

**BIGGER  
FASTER  
STRONGER**

# AUXILIARY LIFTS

**YOUR  
TOTAL  
PROGRAM**

**By Dr. Greg Shepard**

Auxiliary lifts are done in addition to the BFS Core Lifts. If you are working in a small group, you do the auxiliary lifts AFTER the Core Lifts. Otherwise, you fit the auxiliary lifts in a rotation with the Core Lifts as described in the organization article on page 3.

Select no more than 5 auxiliary lifts. When you start doing more than that, especially 10 or more, then you'll have a TIME and ENERGY problem. You'll find that your athletes will not have enough time and energy to do sprinting, stamina, flexibility, plyometric, agility and technique work. Think of the TOTAL PIE. You must slice it up correctly between all facets which will get you to your ultimate objective. That ultimate objective is, of course, to reach one's potential and WIN.

Selection of auxiliary exercises is done as you think of which one's will help you win or prevent specific injury. For example, on a scale of one to ten how important are neck exercises to a football player or a wrestler. Obviously, very important. However, to a basketball or baseball player, neck exercises are not that important so you select an auxiliary that is important.

## THE BFS AUXILIARY LIFTS BY SPORT

### FOOTBALL

- MON: Neck, Leg Curl, Leg Extension, Glute Ham, Lunges.
- WED: Neck, Heavy Dips, Incline, Hip Sled, Behind the Neck Press.
- FRI: Neck, Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead Lifts.

### BASEBALL – SOFTBALL

- MON: Leg Curl, Leg Extension, Glute Ham, Lunges.
- WED: Oblique Twisters with Plate, Wrist Curls, Tricep Pushdowns, Pullovers.
- FRI: Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead lifts.

### SOCCER

- MON: Neck, Leg Curl, Leg Extension, Glute Ham, Lunges.
- WED: Neck, Behind the Neck Press, Lat Pulls, Leg Curl, Leg Extensions.
- FRI: Neck, Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead Lifts.

Generally, do 2 sets of 10 reps on each auxiliary. The exceptions might be with dips (do up to 5 sets or more reps), Hip Sled (do reps on a command) and wrestlers may wish to do sets of up to 25 reps. The entire auxiliary system is thoroughly explained and shown in detail on my brand new video. (See page 12 and 13.) Track is the only sport not listed below because of the many different events. Generally, I would do the basketball auxiliaries and have all the throwers also do the oblique twisters.

Our BFS professional staff (myself, Rick, Bob, Stefan, and Sam) had a sometimes heated discussion as to which auxiliaries were the best for the following sports. We voted and revoted and the following is what was finally agreed upon. You may disagree and that's fine, but you better have a solid reason and able to defend your choice. How will your choice help you win or prevent specific injury better than our choice? Football coaches can break auxiliaries down by position as long as the Core Lifts are the same.

### BASKETBALL

- MON: Leg Curl, Leg Extension, Glute Ham, Lunges.
- WED: Lat Pulls, Tricep Pushdowns or Dips, Behind the Neck Press, Dumbbell Chest Flies.
- FRI: Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead Lifts.

### TENNIS – VOLLEYBALL

- MON: Leg Curl, Leg Extension, Glute Ham, Lunges.
- WED: Tricep Pushdowns, Pullovers, Behind the Neck Press, Oblique Twisters with Plate.
- FRI: Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead Lifts.

### WRESTLING

- MON: Neck, Pull-ups, Lunges, Dips, Behind the Neck Press.
- WED: Neck, Dips, Leg Curls, Leg Extensions, Arm Curls.
- FRI: Neck, Pull-ups, Lunges, Arm Curls, Behind the Neck Press.

\*Rope climb can be done everyday.