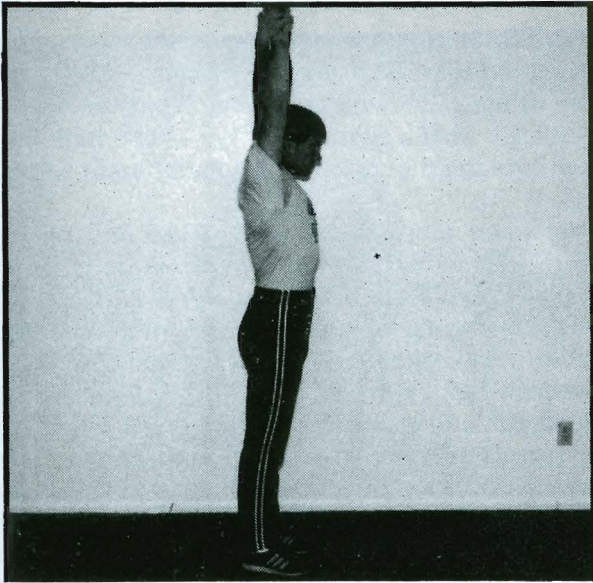


THE BFS 1 - 2 - 3 - 4 FLEXIBILITY PROGRAM

Part 5
In a Series by
Bob Rowbotham



The Front Shoulder Flex



The Back Shoulder Extension

TWO IN THE AIR

This series of articles gives in detail the less-than-10 minute BFS 1-2-3-4 Flexibility Program. In Part Three, we discussed "One On The Bench." In this issue, Part Four, we shall discuss "Two In The Air."

Remember, we believe in the "static" stretch method because an athlete does not have to find a partner. Athletes should be stretching everyday and they should have the capability and motivation to stretch anytime and at any place. We strongly recommend that coaches in high school do not take valuable lifting time to formally stretch. If you only have 45 to 60 minutes to lift, it is far better, if the

athlete will stretch on his own and then lift in a group situation. The BFS 1-2-3-4 Flexibility Program affords you this opportunity and luxury.

After you have done "One On The Bench" and stretched the hamstrings, do "Two In The Air." Each of these two exercises will take 30 seconds. Therefore, they can easily be done during a commercial.

The first stretch is called the "Front Shoulder Flex." This exercise stretches the shoulder girdle and chest area. Put your arms in front of you with your palms facing each other. Rotate your hands around 180 degrees. Then interlace and lock your fingers by clasping your hands together. The palms should still be faced together. Next, slowly bring your completely extended arms overhead and behind your ears. Go back as far as possible. Work hard! Hold for 30 seconds.

The second stretch is called the "Back Shoulder Extension." It stretches the anterior or front shoulder area. Put your arms behind you and clasp your hands together. Keep the back as upright as possible and look straight ahead. Slowly raise your completely extended arms as far as possible. Work hard! Hold for 30 seconds. While doing this exercise, you may also rotate your neck in a slow circle.

These two exercises will help prevent shoulder injuries and give a greater range of motion. This will improve performance by enabling the athlete to throw harder and farther. In the next issue, we will discuss "Three On The Wall."

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) or get our upper limit posters.

BFS FLEXIBILITY MANUAL COST: Only \$4.95

- ★ A Great Source of Flexibility Information
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