

# What's New with the *BFS Online Learning Center*

BFS's ultimate social networking site for coaches

**B**FS has a vast amount of information for coaches at all levels. In addition to presenting hands-on clinics and certifications, we supplement the learning process with books, study guides, posters, videos, PowerPoint presentations – and, of course, *BFS* magazine. Wouldn't it be great if you had a one-stop resource for all this material? Good news – you do: the BFS Online Learning Center!

To ensure that schools and coaches continue to get the very best results from BFS, four years ago we decided to augment our services and launched this great computer-aided resource.


The Online Learning Center is a membership-only website that offers a multimedia approach to continuing education. For example, if you're a coach or physical education instructor who wants to learn how to spot the

squat correctly, you'll find video clips of BFS clinicians performing the lift while being spotted by BFS clinicians. By linking a computer to a video projector, you can share this material with your students. More videos are added on a regular basis.

What is considered a good educational program for strength and conditioning coaches? Sports-liability consultant Dr. Marc Rabinoff offers this perspective: "The bottom line is that professional organizations that provide educational instruction in the fields of physical and athletic fitness must set clear, high standards for their members and also take measures to enforce these standards."

Taking these parameters a step further, Rabinoff says these professional organizations must also provide continuing education programs to

ensure that coaches and trainers are staying current on the trends in the industry, especially those areas of strength and conditioning that are not covered in physical education curricula. For example, it's possible to get a graduate degree in physical education without knowing how to demonstrate or teach a squat or a plyometric box jump. Nevertheless, these exercises are key components in many athletic and physical fitness programs. This is the type of material presented, and continually updated based upon current research, in the BFS Online Learning Center.

For a preview of what's in store for you, go to the Certification tab on our website, [www.biggerfasterstronger.com/certification](http://www.biggerfasterstronger.com/certification), where you will find a link to the BFS Online Learning Center. Welcome to the future! 

Coaches who enroll in the BFS certification program log in on the BFS OLC home page to access the BFS interactive study guide. High-quality videos and images with detailed commentary provide an effective and enjoyable learning experience.

The Online Learning Center contains many useful tools for coaches that cover all aspects of the BFS program, including video presentations and downloadable publications to use in classrooms and weightrooms.



# GET FAST NOW!

BY ISOLATING THE POWERFUL GLUTE AND HAMSTRING MUSCLES, THE GLUTE HAM DEVELOPER IS THE

**NUMBER 1 SPEED ENHANCING TOOL!**



### D1 GLUTE HAM DEVELOPER

Accommodates the largest athletes

**GREAT PRICE**

**\$995**

### GLUTE HAM DEVELOPER

Our most popular glute ham developer

**\$715**

**SUPERB VALUE**



### BEGINNER GLUTE/HAM DEVELOPER

Great for beginners: Knee pad ensures perfect form

Rotating thigh pads reduce friction on upper thighs

**NOW ONLY**

**\$925**

### ALL NEW FROM BFS! BXI GLUTE HAM DEVELOPER

Built in band resistance pegs  
Built in wheels for mobility

**\$600**

**VERSATILE AND MOBILE**



Learn everything you need to know about maximizing your GHD work outs. Download your free book at the BFS Online Learning Center [www.biggerfasterstronger.com/olc](http://www.biggerfasterstronger.com/olc)



BIGGER FASTER STRONGER

# BFS

**DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976**

online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) • email us at [info@bfsmail.com](mailto:info@bfsmail.com)  
843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159

# ULTIMATE ANSWER

## CALL BFS TO GET YOURS 800-628-9737

### Standard Features



7-gauge chrome-plated adjustment system with laser cut numbering



4 upright Olympic bar holders



Chrome-plated Olympic plate size horns angled for safety



Bench Docking System for use with Bench #5D107



Multi-grip pull-up bar



Multiple pegs on each side for band resistance exercise

### Package Options



**A** Swivle Handle Chin Up Option: **\$145**  
#5D197SW



**B** Dip Attachment: **\$225**  
#5D118



**C** Land mine option for fulcrum lifts: **\$145**  
#5D197LM



**D** D1 Bench with docking system **\$605**  
#5D107



**E** Modular Power Clean Platform: **\$1695**  
#6D154B

### D1 Half Rack

3" x 3" 11-gauge steel construction. Powder coated frame tubing

**\$2495**

5D197A  
l-57" w-66" h-104"



**MADE IN THE USA**

D1 Half Rack  
Total Package

Package includes rack and options:  
1 x A, 1 x B, 1 x C, 1 x D

**\$3265**  
#6D197

**Save \$350**  
**Off Retail**

D1 Half Rack Total Package  
with Wood Platform

Package includes rack and options:  
1 x A, 1 x B, 1 x C, 1 x D, 1 x E

**\$4810**  
#6D197W

**Save \$500**  
**Off Retail**

D1 Half Rack with  
Wood Platform

Package includes rack and options:  
1 x E

**\$3790**  
#6D197WN

**Save \$400**  
**Off Retail**

**BIGGER FASTER STRONGER**

**BFS**

**DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976**

**800-628-9737 • WWW.BIGGERFASTERSTRONGER.COM**

**843 West 2400 South Salt Lake City, UT 84119**