitness space while allowing for the vital execution of Olympic and BFS core lifts. Based on a modular system of uprights and horizontal connectors, BXI will fit within nonstandard facilities and will always be expandable as your

needs grow. With a selection of BXI attachments available, auxiliary lifts and sport specific training can easily be added to your rigs.

Looking into the future from a point of view stretching back 37 years, BFS is very excited about the possibilities the BXI series brings to home gyms, fitness groups and serious strength training!

PLAYER PROFILES



BFS Player Profile: **Paige Compton**

To say that Paige Compton has a full plate as a student-athlete would be an understatement. As a senior at Durant High School in Durant, Iowa, Compton was class valedictorian with a 4.06 GPA on a 4.0 scale. She has been Academic All Conference in softball (four years), basketball and volleyball (three years) and track (two years). Compton also participated in Durant’s chamber choir, theater, and yearbook staff. As we say at BFS, on a scale of one to 10, Paige Compton is an 11!



Join BFS's Expanding Clinician and Sales Force

Since our beginnings in a garage in Salt Lake City in 1976 BFS has been committed to the idea of coaches helping coaches. Now, as a nationwide provider of weightroom equipment and developer of the BFS Total Program, Bigger Faster Stronger, Inc. is still focused on our core ethos. In 2013 we continue to help a wider range of coaches and athletes than ever before. Football to volleyball, soccer to track, sports to PE, BFS has a proven record of establishing championship quality facilities and empowering programs to reach for their highest goals.

As we expanded, BFS attracted the highest quality coaches and teachers to impact thousands of athletes and

coaches across the country. We are looking to continue our growth with a few more dedicated clinicians and salespeople across the nation.

Interested in weightroom sales, layout and design with an emphasis on safety and results? Want to lead seminars and clinics that cover character education and athletic weight training? BFS could be the opportunity you are looking for.

Learn what it takes to get on the BFS team; call Doug Kaufusi, VP of Sales or email doug@bfsmail.com to get started. We are looking forward to learning about what you can bring to BFS to help us impact more students and coaches.

Keep up with BFS on your phone, tablet or computer

Every school, athlete, coach and student that BFS gets a chance to work with adds up to the BFS Universe. Through all these exciting clinics, certifications and camps BFS gets a chance to work with the most

motivated and dedicated people in the field, and that helps us in our mission to help young people develop and succeed!

Want to follow along and get inspired and motivated? Want to join the conversation and bring your experience to the mix? Then follow BFS on a variety of social media platforms.

@CoachBFS on Twitter is a great source for motivational quotes, links to inspirational articles from the *BFS Archives* and updates from BFS clinicians as they present Total Program Camps, Clinics and Certifications!

“Like” Bigger Faster Stronger on Facebook to find photos and

stories of schools that have changed their destinies through the Be An 11 seminar and teams that have redefined their identity with a Total Program Championship Camp. On Facebook, BFS has thousands of “likes” that make for an active conversation with coaches, athletes and students just like you.

BFS also comes directly to you each week via email in our What's Happening Newsletter. The newsletter is packed with amazing content to help you understand weightroom equipment options, weightroom training programs and more. Stay up to date on BFS clinicians, events and sales each week by simply subscribing at www.biggerfasterstronger.com



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NEW PRODUCTS Resistance Bands

1. Purple Mini	1/2 Inch	#315050	\$9.00	5. Black Large	2 1/2 Inch	#315054	\$27.00
2. Red Super Mini	13/16 Inch	#315051	\$13.50	6. Purple XL	3 1/4 Inch	#315055	\$42.00
3. Blue Small	1 1/8 Inch	#315052	\$18.00	7. Red Monster	4 Inch	#315056	\$52.50
4. Green Medium	1 3/5 Inch	#315053	\$22.50				

Resistance Bands Sets

315057	Readiness Band Set Pairs 1, 2, 3	\$75.00 Save \$6.00
315058	Varsity Band Set Pairs 1, 2, 3, 4	\$115.00 Save \$11.00
315059	Elite Band Set Pairs 1, 2, 3, 4, 5	\$160.00 Save \$20.00
315060	D1 Band Set Pairs 1, 2, 3, 4, 5, 6	\$230.00 Save \$34.00
315061	Pro Band Set Pairs 1, 2, 3, 4, 5, 6, 7	\$315.00 Save \$54.00



BXI Series

BFS Introduces the BXI Series of racks and rigs. Quality components, in a huge variety of configurations, powered by over 37 years of experience, guarantees a modular system like no other.



BXI SAFETY \$130 PER PAIR



BXI BAR CATCH \$85 PER PAIR



BXI DIP ATTACHMENTS \$170



BXI WALL BALL TARGET \$170



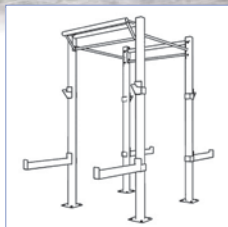
BXI LAND MINE ATTACHMENT \$145



BXI STEP UP PLATFORM \$185

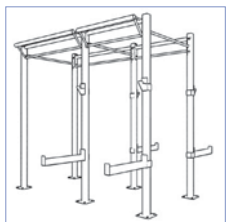
Variety & Function

Whether you choose to configure your own BXI rig or start with a package from BFS your only limit is your vision for your unique situation. With uprights from 8 to 12 feet and connectors in 3 lengths and 3 formats BXI will adjust to every need.



BASE RIG - 8' \$935 / BASE RIG - 10' \$995

4	8' or 10' Uprights
2	48" Single Connectors
1	42" Double Connector & 42" Triple Connector
4	Bar Catches & Safeties



BASE RIG +1 - 8' \$1245 / BASE RIG +1 - 10' \$1345

6	8' or 10' Uprights
3	48" Single Connectors
1	42" Double Connector & 42" Triple Connector
1	60" Double Connector & 60" Triple Connector
4	Bar Catches & Safeties

BXI Attachments

BXI specific attachments are designed to work with the BXI Series for the maximum in variety. These add-ons will ensure you get the maximum value from your BXI Series rig! Safeties and bar catches are included on packaged rigs. Purchase other attachments as a group and save

BIGGER FASTER STRONGER



DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

BXI Series is 3" x 3" steel proudly designed and manufactured in the USA

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