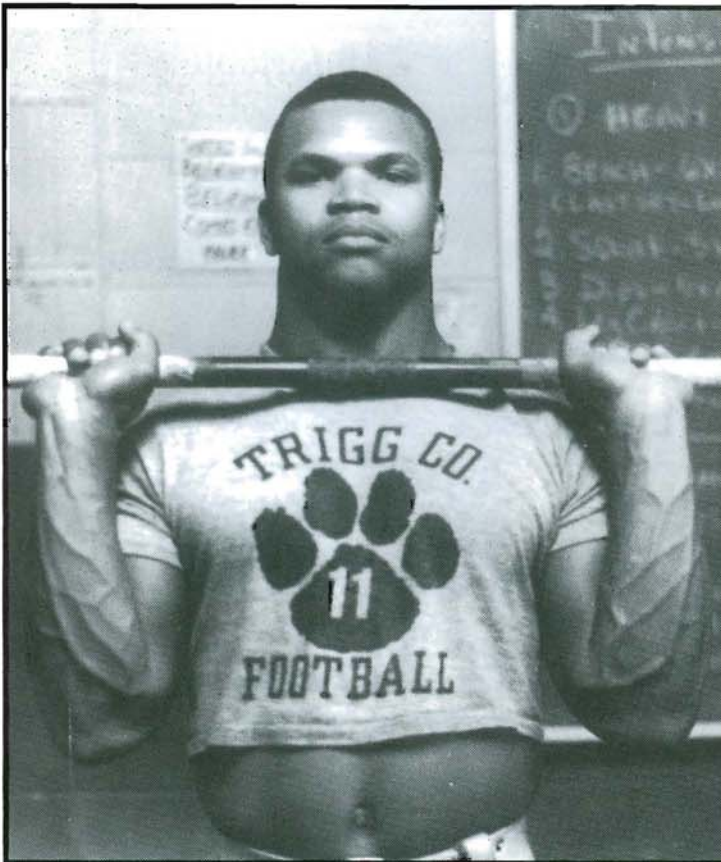
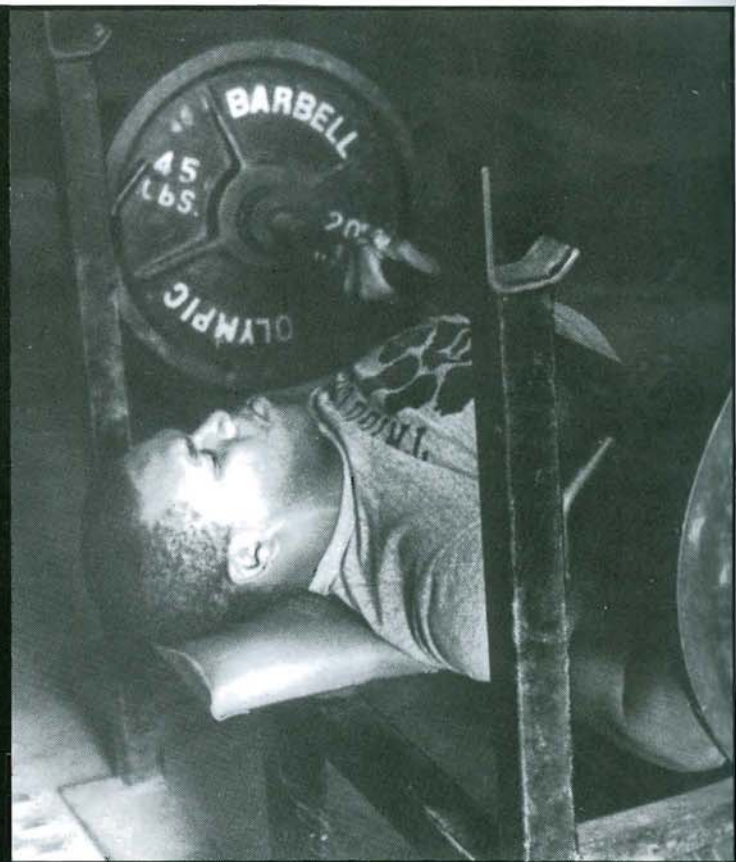


# AL BAKER

TRIGG COUNTY  
HIGH SCHOOL  
CADIZ, KENTUCKY



Al Baker's Best Power Clean: 275 Pounds



His Best Bench: 360 Pounds

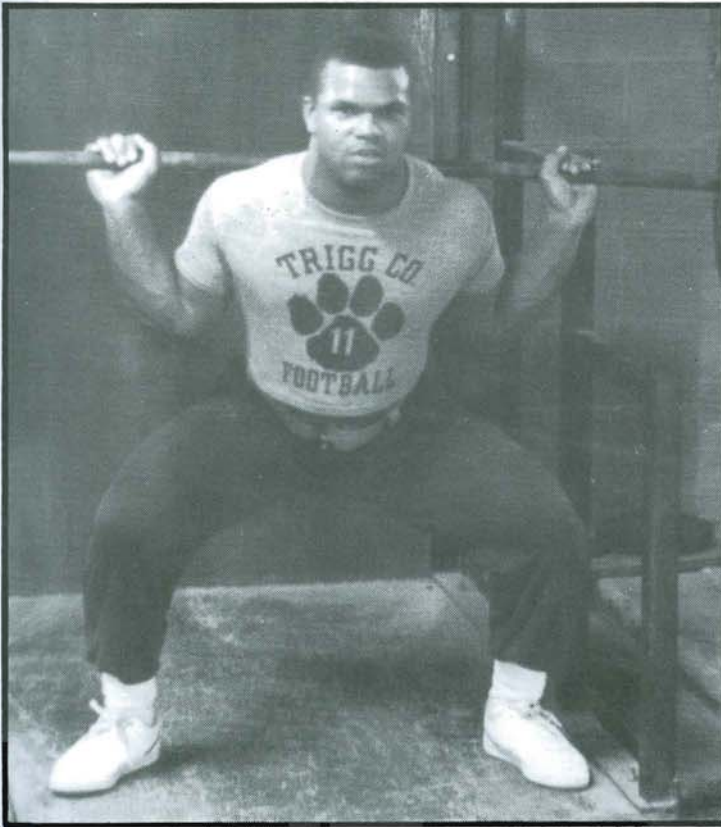
Move over Herschel Walker, here comes Al Baker. Al signed with the University of Kentucky and is certainly capable of challenging for a starting position this fall. Dixie Jones, the Head Football Coach at Trigg County High School, has worked hard with Al to develop his potential. Al Baker has excelled in three athletic areas. First, in Football, Al has 5,396 career yards rushing for a 7.4 yard average. In addition, he scored 51 career Touchdowns with 33 100 yard games! Naturally, he was an All-State player. Al also made several Kentucky Player-of-the-Year Awards and the BALLY High School All-American 1st Team. Secondly, Al has excelled in Track. In the ninth grade, he was the State Champ in the 200 Meters and 2nd in the 100 Meter Sprint. Last spring at a bodyweight of 228 pounds, he exploded to a 10.7 second 100 Meter State Championship finish. Al also won the 200 Meter Sprint in 21.89 seconds and finished 2nd in State in the Shot Put. Thirdly, Al Baker has excelled in Power Lifting. In the Kentucky High School State Championships, he won the State Title in the 220 Pound Class and was chosen as the Outstanding Lifter. Al repeated as State Power Lifting Champion last year as a Junior in the 242 Pound Class.

Al is a little on the shy side and quite humble about his accomplishments. As a result, he was hard to interview at times. So I thought I'd shock him a little by stating, "Al, what you got to do when you get to Kentucky is really get after football so you can play pro football. Don't worry about going to classes or getting your degree. With all that money you'll be getting as a future pro you won't need an education." Al did as I had hoped. He laughed like I was crazy. He responded, "Pro ball is a longshot. My education is what's really important. I've got to attend every class. Pro ball is a short-lived occupation; with a degree I'll always have that to fall back on."

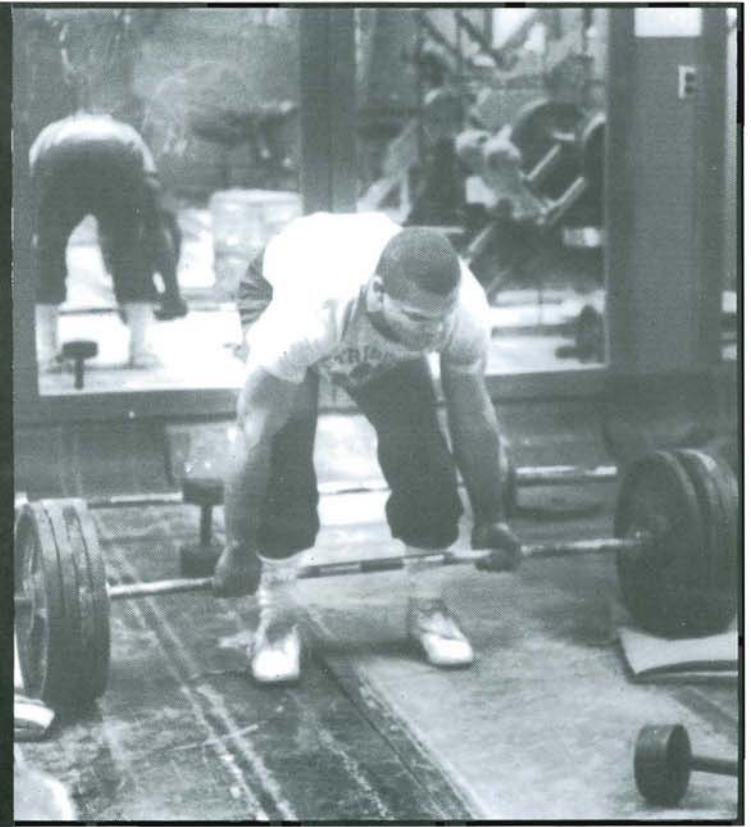
Al's father taught Math for 32 years and has always stressed the importance of an education. The Baker's have 11 children. Al is number eight. All of the older Baker children have already gone to college. To better prepare himself, he has taken chemistry, German, English Composition and Geometry this year. The teachers annually pick two or three outstanding seniors. This year Al Baker was selected. Coach Jones stressed that Al's selection had nothing to do with Al's athletic accomplishments. Trigg County High School Principal, August "Skip" Pisa, stated,



# BFS ALL-AMERICAN 6-1 222 lb. RUNNING BACK



Al Baker, a Two-Time State Power Lifting Champ, Parallel Squats 600 Pounds!



Al is a Two-Time BFS All-American. Has a 585 Pound Dead Lift!

"If you're talking about character, I don't think you could ask for a better person. Al has the upbringing that makes him a model student."

Al Baker has his head on straight. He works hard at everything he undertakes. He is not involved with drugs or alcohol. Al has also never missed a weight workout and won't miss academic classes either. Al respects his mother's and father's desire to attend college and finish with a degree. He even has a Major in mind; Business Management. Al Baker attends his Baptist Church on a regular basis and is active in the Fellowship of Christian Athletes.

Al's Coach, Dixie Jones states with admiration, "Al is a leader by example. He does it quietly. He also has a habit of rising to the top when the competition is the toughest. Last season we were playing the defending 4-A State Champs. Remember Greg, we're only a Double A School. Anyway, we were behind 7-6 with only 3 minutes left, when in the huddle Al said, "Fellas, don't clip anybody on this play, we're going to score." Al then ripped for a 60 yard TD and a 200 yard plus night of football."

I think you can see why Al Baker was a Two-Time BFS All-American First Team selection. I feel Al personifies what we try to teach in the principles of becoming Bigger, Faster

and Stronger not only physically, but mentally and spiritually as well. We wish to thank Coach Dixie Jones and Al Baker for sharing their story. Our best to you and to Al's future at the University of Kentucky.

## AL BAKER'S PROGRESSION CHART

	8th	9th	10th	11th	12th
HT.	5-10	5-10½	5-11	6-0	6-0
WT.	170	187	200	204	222
40	4.65	4.56	4.55	4.52	4.5
SQ.	315	355	385	515	600
BNCH.	175	215	275	305	360
D.L.	360	410	480	550	585
CL.	X	X	225	265	275

- ★ 20 Yard Dash: 2.51
- ★ 100 Meter: 10.7
- ★ 200 Meter: 22.39



**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 \$2.70 each (100 is the minimum order).