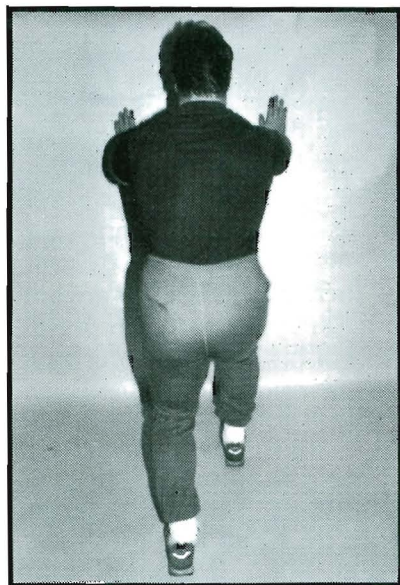
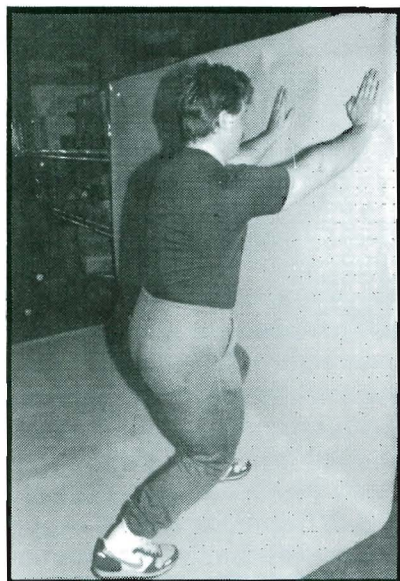


# THE BFS 1 - 2 - 3 - 4 FLEXIBILITY PROGRAM

Part 6  
In a Series by  
Bob Rowbotham



Keep your back toes straight!



Keep back upright, eyes straight and back arched!

## THREE ON THE WALL

This series of articles gives in detail the 9½ minute BFS 1-2-3-4 Flexibility Program. In Part Four, we discussed "Two In The Air." In this issue, Part Five, we shall discuss "Three On The Wall."

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 any time 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 "Two In The Air" and stretched the shoulder girdle, "Three On The Wall." Each of these three exercises will take one minute. Therefore, they can easily be done during a commercial.

The first exercise is called the "Calf Stretch" which is a very common stretching exercise. It is also an exercise done incorrectly most of the time.

It is absolutely essential to keep the back foot perfectly straight. We are very adamant on this coaching point. After all, you are supposed to sprint with your toes perfectly straight, so why practice stretching with incorrect running form. The majority of people I've seen doing the calf stretch point their back toes with an outward rotation.

The second coaching point can be observed from a side view: Keep the back upright, eyes straight and back arched. Again, this reemphasizes correct running form. Many athletes bend way over at the waist with their head down while performing the "Calf Stretch." Obviously, when you think about it, the BFS way is superior. Hold 30 seconds, then switch feet. In the next issue, we will discuss the second exercise "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
- ★ 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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