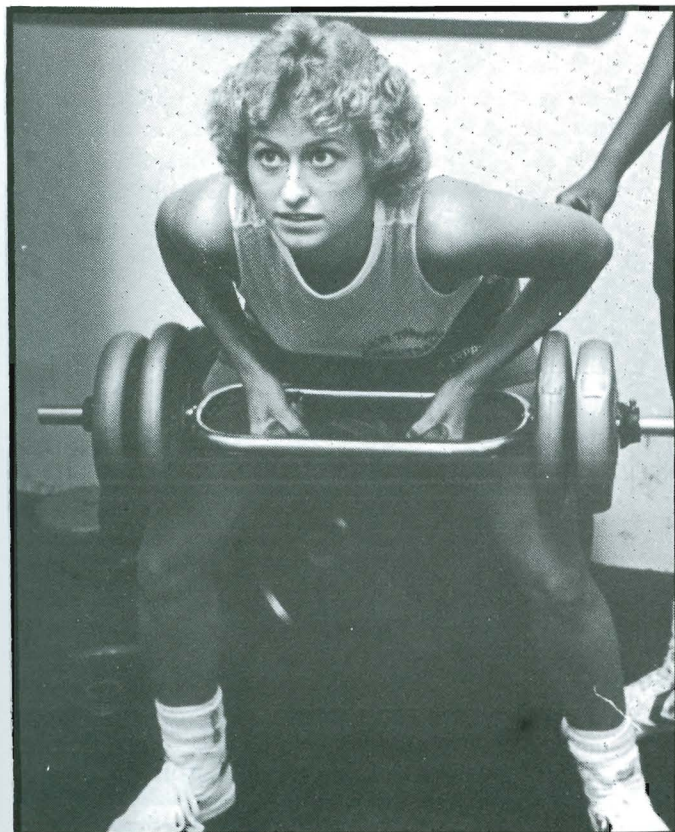


# LADY TOPPER BASKETBALL



Sophomore All-American Candidate Clemette Haskins daughter of the famous Pro Clem Haskins performs an Auxiliary Lift: Wrist Curls



Senior Captain Linda Martin doing a BFS Auxiliary Lift: Rows

## LADY TOPPER BASKETBALL

Editors Note: We believe women athletes should do the same BFS program that the male athletes do for becoming better athletes. Some women athletes especially at the high school level may want to start with our Readiness Program. Women respond to weight training much the same way as men. Women most assuredly can increase their strength, jumping ability, decrease their percentage of body fat, improve speed and quickness as well as improve confidence. These improvements both physical and mental will pay big dividends in performance and in the win-loss column.

It also should be noted that for the vast majority of women athletes all physical changes and improvements are desirable. Women have an abundance of the female hormone estrogen and a lack of testosterone; the male hormone. This hormone balance keeps a women from gaining huge muscles like their male athlete counterparts. This delicate hormonal balance is upset when women take anabolic steroids as so many female competitive bodybuilders often do.

Here is a recent letter from Coach Steve Small from Western Kentucky University who has been on our BFS Program:

Dear Sirs:

At Western Kentucky University the Lady'Topper basketball team has come a long way both on and off the court.

Last year's Lady'Toppers were 4th in the nation in overall attendance, and rated in the Top 20 during the year. We were the pride of the community and looking for an even brighter future.

Our number 1 priority for this year was to improve our stamina and overall strength. I've coached for eleven years and have tried nautilus, free weights, isometrics, universals and lots more, trying to find the best way to improve strength and quickness (an essential ingredient for a great ball club). I think all the methods mentioned are good ones especially if done properly and with intensity, but none of the above have accomplished what the Bigger, Faster, Stronger program is all about.

The proof is in the pudding! Our girls feel better physically and mentally this year and for the first time are hungry to lift weights and improve their previous lifts.

The Bigger, Faster, Stronger program was followed by the book and supplemented with plyometrics for speed, and a jump rope program. The results have been unbelievable. In four short weeks we see things that make us smile from ear to ear.

The whole team was weighed the first day and given a simple push-up test. Then, four weeks later this was repeated. Each girl said they had lost some weight and felt stronger, when in fact every girl on the team had gained 3 to 5 lbs. (lost fat, gained strength and tone). Each girl improved push-ups 10 to 15 repetitions with one girl going from 4 to 28 push-ups. Every girl improved their vertical jump 2 to 6 inches. I could go on and on but it all boils down to the program works and keeps the athletes driving towards new goals and better performance.

We at Western Kentucky University highly recommend the Bigger, Faster, Stronger program to all high school and college programs.

Continued



# LADY TOPPER BASKETBALL



Sophomore Laura Ogles performing Box Squats.

**"Every Girl Improved  
their Vertical Jump  
2 to 6 inches!"**

**"The Proof is in  
the Pudding"**

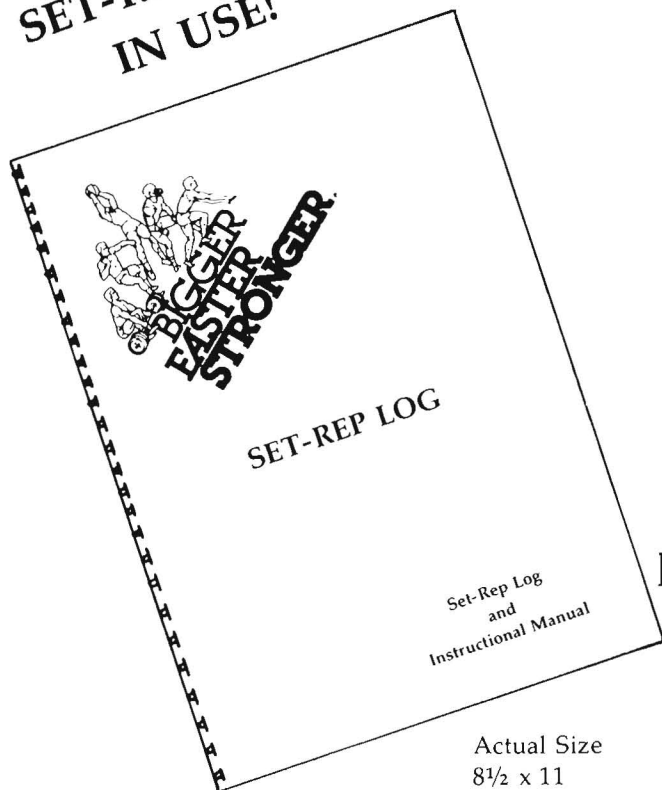
**"Think Fit!  
Look Fit!  
Be Fit!"**



Jr. Guard Kami Thomas Benching in her Bigger Faster Stronger Program. Kami went from Benching 85 lbs. max to 135 lbs. after 4 short weeks.



**OVER 20,000  
SET-REP LOGS  
IN USE!**



Actual Size  
8½ x 11

This brand new Set-Rep Log (formally Personal Record Journal) was created to help your athletes make super progress. Every athlete needs a Set-Rep Log to record their workouts and records. It's 8½ x 11, durable attractive and fully illustrated. Each Set-Rep Log contains workout schedules for one year! The Set-Rep System is highly complex yet it is presented in a straight-forward 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. Athletes thrive on the competitive nature of the BFS system.

## **The Ultimate Motivator**

The BFS system has been tested thoroughly the last two years. Simply stated: Athletes break at least 8 personal records per week! Week after week; month after month; 400 per year!!

Breaking records is the ultimate motivational factor in building great confidence! The unique BFS system creates spectacular results! A motivated, confident team is a winner in the arena of competition.

# **REVOLUTIONARY SET-REP SYSTEM!**

***THE BFS GUARANTEE:***

***Break 8 Personal Records  
Per Week!***

***Break 400 Per Year!***

**NEW! UPDATED!**

**EASIER TO UNDERSTAND!**

**EASIER TO RECORD!**

## **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 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.

### **COST:**

**One: \$4.00**

**2-9: \$3.00 Each**

**10-25: \$2.50 Each**

**Over 25: \$2.25 Each**

***The New Edition is  
Easier to Understand  
Easier to Record Lifts***

Custom Set-Rep-Log Books with your school logo and school colors \$2.60 each (100 is the minimum order).