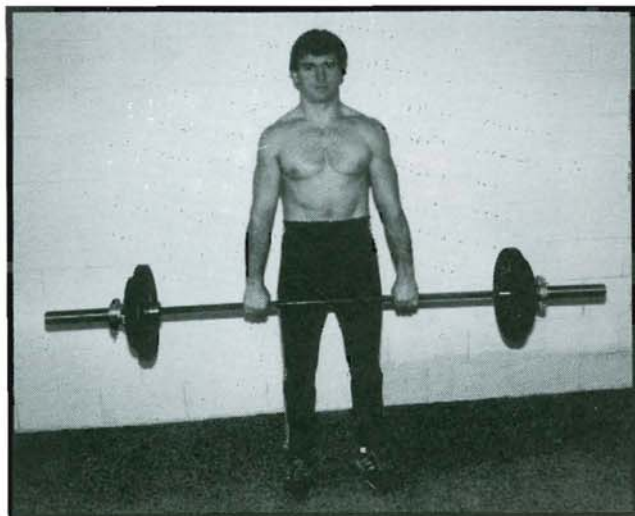
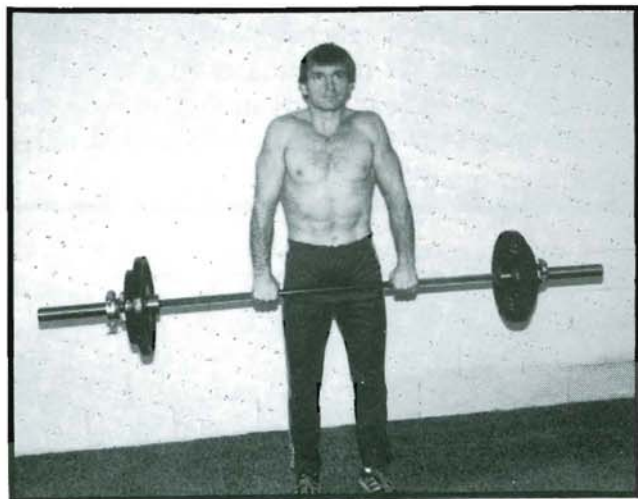


AUXILIARY EXERCISES

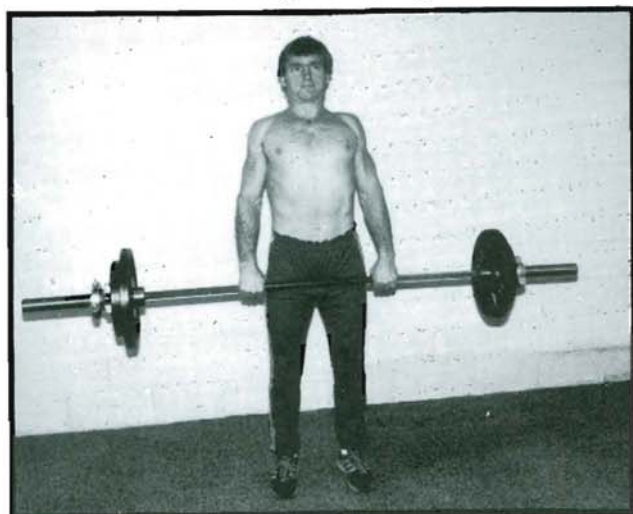
Part 4 in a Series
By Dr. Greg Shepard



Shoulder Shrug: Starting Position
Notice Trapezius Development



Shoulder Shrug: Lift as High as Possible



Shoulder Shrug:
Then Rotate Backward and Return to Starting Position.

SHOULDER SHRUGS

We have three rules to follow when selecting an auxiliary exercise for an athlete. The first: It must be of benefit to a high degree to a particular sport. For example, working on the neck would be very important for football and wrestling but not very important for basketball or baseball. The second rule: Auxiliary exercises must leave us with time and energy to work on running, agility and technique work. The last rule: If there is a problem area or a particular weakness, then additional auxiliary exercises may be increased or included. Perhaps an athlete has a high percentage of body fat, or a weak upper body or is recovering from a knee injury. These are situations where increased emphasis can be placed on auxiliary exercises.

We also have a basic premise that all sports should do the core program. After this is done, then auxiliary exercises may be chosen. This is where each coach can establish his own identity. For example, the track coach may want his kids to do leg curls, leg extensions and step-ups. The wrestling coach may want to climb rope, do pull ups and neck exercises. The baseball coach may not want to do any auxiliary exercises in-season. All of these decisions fit into the BFS philosophy.

RECOMMENDED FOOTBALL AUXILIARY LIFTS

<u>MON.</u>	<u>WED.</u>	<u>FRI.</u>
Neck	Neck	Neck
Leg Curls & Ext.	Dips	Leg Curls & Ext.
Shoulder Shrugs	Hip Sled	Dips
Power Pulls	Incline Press	Step-Ups

Shoulder Shrugs have been selected as a high priority auxiliary lift for football and also wrestling. Shoulder Shrugs develop specifically the trapezius muscles. These muscles connect from the lower neck to the top of the shoulder. It is felt that strong thick trapezius muscles aid greatly in stabilizing the neck during contact or stress. These muscles may also have a cushioning effect upon the neck. Injury prevention is the key word with this auxiliary exercise. It is, of course, permissible to do this exercise twice a week but we feel with power pulls, cleans and dead lifts that once is sufficient.

It is recommended that 2 sets of 10 reps be used for shoulder shrugs. Use a heavy weight. I suggest a starting weight of 145 for high school athletes and work up from there. It is desirable to do your Shoulder Shrugs in a slow controlled manner.

As a strong thick cord of a trapezius muscle is developed it will also aid in the ability to place the bar on the shoulders during the squat. A complete line of auxiliary lifts for all sports is shown on our video cassette programs. (See pages 8-9.)

THE BFS STRENGTH STANDARDS

	SQUAT	BENCH	DEADLIFT	CLEAN
Good Beginning H.S. Level	1½ x Body Wt.	Body Weight	2 x Body Wt.	Body Weight
Varsity H.S. Level	300	200	400	175
All-State H.S. Level	400	300	500	235
All-American H.S. Level	500	350	600	300
College-Pro Level	500	400	600	300
World Standard Linemen – Shot Put Discus – Hammer	600	500	700	350

THE BFS HEIGHT – WEIGHT CHART

HIGH SCHOOL LINEMEN SHOT PUT – DISCUS	HIGH SCHOOL TE-LB'S-FB'S BASKETBALL BIG MEN	HIGH SCHOOL RUNNING BACKS JAVELIN-BB CATCHERS-DECATHALON	HIGH SCHOOL DB-WR OTHER SKILL ATHLETES
5'8" – 180	5'8" – 175		5'8" – 165
5'9" – 185	5'9" – 180	5'8" – 170	5'9" – 170
5'10" – 190	5'10" – 185	5'9" – 175	5'10" – 175
5'11" – 198	5'11" – 192	5'10" – 180	5'11" – 181
6'0" – 206	6'0" – 199	5'11" – 187	6'0" – 187
6'1" – 215	6'1" – 207	6'0" – 195	6'1" – 193
6'2" – 224	6'2" – 215	6'1" – 202	6'2" – 199
6'3" – 233	6'3" – 223	6'2" – 210	6'3" – 205
6'4" – 242	6'4" – 231	6'3" – 217	6'4" – 211
6'5" – 251	6'5" – 239	6'4" – 225	6'5" – 217
6'6" – 260	6'6" – 247	6'5" – 232	6'6" – 223
	6'7" – 255	6'6" – 240	
	6'8" – 263		
COLLEGE-PRO LINEMAN SHOT PUT-DISCUS-HAMMER	COLLEGE-PRO TE-FB-LB BASKETBALL BIG MEN	COLLEGE-PRO RUNNING BACKS JAVELIN-BB CATCHERS-DECATHALON	COLLEGE-PRO-DB-WR OTHER SKILL ATHLETES
6'0" – 220	6'0" – 210		5'10" – 175
6'1" – 230	6'1" – 218	5'10" – 185	5'11" – 182
6'2" – 240	6'2" – 227	5'11" – 192	6'0" – 190
6'3" – 250	6'3" – 235	6'0" – 200	6'1" – 198
6'4" – 260	6'4" – 244	6'1" – 207	6'2" – 205
6'5" – 270	6'5" – 252	6'2" – 215	6'3" – 213
6'6" – 280	6'6" – 261	6'3" – 222	6'4" – 220
6'7" – 290	6'7" – 269	6'4" – 230	6'5" – 228
6'8" – 300	6'8" – 278	6'5" – 237	6'6" – 235
	6'9" – 286	6'6" – 245	6'7" – 242
	6'10" – 295	6'7" – 253	6'8" – 250
	6'11" – 303	6'8" – 260	
	7'0" – 312		

HIGH SCHOOL 40 – 5.0
COLLEGE PRO 40 – 4.7

HIGH SCHOOL 40 – 4.8
COLLEGE PRO 40 – 4.6

HIGH SCHOOL 40 – 4.6
COLLEGE PRO 40 – 4.5

HIGH SCHOOL 40 – 4.5
COLLEGE PRO 40 – 4.5