



BXI racks and rigs are built with primarily 3-inch x 3-inch steel tubing for maximum durability.

Boot Camp and Strongman Training on a Budget

The BXI line of rigs and racks is revolutionizing an industry

At the college level, strength coaches often purchase equipment to impress new recruits and booster club sponsors. Fancy details such as chrome framing and custom logos certainly improve the esthetics of exercise equipment, but they don't improve their function or durability. Getting max benefits at a lower cost makes better sense for the majority of programs. That's the inspiration for offering commercial-grade equipment at a BFS price.

If you're on a budget and can't afford all the bells and whistles associated with ultra expensive equipment, consider BXI equipment. This line of equipment now includes many of the racks and rigs associated with popular "boot camp" programs used for general physical fitness, and with specific types of conditioning required in athletic fitness programs.

Training and Equipment

BFS has always promoted the off-season and in-season use of basic multijoint exercises that work the major muscle groups, such as squats and power cleans. However, we also encourage the use of auxiliary exercises, such as those performed on chin-up stations and with strongman equipment. In strength and conditioning programs, for example, many strongman exercises are used as “finishing” exercises to improve muscular endurance.

One example of a strongman exercise is the farmer’s walk, an exercise that originated in agricultural Scotland hundreds of years ago. At that time there were many events at local festivals and fairs designed to test strength, and the farmer’s walk was one of the most popular.

The BXI farmer’s walk implements have two heavy-duty handles that are attached to two large cylinders – the entire unit is made of heavy-duty steel designed for both indoor and outdoor use. The sleeves on each end of the cylinders allow for adding additional resistance in the form of weight plates. The BXI cylinders are designed to fit Olympic-standard bumper plates – which are a must if they are being used indoors to protect the floor – and Olympic-standard steel plates. Collars will prevent the plates from slipping.

A farmer’s walk consists of simply picking up the cylinders and walking with them. The cylinders are



The BXI farmer’s walk implements are made of heavy-duty steel designed for both indoor and outdoor use.

much better for this purpose than dumbbells, which can bang against your thighs and also adversely affect your walking mechanics; likewise, hex bars are not recommended because their design restricts your stride length.

The distance you carry the implements in the farmer’s walk depends upon your goal. If increased strength is your primary goal, shorter distances and heavier weights should be used. If increased muscular endur-

ance is your goal, lighter weights and longer walking distances are the appropriate protocol. One indicator that the weight is too heavy for you is poor biomechanics, such as looking down and rounding your shoulders. As a point of reference, consider that in competition Canadian strongman Hugo Girard carried two cylinders, each weighing 374 pounds, a distance of 25 meters in 21.39 seconds!

Training and Equipment



The BXI Dog Sled offers a great way to develop sprinting power, running speed, and muscular endurance.

Push sleds are also great equipment for athletic conditioning. The BXI dog sled is just the tool for this type of training, made of heavy-duty steel designed for both indoor and outdoor use. When you push a

sled, your arms are stationary, thereby enabling you to focus more on your leg drive. To increase resistance, in the middle of the sled there is a post that fits Olympic-sized plates.

How much weight you use with the BXI dog sled determines the training effect. When you push heavy weights, you develop strength and power; when you use light weights, you can focus on perfecting your sprinting technique. You can also use a form of contrast training to develop speed, such as by pushing a sled for about 10-15 yards, releasing the handles and then taking off into a sprint. Here's what happens with this type of contrast training: When you push the sled, you activate the powerful fast-twitch muscle fibers, and these fibers are still activated when you release the sled. Athletes who use this method often report that when they release the handles, it's as if someone was pushing them from behind to make them run faster.

The BXI line also includes a complete line of racks and auxiliary equipment designed for the strongest athletes. The racks are built primarily with three-inch by three-inch steel tubing for maximum durability. If you're on a budget but don't want to compromise on quality, check out the BFS online store to see the wide variety of functional and economical BXI equipment.

DISCOVER THE THE BXI WEIGHT ROOM

All new and built for the heaviest workouts in a space conscious design. Power racks, built in two depths and in bolted or welded

together options, are massive 3" X 3" steel. With 30 settings for bar catches and safeties this rack accommodates every athlete.

Well thought out weight room storage keeps bars and bumpers close at hand but out of the way.

BXI auxiliary equipment includes heavy duty dog sled and framer's walk bars. See the ad on pg 8 even more add-ons to extend your workouts!

36" Bolted BXI Power Rack



9 Bar Storage



Farmers Walk Bars



36" Welded BXI Power Rack



Dual sided Dog Sled



Mobile Bumper Rack

BXI POWER RACKS 4 OPTIONS

WELDED SIDES 36" DEEP	\$775
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BOLT TOGETHER 36" DEEP	\$800
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WELDED SIDES 30" DEEP	\$700
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BOLT TOGETHER 30" DEEP	\$725
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BXI WEIGHT ROOM STORAGE

MOBILE BUMPER RACK	\$90
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BXI 9 BAR STORAGE RACK	\$115
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BXI AUXILIARY EQUIPMENT

BXI FARMER'S WALK, PAIR	\$150
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BXI DOG SLED	\$265
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GET STARTED

Head right on over to biggerfasterstronger.com and check out the full line of BXI equipment.

Call a BFS coach at 800-628-9737 with any questions and we can get your weight room started today!

BIGGER FASTER STRONGER



BXI Series is proudly designed and built in the USA



See the complete BXI Series Online!

