

Free Weights Superior To Machines

You will notice there are no machines advertised in this journal. That makes me free to express my honest opinion. I don't have a sponsor to make happy. Other strength journals can be very confusing. One strength journal had Dallas Cowboy personnel promoting three different kinds of machines.

There has now been enough time for machines to prove themselves. They haven't. There is no way an average 6' 3" to 6' 5" athlete can consistently get to weigh 265 pounds and run a 4.7 forty by training on machines. Free weights can do this!

I have heard many high school coaches say, "Gee, I wish I had \$40,000 to spend on machines, then we would be great." *Garbage!* A high school can have a great program with \$2,500 worth of free weights, and a super great program with \$5,000 worth.

However, if you'd like to use machines for supplementary work, I would recommend the following: neck machines, a Lat machine for tricep pushdowns and a Leg Extensor-Curl machine especially for rehabilitation of the knee. But, for the meat of your power program, free weights have to be used.

There are three types of muscles: (1) *The Prime Movers*—for example: in the curl the biceps are the prime movers; (2) *The Synergists* (muscles which act in opposition to the prime movers)—In the curl, the triceps act as the synergists; (3) *The Stabilizers* (practically all the other muscles)—In the curl you would fall over if it were not for the stabilizers.

When lifting with a machine, the machine acts as the stabilizer muscles. This is one reason why athletes should not work on machines. The body needs to stabilize and balance the resistance to improve athletic ability at its optimum.

Athletes are very great competitors by nature. It is impossible to really take advantage of this competitive spirit with machines. When the competitive drive of the athlete is played to the hilt by the coach with free weights, unbelievable results will occur and you can take that to the bank.

I hear coach after coach in the major college football ranks confiding that the only reason they spend \$35,000 on machines or even keep them is for recruiting purposes. That is so sad I can't believe it. You young recruits, don't be impressed by a bunch of beautiful machines. Just ask, "Where are the free weights for the beautiful results."

Standards

One of the very most important features of the BFS concept is *Standards*. Those coaches who understand the meaning and importance of these standards and have their athletes attain them will see astounding transformations.

Every one of the top 100 college teams in the country should have their starting offensive and defensive linemen weigh an average of 270 lbs. while running a 4.7 second forty. This is a natural phenomenon when the BFS All-American power standards are attained, assuming proper speed training, eating habits and flexibility programs are maintained.

Division II, Division III and NAIA athletes have a reasonable chance of attaining some at the above results. The biggest inhibiting factor is not talent but height.

Junior College athletes can come very close to these results provided they can start training before they get to Junior College. Since this is not always possible, I see offensive and defensive lines averaging 230 pounds, running a 4.9 forty. This should be a piece of cake.

High Schools depend a great deal on enrollment. Large high schools should have no trouble averaging 200 lb. linemen with 5.0 forties. Smaller high schools should always have some at this level.

A coach knows that if his fastest running back runs a 5.2 forty, his team is in trouble and if his biggest lineman is 140 lbs., he is also in trouble. A coach would also know that if all his backs weighed over 200 lbs. and all ran 4.4 forties, he would be in tall clover. He knows this because he is well acquainted with these standards.

The point I'm making is this: The BFS Power Standards are just as valid and meaningful to me as the coach who knows that a 4.4 forty is very fast. The beauty of the Power Standards is these standards can be reached more easily.

Your job as coach is to present these BFS Power Standards to your athletes, challenge them to reach them, and then both of you should bust your butts to see they are reached. When they are reached, chart them and incredible results will take place and miracles will happen.

THE BFS POWER STANDARDS*

	SQUAT	BENCH	DEAD LIFT	CLEANS
Good	$1\frac{1}{2} \times \text{Body Wt.}$	Body Wt.	$2 \times \text{Body Wt.}$	Body Wt.
Great	$2 \times \text{Body Wt.}$	$1\frac{1}{4} \times \text{Body Wt.}$	$2\frac{1}{2} \times \text{Body Wt.}$	$1\frac{1}{8} \times \text{Body Wt.}$
Super	$2\frac{1}{2} \times \text{Body Wt.}$	$1\frac{1}{2} \times \text{Body Wt.}$	$3 \times \text{Body Wt.}$	$1\frac{1}{4} \times \text{Body Wt.}$
Good for High School	300	200	400	175
H.S. All State				
Good for Coll.	400	300	500	225
High School All-American	500	350	600	275
College All-American	500	400	600	300

*The body weight standards are great for the smaller athletes. Also, all dead lifts are done with a spot.