

# SETS AND REPS

by  
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Basic guidelines to BFS principles to Sets and Reps are as follows: The number of heavy sets should be three to five. Reps should be varied between one and ten with the concentration being between three and six reps. It is crucial to vary your set-rep system continually. No one system will work all the time; eventually a plateau will surface. I now would like to present some different Set-Rep systems and make comment for the readers perusal.

**Three Sets of 10 Reps:** This workout stems from the 1950's. This will put you on the wrong track if you do it week after week.

**Five Sets of 5 Reps:** This is done on the BFS System one week out of four. If it is done every workout, you are on the wrong track.

**One Set of 8-12 Reps:** About 3% of our universities still use this system. It is obviously a quick way to get through a workout. However, a plateau will set in quickly if this is done week after week. This system is also very unmotivating. I've talked privately to athletes at universities on this system and most say they do not do this system when away from the university and they do it because it is required not because they like it. No track and field athletes do this system, not even at Penn State where this system is most famous. No olympic athletes, no weightlifters or no powerlifters use this system. I do believe for most auxiliary exercises one set of 8-12 can be used effectively. I also believe for the mature athlete who already possesses great size, strength and speed that this system can be satisfactory. However, it would definitely put a high school program on the wrong track.

**Two Sets of 20-25 Reps:** This system was just started by several major universities. I know Alvin Roy tried this for one year in 1965 with the San Diego Chargers. It did not work then and certainly not now. It is extremely unmotivating and could prove to be disastrous at the high school level as far as losing kids. At a university, the athletes have to do it or lose their scholarship.

**Computerized Set-Rep Systems:** This idea has merit. Obviously, it is only as good as the system or systems which are put into the computer. A good feature is that an athlete is given a step-by-step progression of exact poundages with sets and reps. When an athlete completes the program successfully, pride and satisfaction should result. A weakness of this system is that the human body does not behave like a computer. Somedays an athlete will have a strong day and somedays a weak day. On strong days, the computer printout will not be enough and on weak days failure of completion will result with obvious negative effects.

Information about the BFS Set-Rep System is found on the following two pages. Success of this system has been overwhelming. Also, for those coaches already on the BFS system, we have come up with a system to rate an athlete's intensity. All coaches should talk to their athletes about intensity. Feel free to post this in your weight room.

## HOW IS YOUR INTENSITY?

An Athlete's desire, intensity and spirit are as important as any other factor in determining success and great progress. Each athlete should rate his intensity in the weight room at least once a month. Ratings are based on a scale of 1-10. Ten being the highest intensity. Definitions are given for intensity levels 10, 5 and 1. Naturally coaches and athletes can rate intensity levels between those given below.

### RATING

### DEFINITION

10

Supreme Effort Given! I attacked EVERY Set with Total Fierceness. I squeezed out EVERY last Rep and broke more records than Planned! All my records were recorded in my Log Book. I feel Super and feel Confident. We can win the championship! I can't wait to break more records next workout!

5

I did OK today. I did my Sets and Reps as scheduled and broke some records. I'll admit, if I had looked at my Rep Records before my Set, I could have broken some of them. But, I can do it next time. I didn't have time to record my lifts.

1

Forgot my record book and showed up late because Susie wanted me for something. I wasn't sure what to do so I matched Bob Set for Set. It was funny because he sure worked a lot harder than me. It was good though, because now I don't have to take a shower and Susie is waiting.

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## 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. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep-Log. Since each athlete in your program needs a Set-Rep-Log, the following discounts will help on larger orders.

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