

**BIGGER
FASTER
STRONGER**

FLEXIBILITY

**YOUR
TOTAL
PROGRAM**

By Dr. Greg Shepard

A stretching program should never be used solely for a warm-up for other activities. It is an exercise regimen itself like lifting and running. A stretching program should be done to increase flexibility and range of motion. It must be worked at daily both in the off-season and the in-season. Flexibility exercises entails work, sweat and concentration of exact and proper position. The vast majority of schools and athletes can make big improvements in their flexibility program.

Stretching is done for the following reasons:

1. To improve speed.
2. To increase joint range of motion.
3. To improve performance.
4. To decrease injury possibilities.
5. To decrease seriousness of injury occurrence.
6. To improve jumping ability.

We can improve the performance of a thrower by increasing the range of motion. If a pitcher can get his arm back a little farther, he will throw harder and faster. If a discus thrower can get his arm and shoulder back two inches farther, it might produce an improvement of 10 feet. If an athlete can improve his flexibility in the hips flexor area so that his stride length is 2 inches greater, that alone may improve a 40 yard dash time by 2 tenths of a second.

There are 3 main methods of flexibility training. First, the most common method is called ballistic. This is where an athlete bobs or bounces. Do not do this method. It is dangerous. Second, is the static method, where an athlete will do a slow controlled stretch. Third, is the PNF method or Proprioceptive Neuromuscular Facilitation. See why they call it PNF! The PNF method requires a partner and the athlete actually goes in the opposite direction against his partners resistance. PNF is probably the best method provided a good partner is available.

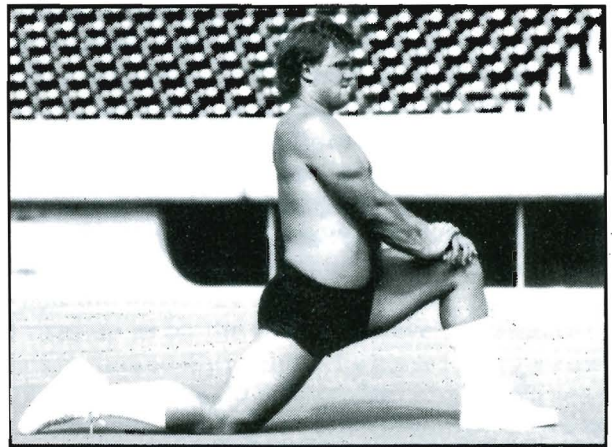
THE BFS PROGRAM

The BFS program uses the static method. We have chosen this method because we do not have to find a knowledgeable partner. Since flexibility training must be done everyday all-year round, the static method seems to be the best choice. Therefore, an athlete is free to stretch anytime and anyplace.

We have created a stretching program which takes less than 10 minutes per session. It thoroughly stretches every major area of the body, especially the trunk, hips and legs. We say it's as easy as 1-2-3-4. These numbers are keys to help everyone understand and remember the program. One of the important exercises is shown on the right. It is called the Hip Flexor Stretch. It is designed to improve

stride length and thus speed. Our total BFS Flexibility Program is beautifully illustrated on our brand new video (see pages 12-13) and on our Upper Limit Posters (see page 95).

For those subscribers who expected to see Part V of our series of articles on flexibility, we will continue it with the January '87 BFS Journal.



UNIQUE HIP FLEXOR STRETCH

1. Look straight ahead.
2. Arch back slightly.
3. Place hands on front knee.
4. Lock arms to keep chest upright. Do not lean over.
5. Force hips down hard towards a point directly beneath pelvis.
6. Alternate legs after 30 seconds.

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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