

The BFS *Off-Season Workout*

Blake Lehman photo



How the BFS program makes athletes better

Regarding basketball, if you just went by the physiques of 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 their size. LeBron James is 6' 8" and 250 pounds, and since 1990 there have been 13 NBA players, including superstars Shaquille O'Neal and Yao Ming, who have weighed over 300 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 inspired countless young athletes in numerous sports to make strength training a key

The White River Tigers were featured in our May/June 2011 issue for putting up a 159-35 record, which included two state championships, in eight years. This year their roster includes nine seniors, and they opened the season with a 72-35 victory.

aspect of their training. The reason is that all things being equal, a stronger athlete usually wins.

Of course, if athletes only focus on powerlifting or bodybuilding methods during the off-season, they will be at a definite disadvantage compared to their competitors who

power snatches 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 coaches to use the exercises they believe will

The accompanying tables show the general outline of an off-season workout, along with a specific program for basketball. For more information on how to perform these exercises, pick up a copy of Dr. Greg Shepard's classic textbook, *Bigger Faster Stronger*. BFS also offers many multimedia tools

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have worked on the entire array of athletic fitness qualities. Athletes need to be able to run and jump; they need quickness, agility and 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 or

best benefit the team or an individual player. For example, because of the higher risk of ankle injuries in basketball compared to other sports, a coach may decide that the BFS 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. BFS offers guidelines, but ultimately it's the coaches who can make the best decisions for their players.

to help you master the BFS program, depending upon your learning style. BFS also offers set-rep logbooks, Beat the Computer software, instructional DVDs, an online learning center, clinics and certifications.

It may be true that talent prevails, but because sports have evolved at all levels, you can't just expect to "play yourself into shape" to stay in the game. It's not just about training harder, but training smarter. 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 (Basketball)				
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		

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