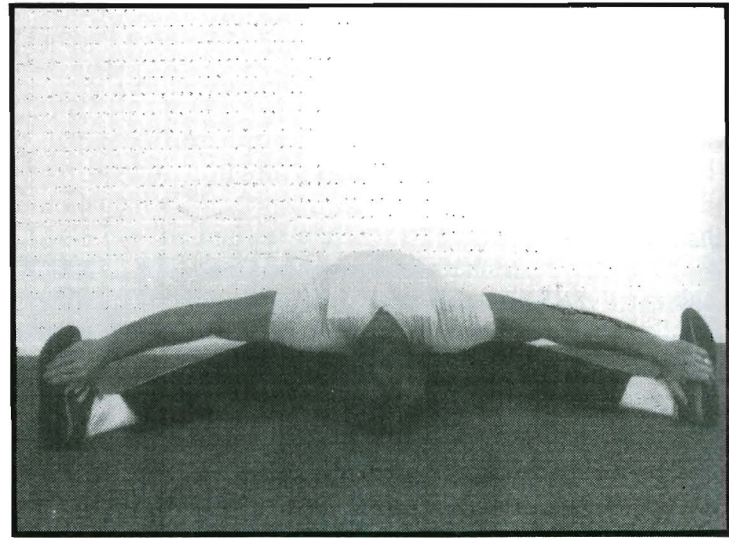
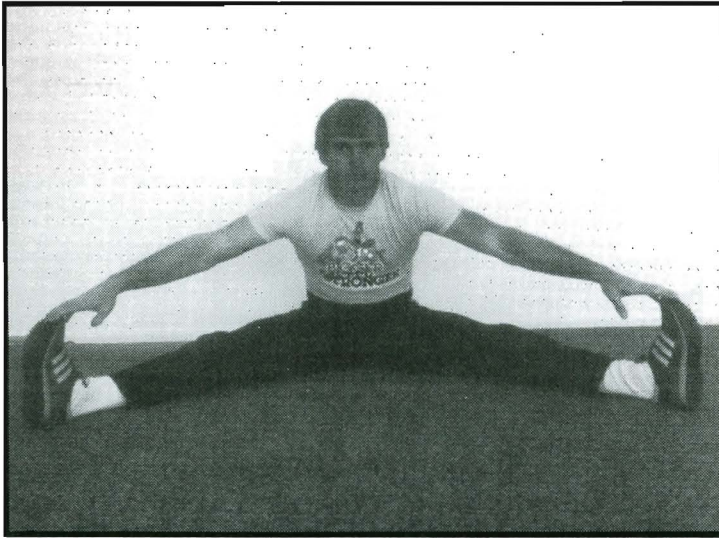


BFS FLEXIBILITY

Part I in a Series
by
Bob Rowbotham and
Dr. Bill Cornelius
North Texas State University



Shown is BFS Vice-President Bob Rowbotham, flexibility expert. Coach Rowbotham benches 400 pounds at a trim 180 pounds and demonstrates that strength and flexibility are compatible.

FLEXIBILITY — Part 1

Flexibility exercises have been used in sport programs for years and there is now an increased interest in what type of programs will help our athletes reach their full potential.

There is no question that with a weight lifting program you need a good flexibility program. The heavier you lift the more you need to work on flexibility. As coaches, we know that over emphasis on one aspect of training can be a disadvantage when it comes to performance. We all have coached athletes that are really strong but because of a restricted range of motion can't perform to their potential. On the other side of the coin, we've had athletes with great flexibility but they don't have enough strength through their range of motion to perform well.

We need balance in our program and an understanding of good flexibility techniques that will enhance the performance of our athletes.

Flexibility training needs are different for different sports. For example, a gymnast needs more flexibility than a defensive lineman. A good rule to follow for athletes is be flexible enough to perform in your specific sport.

Even though stretching is beneficial there are negative outcomes that can result if proper procedures are not followed. There are four basic types of stretching: Static, Passive Static, Ballistic and Proprioceptive Neuromuscular Facilitation (PNF). We need to understand all four types. Ballistic stretching or bouncing is one technique that is not recommended, even though increased flexibility can be achieved with ballistic stretching it is often accompanied by injury and soreness.

The BFS Flexibility Program deals with primarily two types: Static and PNF. The Static technique uses a stationary position that is held at a greater than resting length. The PNF method uses a partner and a combination of techniques: A passive pre-stretch, muscular contractions and a passive static strength.

In our next issue we will discuss the difference between static and PNF flexibility and the advantages and disadvantages of each.

BFS FLEXIBILITY MANUAL

COST: Only \$4.95

- ★ A Great Source of Flexibility Information
- ★ All Flexibility Exercises are Demonstrated by Coach Rowbotham! Stick figure drawings are not used.
- ★ Written for coaches in an easy to understand style!

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