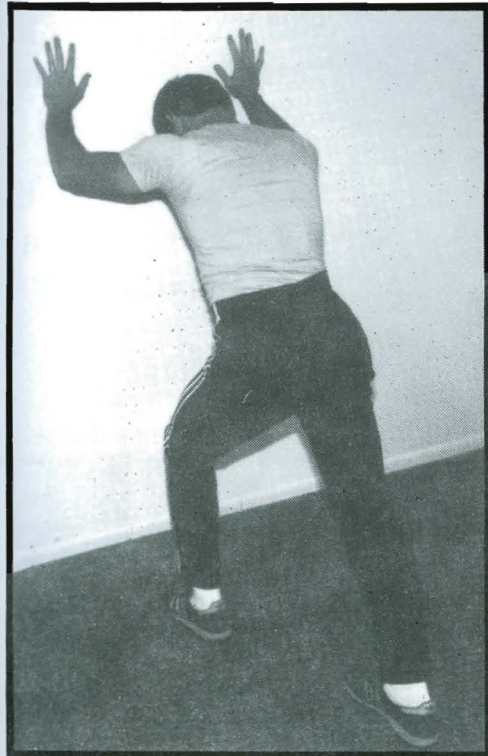


THE BFS 1 - 2 - 3 - 4 FLEXIBILITY PROGRAM

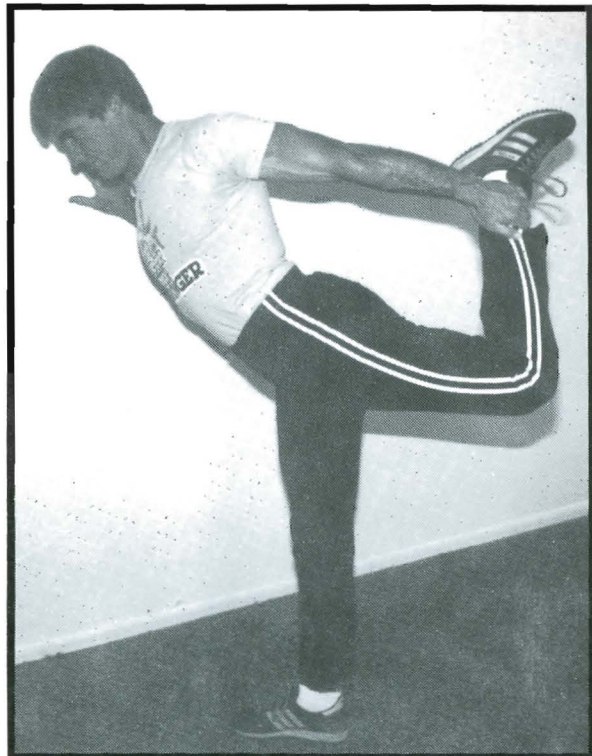
Part 7
In a Series by
Bob Rowbotham



#2 Straight Leg Calf Stretch:
Look down to check toes: Make sure they are straight. Then look straight ahead and arch back to duplicate correct running form.



INCORRECT: Too much pressure on knee joint!



#3 Quadriceps Stretch:
Grab outside ankle and bring upper leg parallel to floor. Bring heel AWAY from buttocks NOT TOWARDS buttocks.

THREE ON THE WALL

Part seven on our flexibility series illustrates the second and third exercise for THREE ON THE WALL. Stretch each leg for 30 seconds with the "Static" method. Therefore, these two exercises will take two minutes of the total 9½ minute BFS 1-2-3-4 Flexibility Program. Last issue's article explained the "Calf Stretch" which is one of the three exercises done on the wall.

The "Straight Leg Calf Stretch" is a very common flexibility exercise. First, make sure your back foot is straight. Do not point the toes outward like most people. Next, arch your back and look straight ahead. Do not look down like most people. Work hard and increase the stretch by bringing hips forward. Do not bend forward at the waist like most people.

The "Quadriceps Stretch" is done a little like the PNF stretching method. Pull foot away from buttocks not towards like most people. You'll get a better and safer stretch with this method.

In our next issue, we will begin discussing "FOUR ON THE FLOOR." 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. (See Page 57).

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!

To order write:

BIGGER FASTER STRONGER

805 West 2400 South

Salt Lake City, Utah 84119

or Call Toll Free 1-800-628-9737