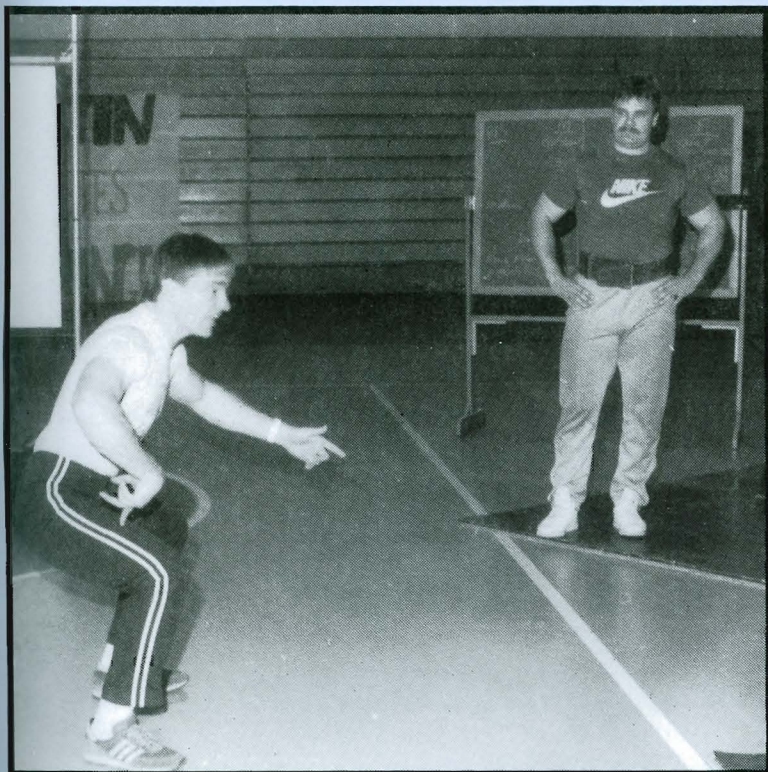


LARGEST BFS CLINIC EVER



AT MORRILTON, ARKANSAS: 1,200 ATTEND *Stefan Fernholm demonstrating the Power Clean



Bob Rowbotham and Stefan do an Upper Limit Clinic for Coach Jim Brown.

Assistant Head Football Coach Jim Brown kept promising his clinic at Morrilton would be the biggest BFS clinic ever. He was right! Twelve Hundred came from 55 different schools. Bob Rowbotham and Stefan Fernholm did an Upper Limit Clinic.

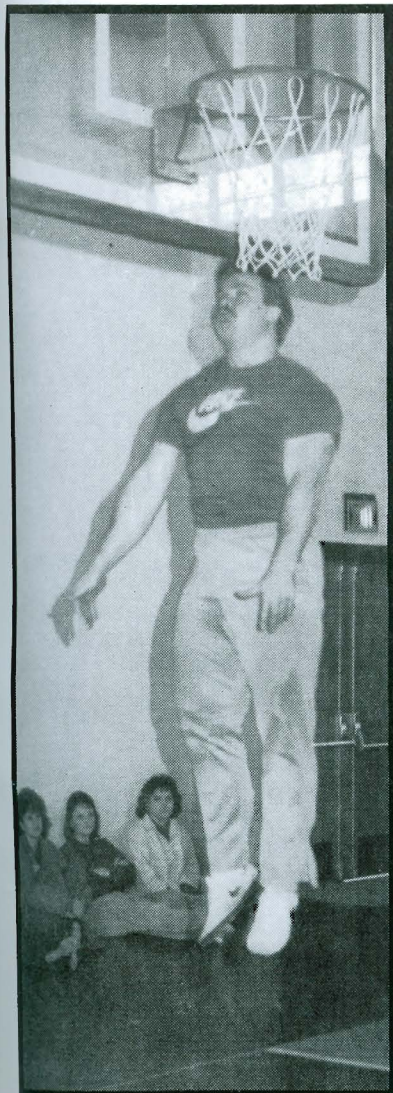
You gotta know that Coach Brown is an amazing person to organize an event like he did. He also put the pressure on Stefan. For example, with the TV camera rolling, his voice boomed, "And now Stefan will stand flat footed underneath the basket and crash his head on the backboard." The crowd was both delighted and awed when Stefan did just that.

Then, Coach Brown shouted to the crowd, "Stefan will now do a 400 pound Power Clean and he doesn't even need to warm-up." It was amazing. The big guy came through and exploded the weight up to his chest easily.

Coach Brown was on a roll. He couldn't resist the temptation. At the end of the clinic, quite a few athletes had deadlifted 505 pounds. Coach Brown challenged, "Hey Stefan, if these high school kids can do that, you ought to be able to do it with one hand!" The crowd roared urging Stefan on. Stefan had never tried a one hand dead lift before. He straddled the bar and tightened his lifting strap. Stefan with one mighty pull hoisted the ponderous weight and the legend of Stefan was intact and growing.



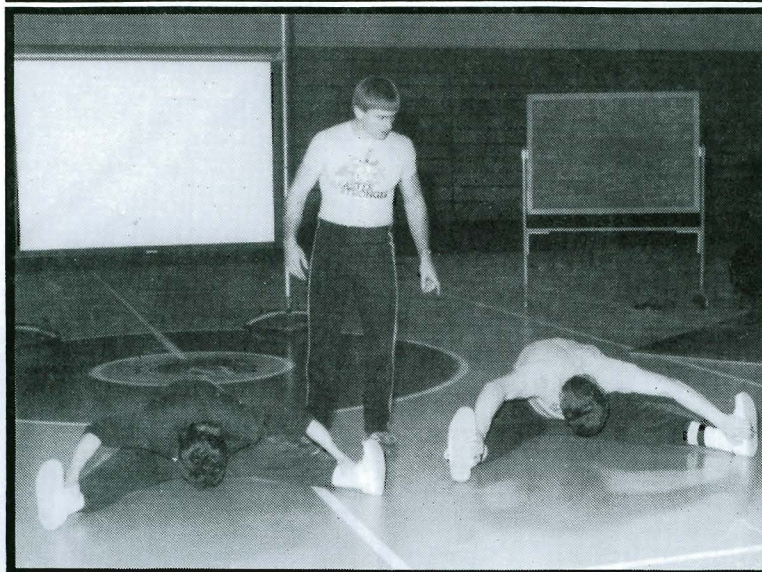
Coach Jim Brown, staff and the Morrilton Junior and Senior High School Athletes. Can you find Stefan and Bob? Coach Brown is in white coaching shirt in the middle signaling #1.



Stefan crashes his head against the backboard



Stefan giving starting techniques to Michael Foster

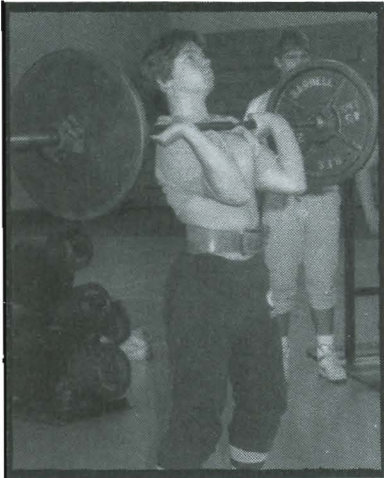


Photos courtesy of Robert Garrett, Morrilton, Arkansas

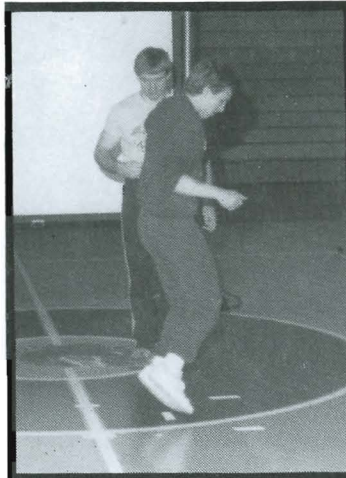
Bob Rowbotham teaching the Adductor Stretch to Alan Ely and Fritz Heidenreich of Morrilton

Thanks to the Morrilton Staff; Charlie Abernathy, Steve Shork, Ronnie Crabtree, Gary Wear, Jerry Owens, Calvin Mallett, Buddy Greesan, and a special thanks to Head Football Coach and Athletic Director Doyne Davis.

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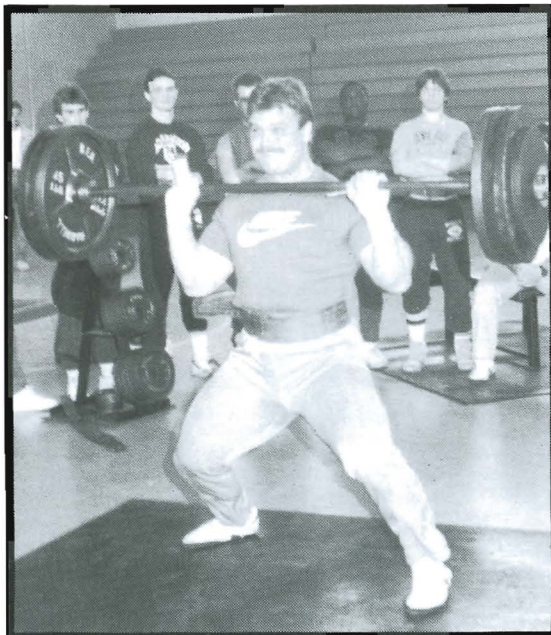
Gary Bunch: Power Clean



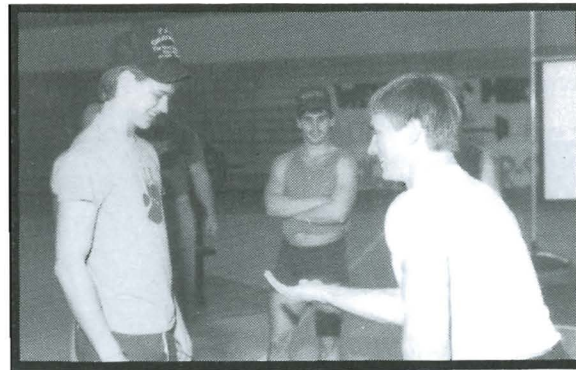
Bob Teaching Dot Drill to Fritz Heidenreich



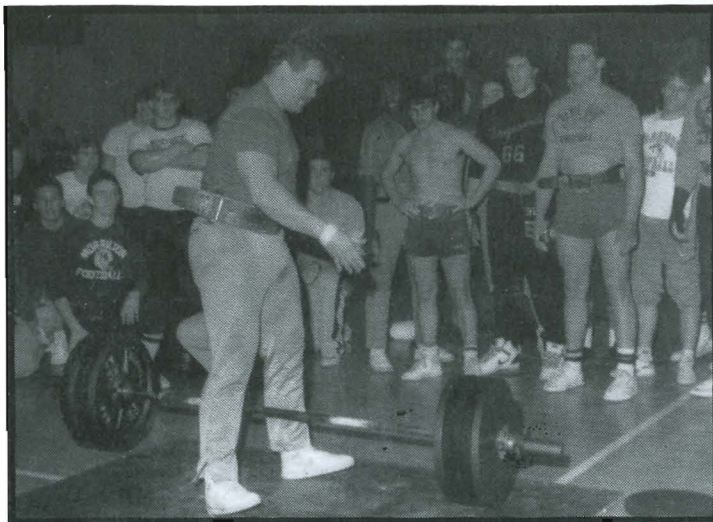
Stefan demonstrating 645 squat spotting are left: Todd Session - Jon Williams. Rear: Alan Ely and Right: Fred McMillian and Lee Ridling.



Stefan did a 400 clean cold!



No one can beat Bob in a quickness contest!



Stefan blew them away. Dead Lifted 505 one handed!
Back Cover Photo is Daren Mitchell: Box Squat 14 Reps 415

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