

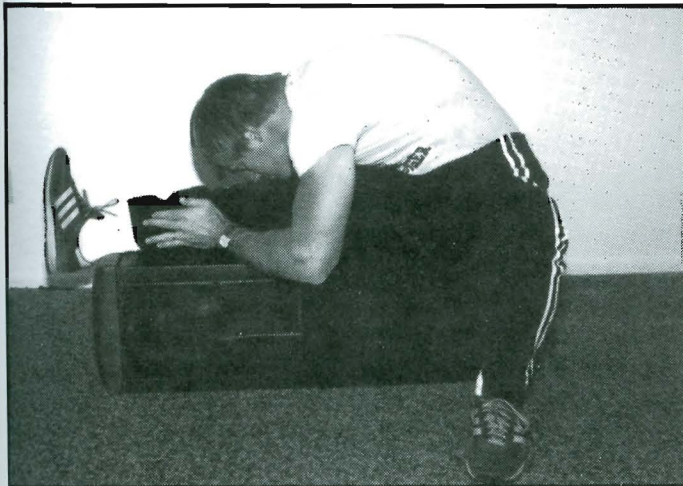
THE BFS 1 - 2 - 3 - 4 FLEXIBILITY PROGRAM

Part 4
In a Series by
Bob Rowbotham

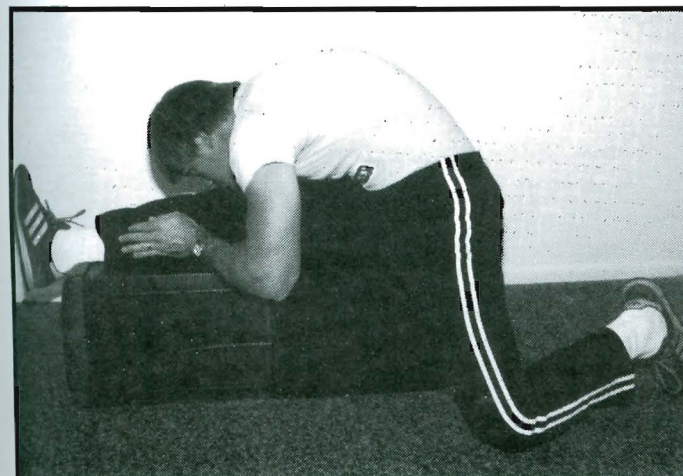
ONE ON THE BENCH



"One On The Bench" stretches the lower back and most importantly the hamstrings.



"One On The Bench" is safer than the old "Hurdler's Stretch." It is very comfortable especially for the bigger athlete.



"One On The Bench" Variation. This also stretches the Hip Flexors for increased stride length.

Our first three articles discussed general flexibility guidelines. Now we will go into specifics and give in detail our less than 10 minute 1 - 2 - 3 - 4 Flexibility Program.

To get large groups of people to do something takes at least two things. First, you as a coach must teach the importance of flexibility. Your team must believe in the efficacy of flexibility. Second, the program must be easy to remember and do. As for this second part, we have done this for you. It's as easy as 1 - 2 - 3 - 4.

"One On The Bench," "Two In The Air," "Three On The Wall" and "Four Minutes On The Floor" comprise the 1 - 2 - 3 - 4 BFS Flexibility Program. This article will discuss "One On The Bench."

We believe in the "static" stretch method because you don't have to find a partner. This is important because a strict flexibility program should be done EVERYDAY. "One On The Bench" refers to our hamstring stretch which can be done on a bench or on the couch or bed at home. Many people stretch the hamstrings by doing the old hurdler stretch. However, this can be dangerous as it puts undo pressure on the medial collateral knee ligament. Our "One On The Bench" is completely safe and feels very comfortable especially with bigger athletes.

All the BFS flexibility exercises can be done easily at home and "One On The Bench" can be done on the couch during a commercial. Now what can be easier than that!

Sit on a bench or couch and have one leg completely extended in front. Make sure the knee does not bend and that the toes are completely straight. Do not have the toes flop over to the side. The other leg can be

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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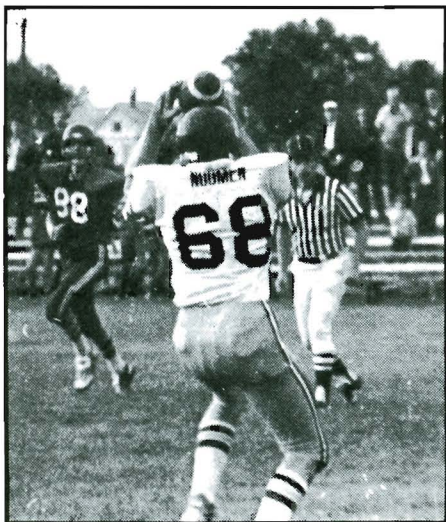
WESTBROOK HIGH MINNESOTA



Danny Weiske #34 shown scoring 1 or 2 TD's in State Championship game. His twin brother David also scored 2 TD's.



Jim Kuilhang #22 showing strength and balance during a Punt return in State Championship.



Loren Noomen making one of his two interceptions as a defensive lineman!

we were 12-1 losing out to the defending State Champs in the semi-finals with a predominantly junior ball club.

This last Fall, in 1985, we were 14-0 State Champs again and the only undefeated team in the State.

Westbrook's record since I arrived here is 70-9 and I attribute the greatest degree of our success to our weight program.

The economy of our region is and has been very shakey and money for our weight program has been hard to come by. Through donations and the generosity of our local J. C. organization we have put together what we feel is a weight room that many small colleges would be envious of and as we are a town of less than 1,000 population it is something we take extreme pride in.

Whether or not this gets into print, I'd like to thank you for being such a tremendous factor in our success.

William E. White Head Football Coach

THE BFS 1 - 2 - 3 - 4

Continued from Page 51

comfortably placed as in a sitting position or the knee can be placed on the floor. The latter placement can also give a stretch to the groin and hip flexor area.

Now, bend forward as far as you can creating tension on the hamstrings. You may be able to put your nose on your knee or your chest on your thigh which is even better. You will also be stretching your lower back. For those who are really flexible, your nose can be placed beyond your knee. For those who cannot go very far at all; don't worry. Just get better. You most certainly will, if you do it daily.

You should do all our BFS flexibility exercises in three 10 second stretches or one 30 second stretch. Do one leg and then the other. You are now into our flexibility program one minute. In the next issue we will discuss "Two In The Air."

For more complete information, you may rent or purchase our brand new video which fully illustrates the BFS 1 - 2 - 3 - 4 flexibility program. (See Pages 8-9.)

UPPER LIMIT TRAINING CAMPS

Stefan Fernholm and our new BFS Coach, Sam Varner, conducted a great Upper Limit Training Camp at Grants Pass, Oregon. The host coach was Roger Freeborn, the Head Football Coach at North Valley High School.

It was a great experience for the athletes and coaches in attendance. Every person is already committed to coming back next year. The athletes from out of state stayed with Coach Freeborn's players. Everyone seemed to like staying in a home with a family with the added benefit of making new friends in a special way.

The athletes were up early and didn't quit learning and experiencing Upper Limit Training methods until 10:00 at night. The players seemed to appreciate the fact that they were there to learn and work, not just to have fun and games. Stefan and Sam reported that they have never been more exhausted in their lives. They put their whole heart and soul into the camp for the kids.

Next year's camp will be held in mid June both in Oregon and Ohio. Make your plans and we'll keep you posted on specifics.