

## Training and Equipment



The BFS Varsity line is designed for high schools that want heavy-duty weight training equipment at a reasonable price.

## Powerful Weightrooms on a Budget

*Heavy-duty equipment designed with your wallet in mind*

At what point did high school weightrooms start to resemble kindergarten? Big rubber balls, plastic cones, spongy blocks, monkey bars, and swing sets! Then there are all those treadmills, stair climbers, rowing machines, and elliptical cycles. Seriously – where are our priorities?

Admittedly, “functional training” tools and cardio equipment have their purpose, such as in the early stages of rehabilitation or at the elite levels of conditioning with single-sport athletes. At the high school level, however, building winning programs in multiple sports requires a commitment to basic, heavy-duty weight training – and that means heavy-duty benches, squat racks, and free weight equipment.

As a “made in the USA” manufacturer, for the past 38 years BFS has focused on making heavy-duty equipment that fits every budget. To do this, our manufacturing process has evolved to include not one, but three complete lines of equipment: Varsity, Elite, and D1.



## Training and Equipment

The D1 line is top-of-the-line equipment, suitable for the best college, professional, and commercial weightrooms. Organizations with big budgets are looking for – and can afford – premium D1 features such as chrome plating, pegs for band-resistance exercise, bench docking systems, and swivel handle chin-up attachments. One practical advantage of this highly versatile equipment is that athletes can perform a greater variety of exercises. On the esthetic side of things, a weightroom full of attractive equipment at the D1 level is a selling point often used by college recruiters to attract enrollees.

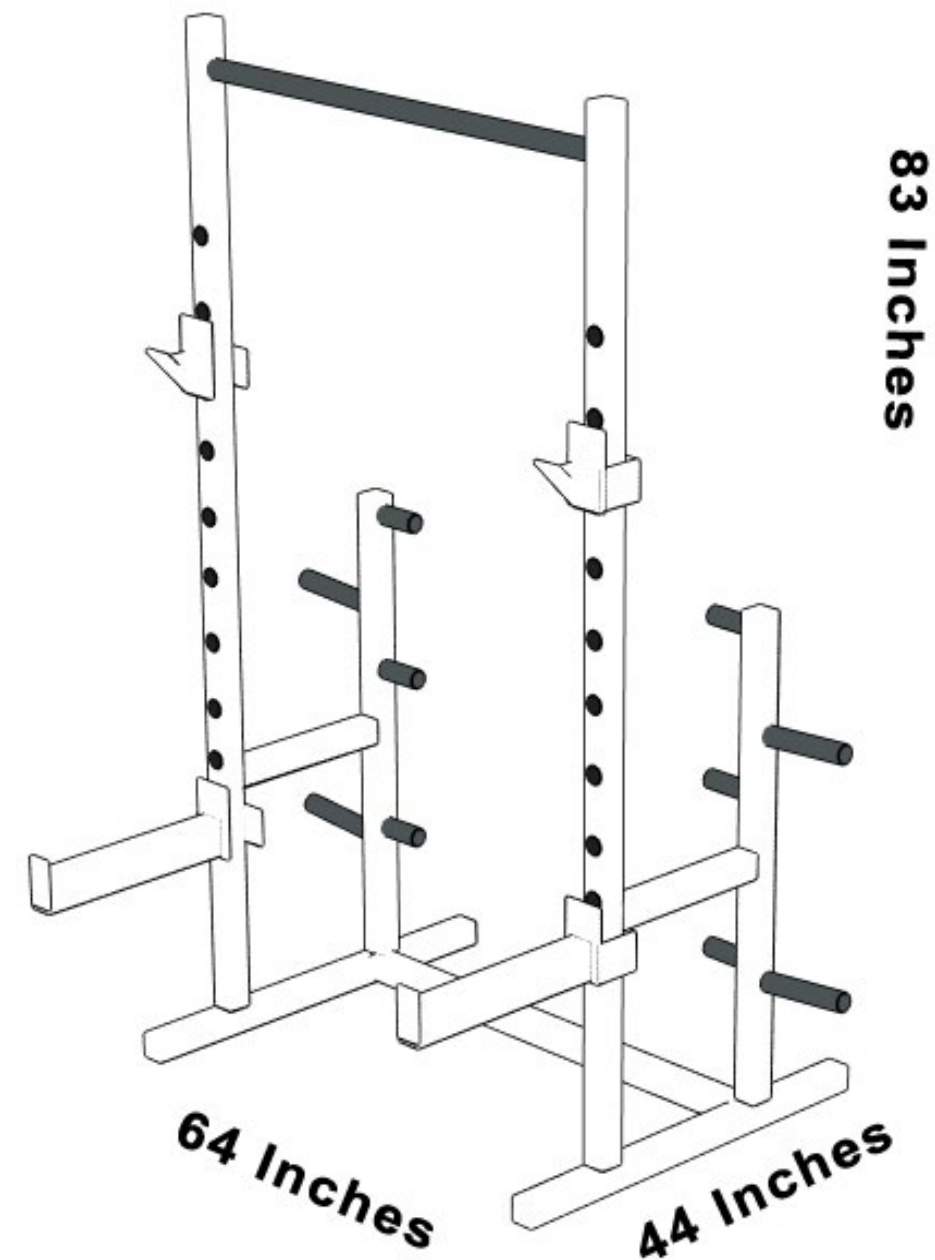
Even at the high school level, coaches find themselves having to recruit athletes into their programs (national statistics show that approximately 70 percent of kids quit organized sports by the age of 14). Outfitting a well-designed weightroom with attractive, quality equipment is an effective way to promote an athletic program. Further, booster club members and the community are often more willing to contribute to the building of a facility that features high-quality weight training equipment that is built to last.

Because the D-1 line doesn't fit into the typical high school budget, at this level the most popular choices are the BFS Varsity and Elite lines. BFS uses 11-gauge steel – which is the industry standard (rarely would 7-gauge steel be required, such as in units with inde-

pendent posts that require additional support). To see the differences between the Varsity and Elite lines, let's take the power rack as an example.

The basic power rack is a rectangular structure with four vertical posts at the corners to increase its strength (as such, this type of rack is often referred to as a cage). This design is important because these units are often used for exercises that use a considerable amount of weight, such as box squats and partial deadlifts. Adjustable bar catches are located between the posts so users can perform partial movements; they can also be used as safety catches so users can perform lifts such as bench presses without fear of the weight dropping on them (although, of course, BFS recommends spotters when performing squats and bench presses).

The Varsity line consists of solid, no-frills equipment. In contrast, the Elite line's 8-foot power rack is a foot taller than the Varsity Squat cage and has four more inches of workspace; it also has additional features, such as more weight holders to reduce the need for independent weight trees. The larger size of the Elite power rack might be necessary for many college and pro athletes (and perhaps some extremely large high schools), but at the high school level this feature is likely an unnecessary expense. For a high school with 400 students the Varsity rack will more than meet the

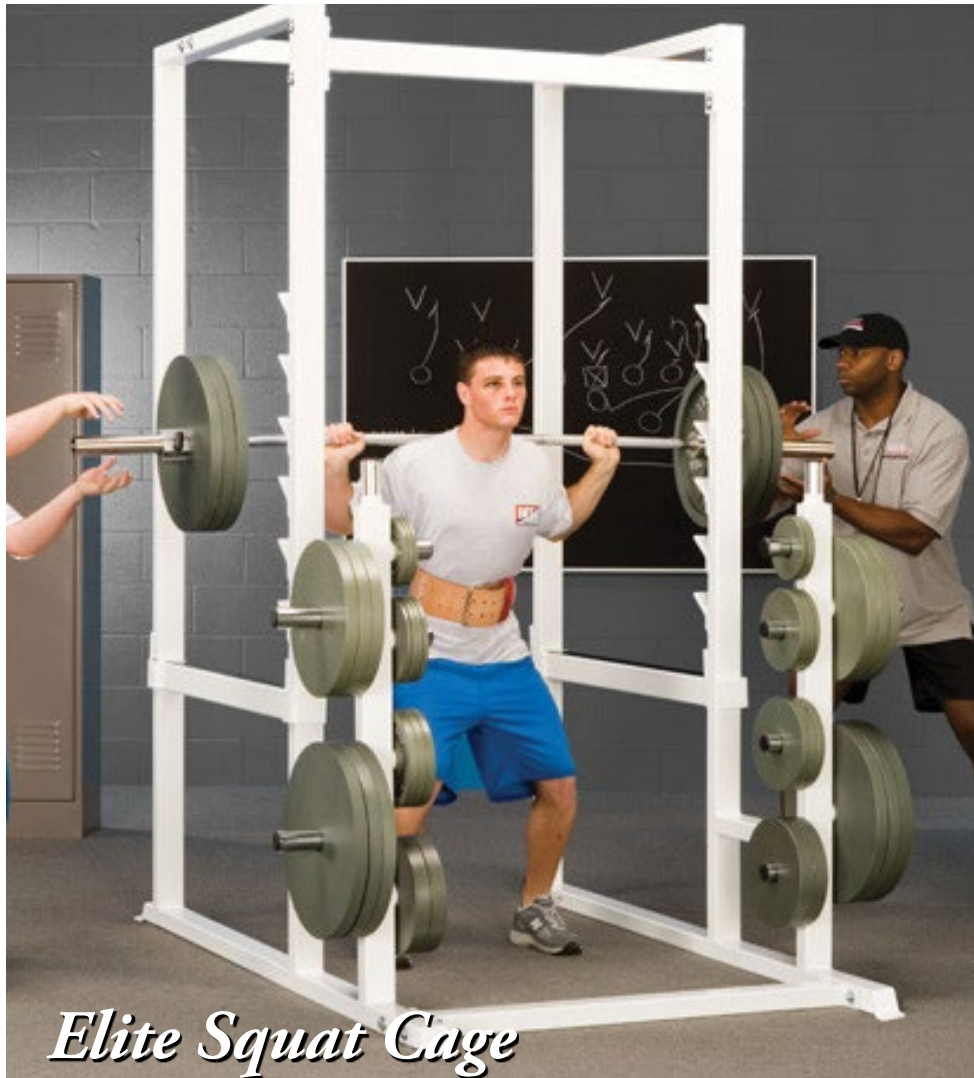


**Half racks have a smaller footprint and are ideal for weightrooms with limited budgets.**

needs of its athletes – and we can say this with confidence, as over 1,000 schools have purchased equipment from our Varsity line.

While the basic power rack remains a great tool for athletes, as the strength and conditioning field evolved, BFS developed additional variations of the

# Training and Equipment



*Elite Squat Cage*

*Varsity Squat Cage*

**The Elite squat cage is a foot taller and has four more inches of work space than the Varsity squat cage, so it is more suited for college weightrooms with their larger athletes.**

power rack in both our Varsity and Elite lines to fulfill the needs of our customers. One such variation is the half rack.

The half rack has a smaller footprint than the traditional power rack, and as such can be easily combined with an 8-foot lifting platform to enable ath-

letes to perform exercises such as power cleans and deadlifts. Let's look at one of our most popular units: the Elite half rack with platform. This unit contains a 6- by 8-foot weightlifting platform for performing power cleans and deadlifts, and a vertical half rack for squats and overhead presses. Further, with an adjustable bench placed within the rack, users can

perform bench presses and incline bench presses. Because all these lifts can be performed at the same station, athletes don't have to deal with weightroom bottlenecks.

A squat cage requires a larger platform, so weightrooms with limited space and a large number of athletes prefer the half rack design. Depending upon the size of the facility and the number of athletes it serves, a weightroom will have 8-20 half racks. In a weightroom with 10 racks and three athletes per unit, one to lift and the other two to spot and help with loading the weights, 30 athletes can train at the same time. With 20 half racks, 60 athletes can train. Many other configurations of these units are available, such as the dual Elite half rack with two platforms (or with none). With their efficiency and versatility, half racks are among our best sellers.

If you're already making good use of heavy-duty steel benches and racks, think about expanding your weightroom with other basics, such as a glute-ham bench, glute-ham bench, or even pulley machines. To get serious about training, invest in equipment that has been proven to get the job done. Whether you choose the equipment that meets your needs best from our Varsity, Elite, or D1 line, these are the tools that make a championship weightroom.



# VARSITY WEIGHT ROOMS

## STRONG • TOUGH • AFFORDABLE



Squat Cage #50140



Varsity Half Rack #50198A

At BFS we know the real measure in a weight room is the results you see outside the weight room. The Varsity line, built with 2" x 3" or 2" x 2" 11 gauge steel, has every rack, bench or platform you need to achieve your goals. The Varsity line is built for teams that know they have to work hard and get a little dirty to reach their dreams. Get started on your dreams with equipment that is as serious as you are.



The Varsity  
Line is proudly  
designed and  
built in the USA



See the complete  
Varsity Series  
Online!

