

THE BFS CORE LIFTS

By
Dr. Greg Shepard

THE PARALLEL SQUAT

The parallel squat still remains as the foundation of the BFS program. It must be done and done correctly to insure the possibility of developing an athletes potential. The parallel position must be reached in order to develop the hamstrings and the muscles of the buttocks. No other exercise can match the parallel squat in the coordinated development of the hip, leg and trunk area. The stronger athletes become through squatting, the higher and farther they will jump and the faster they will run.

By doing parallel squats correctly, being under control at all times and not bouncing at the bottom position, this will tremendously improve an athlete's chances for having an injury free season. This is particularly true with injuries to the knee. Squatting correctly will increase the thickness and strength of the muscles, tendons, ligaments and articular capsule around the knee joint. It will also make the bones slightly bigger and stronger. The knee cartilage also seems to become more resistant to injury through squatting properly. Tens of thousands of athletes have experienced this great effect of squatting for the last twenty years. The long term effect also seems to be very positive. If you and/or your athletes do parallel squats, and problems do occur please call our toll free number. At this point we have nothing but positive feedback.

THE BOX SQUAT

We recommend two squat workouts per week. Three workouts are too many. One of our squat workouts is the Box Squat which is used to compliment the parallel squat. We do the Box Squat for four reasons. First, we do get used to a heavier weight as we go down only to 2-3 inches above parallel. Second, it adds variety to our routine which helps us overcome plateaus and insures our ability to break 8 or more records on the BFS Set-Rep System. Third, it really does develop the hip and hip tendon strength better than any other exercise. Fourth, we recover very rapidly; much more so than parallel squats. This gives us the time and energy required to work on agility, plyometrics, running and technique work.

There are those who have criticized the Box Squat without knowing exactly how we do it. Like most other lifts, there is some potential danger. Critics suggest that compression of the spine and lower back problems would result from doing Box Squats. We use a padded cushion and instruct all athletes to sit on the box always under strict control. It would be a serious mistake to "plop" down hard out of control on the box. The lower back also must always be locked in tight. I have been training athletes on this lift since 1968 except for a 4 year interval from 1974-1978. There doesn't seem to be any adverse long term effects. Also, with the Utah Jazz, I'm working with players who average \$300,000 a year. I certainly wouldn't want anything to go wrong with them. We've been going after the Box Squats hard for five years going up to 500 pounds. We have not

ever had a hint of a problem; only great benefits. If you experience any adverse effects please call me toll free.

BENCH PRESS AND TOWEL BENCH

The bench press is the standard upper body strength developer. We do two bench workouts per week. Three workouts is too many. One of our bench workouts is the towel bench. We roll up three towels & form a cushion on the chest. We do the towel bench for three reasons. First we do get used to more weight, which gives us greater confidence. Second, it adds variety to our routine which helps us overcome plateaus. Third, because the cushion prevents us from going down that last 1-2 inches, it helps an athlete from developing what we call "Bench Press Shoulder" (A pain in the shoulder joint area). We also recommend heavy dips to increase tricep power which in turn increases benching power.

THE POWER CLEAN

We feel that at least one of the "Quick Lifts" should be included in any athletes routine. Examples of quick lifts are: Cleans, Clean and Jerk, Snatch, Power Snatch, Power Pull, Power Curl, High Pull, Push Press, Hang Cleans or a Dumbbell Clean. Our primary quick lift is the Power Clean.

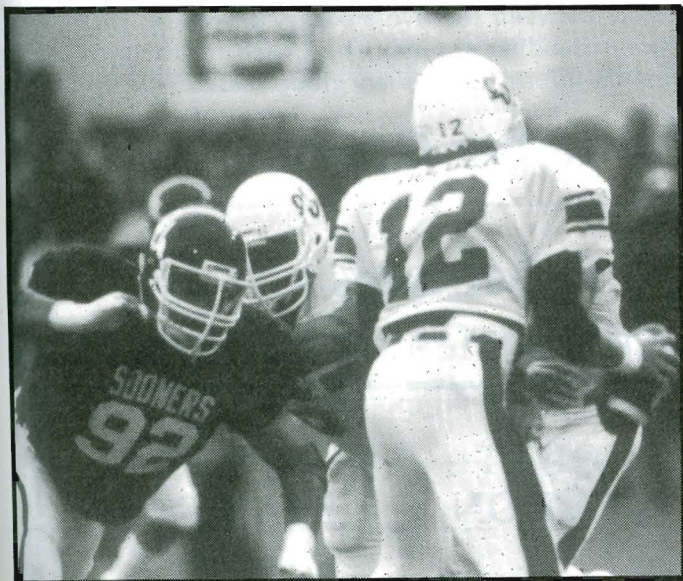
Power Cleans can develop explosive type power, quickness and aggressiveness. However, they must be done properly with correct technique. That's why we are providing a series of articles (See page 18) on the Power Clean. Heavy cleans should be done once a week, while technique cleans with a light weight may be done on other days. The BFS Readiness Program begins young athletes out with just the bar and we do a Hang Clean not a Power Clean. Anytime you have less than 125 pounds on the bar you should do Hang Cleans. We also believe the other quick lifts can be used when an athlete becomes tired or stale from doing Power Cleans. I especially like the Power Snatch for this purpose and great benefits can be seen with just the bar. However, this is an advanced type lift.

THE DEAD LIFT, STEP-UPS OR LUNGES

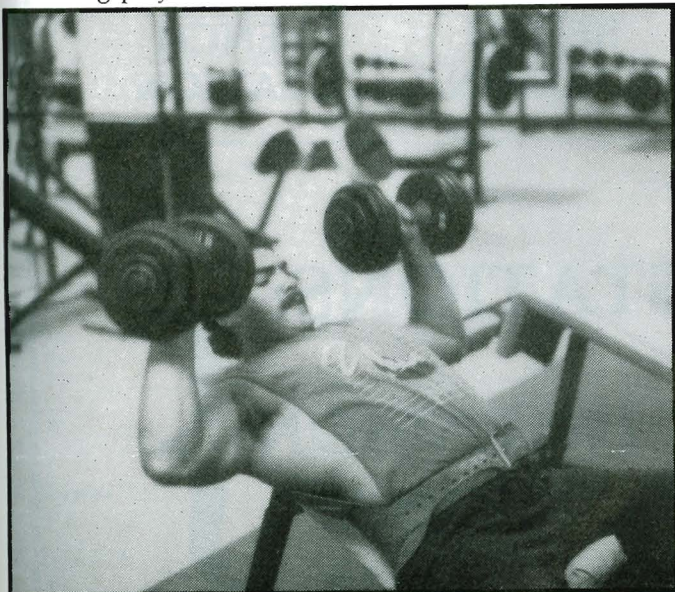
I have lumped these three together as one of these three should make up your second core lift on Wednesday (See page 90 on Organization). The Dead Lift is really only recommended for football players. A spotter should always be used. The BFS spotting technique virtually eliminates lower back soreness. We also bounce the weight slightly on reps to further reduce lower back problems. These techniques and correct positioning techniques can be seen at any BFS clinic or on video cassette (See page 8). The primary reason for doing Dead Lifts is the tremendous motivational and self concept value derived on "max" day. Most varsity players will do between 400 and 600 pounds. When that happens, your team will feel like they can take on the Chicago Bears.



Tony Casillas can bench nearly 500 lbs!



Casillas' intimidating and relentless style makes him a dominating player.



Tony doing Dumbbell Inclines.

TONY CASILLAS

myself making a QB sack. On game day, I try to relax and stay calm. I guess I'm like a Dr. Jekyll and Mr. Hyde. I feel like I have to be great every play. I'm going to beat somebody every play. One thing though, I don't come home after practice and bring football home to Lisa. I try to separate things like two different lives. In football, I like to go 110% every play. If I see myself on film loaf around, I'm not happy. I say, "that's not me." I watch a lot of film. I try to watch about 30 minutes a day during the season."

"Tony," I questioned, "Do you have a comment on steroids?" He stated, "I've never used them. If an athlete wants to take steroids, I guess that's up to him. I've been blessed a lot but I've worked hard too. My wife certainly doesn't want me to take steroids. I don't recommend them, especially to the high school athlete and especially from a health standpoint."

"I tell high school athletes to be patient and don't over-train. Hard work is the key to success. Weights are the key to that hard work. When the going gets tough — Look up!" concluded Casillas.

Tony Casillas has been involved with the F.C.A. since high school. He talks to charity groups when possible. "I like to be involved with disabled kids," said Tony. "My dad is legally blind. So I like to help disadvantaged people. It's important to me." whispered Casillas. Tony enjoys playing golf and riding his horse which is 17½ hands high. However, his relationship with his wife, Lisa is most important. They enjoy going out to dinner and one another's company. They also attend their Methodist Church every week.

Tony Casillas has put everything into its proper perspective and we are grateful for the great example that he has set for all. Thanks also to Pete Martinelli who helped make this story possible. Our best wishes to Tony, Lisa and Coach Martinelli.

TONY CASILLAS PROGRESS CHART

	Wt.	Ht.	Bench	Incline	Squat	40
9th	175	5-11	225	X	X	X
10th	195	6-0	260	X	X	4.95
11th	225	6-2	305	240	X	4.95
12th	250	6-3	365	275	505	4.9
Fr.	265	6-3	435	315	X	4.9
Soph.	265	6-3½	445	340	400	4.9
Jr.	275	6-3½	455	380	500	4.8
Sr.	280	6-3½	485	405	535	4.75

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For non-football players the dead lift is optional. With the Utah Jazz we do Step-ups or lunges. We do these to develop "Power Balance." With Step-ups we get a feeling of creating a maximum summation of force as we rise explosively up on the toes. We do Step-ups on a box 9 to 14 inches in height. With Lunges there is more development taking place in the hamstrings and butt muscles. Both are excellent. The option always exists of making any of these exercises an auxiliary lift.