

BOX SQUATS



Proper Position: Head Level, Lower Back In; Chest Out.



Spotting Technique: Use two men, since the average High School Athlete will use 400 plus pounds. A third spotter can be used in the middle behind the lifter.

Box Squats are one of the greatest exercises for developing strength and explosive power. They are unparalleled in developing hip and hip tendon Strength. Increases in jumping ability are also unmatched with box squats.

Every athlete should incorporate box squats into their routine. The great thing about them is they don't leave you drained like regular squats. Because an athlete needs to work on things like technique of his sport, agility, speed, flexibility and endurance; not being drained is really important. That is also why box squats are crucially important for in-season training. I recommend box squats once a week and regular squats once a week. This method is also important from the standpoint of overcoming plateaus (staleness).

The technique of doing the box squat is really key. You **do not** go down and just touch the box before coming up but you actually sit on the box placing most of the weight on the box through the hips. Then you drive the hips forward and up in an explosive type movement. You should have the feeling of ending the movement up on the toes as in a calf raise or heel raise. With lighter weight this will be physically easy but with 400 plus pounds you will probably get just the feeling. This movement should duplicate jumping or form tackling. Absolute care should be taken to insure the lower back is kept in a concave position. If the lower back bends out like a banana, you're asking for trouble.

The starting weight for high school athletes is 145-235 pounds. You will be amazed at how fast many of your athletes will approach the 500 pound box squat level. Further information about box squats with illustrations is in the new Personal Record Journal and Coach's Manual on page 26.

BFS REPRESENTATIVES WANTED: Part-Time, Full-Time

Minimum of 2 years Successful High School or College Coaching Experience in Football, Basketball, Track or Wrestling. College Playing Experience desirable. Minimum Bachelor Degree preferably in Physical Education. A Personal Physical example of a Weight Trained Athlete is also desirable.

Send Resume
For Information

To:

Bigger Faster Stronger
Rick Anderson, Bob Rowbotham—National Sales Directors
Box 235
Forest Lake, MN 55025

FANTASTIC

REVOLUTIONARY

INCREDIBLE

SET-REP SYSTEM

Cost: \$2.00 Athletes Personal Record Journal

Cost: \$5.00 Coach's Manual

This brand new Personal Record Journal was created to help your athletes make super progress. Every athlete needs a journal to record their workouts and records. It's 8½ x 11, durable, attractive and fully illustrated. Each journal contains workout schedules for one year. The Set-Rep System is highly complex yet it is presented in a straightforward, easy-to-understand manner.

Organizes Every Workout

Finally! A set-rep system which organizes every set and every rep for your athlete's career. Your athlete now has a specific objective and a specific challenge with every set, every rep and every workout. Absolutely no more worrying about how much weight to put on the bar ever again.

Break 8 Records a Week

We had the unique opportunity to test nearly 1,000 athletes nationwide on this system for up to eight months this year. These athletes broke an average of 8 or more personal records every week. That's right: eight personal records per week with no let up in sight!

Who Can Use It?

Incredibly, the beginner and the world class competitive lifter can use it equally as well. You simply begin at your present level and then break personal records.

No Plateaus

All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems like one set of 12-15 reps or 3 sets of 10 reps reach this point very quickly, but even complex cycle systems eventually reach a plateau. The new BFS Set-Rep System will keep your athletes progressing month after month after month.

The Basic Program

1. Squat
2. Box Squat (see page 14)
3. Bench Press
4. Clean
5. Dead Lift
6. Towel Bench Press*

*The towel bench press is used to prevent "Bench Press Shoulder" (like tennis elbow) which may occur in 70 to 75% of all weight trained athletes. That's an incredible percentage. Coaches, ask your athletes how many have had a pain in the front shoulder joint area. You'll be surprised at the number. The cause is from working out too hard, too often with too much weight. It's the stress placed on the shoulder joint on the last two inches of the bench press' downward movement. The towel bench prevents this from happening. Each lift, including the towel bench, is fully illustrated and explained in the Coach's manual and the Personal Record Journal.

Order Information

Since each athlete in your program needs a Personal Record Journal, the following discounts will help on larger orders:

1-25 Record Journals:	\$2.00 each
26-50 Record Journals:	1.90 each
Over 50:	1.75 each
Coach's Manual:	5.00 each



The Utah Jazz of the NBA broke 45 records per man in the first 3 weeks of October.