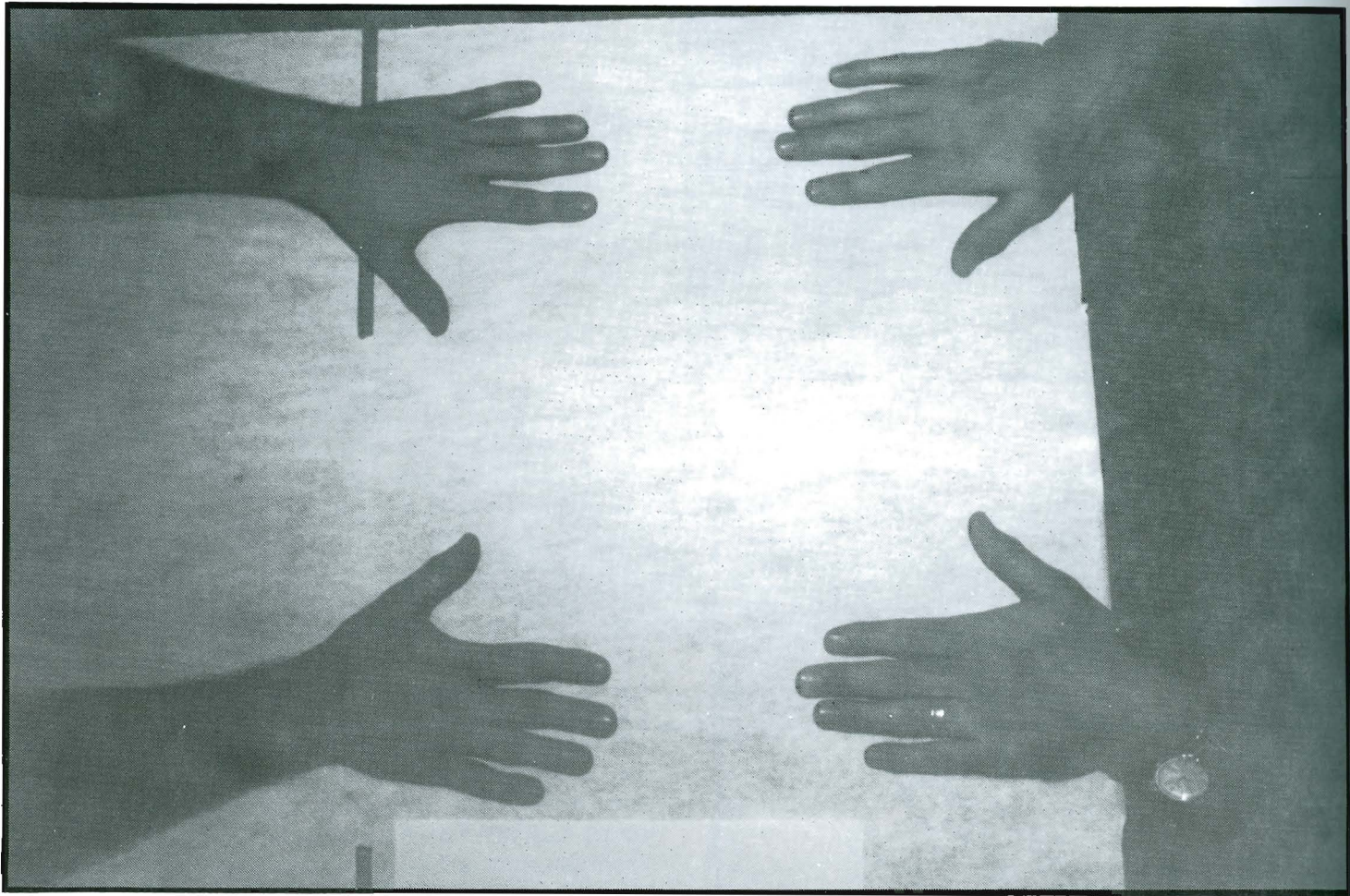


REACTION TIME FUN



"I can get the quarter before you can!"

Part Three In A Series by Dr. Greg Shepard

This contest can be very valuable in determining not only who is quick but also who can think fast. A person can be quick and yet not do well in this contest or vice versa. Either way, it can be a valuable tool in evaluating personnel.

Sit at a table and face your opponent. Put your palms down as illustrated about two feet apart. Place a quarter in the middle of the table equidistant from each hand.

A coach or third party will act as a referee. The right hand is labeled number one while the left hand is labeled number two. The referee simply issues a command "ONE" or "TWO."

Obviously, if the command is one, both contestants will try to cover the quarter as fast as possible with the right

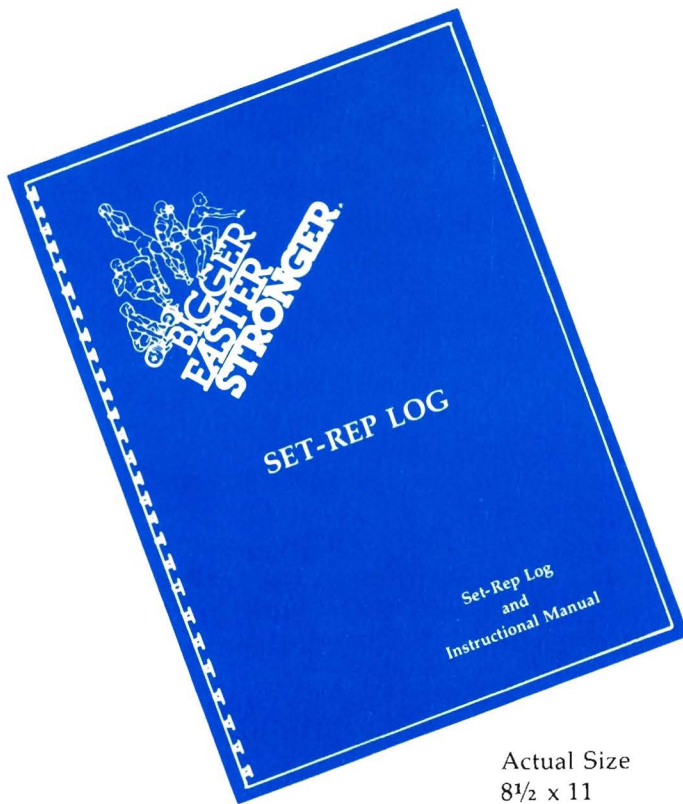
hand. The one to cover it first is the winner. Go the best out of three contests. The winner stays in and a new challenger sits at the table.

Thinking fast while reacting fast is absolutely critical in all team sports. Therefore, it seems that it would be important to evaluate this critical ability. I like to do this contest in the cafeteria during lunch. I may be able to find someone with ability who isn't out for the sport I am coaching, like football.

A conversation might go like this. "Steve, I'm dazzled! You're beating everybody! You know, I think, you'd make a heck of a defensive back!"

Maybe Steve isn't very big and maybe he can't bench 250 pounds. Maybe he has never felt he had a unique ability that would make him stand out. The worst thing that can happen is that you can have loads of fun. The upside is that you can get another edge on a championship while giving another kid a chance of reaching his potential.

REVOLUTIONARY SET-REP SYSTEM!



Actual Size
8½ x 11

This brand new Set-Rep Log (formerly Personal Record Journal) was created to help your athletes make super progress. Every athlete needs a Set-Rep Log to record their workouts and records. It's 8½ x 11, durable, attractive and fully illustrated. Each Set-Rep Log contains workout schedules for one year! The Set-Rep System is highly complex yet it is presented in a straight-forward easy-to-understand manner.

Organizes Every Workout

Finally! A set-rep system which organizes every set and every rep for your athlete's career. Your athlete now has a specific objective and a specific challenge with every set, every rep and every workout. Absolutely no more worrying about how much weight to put on the bar ever again. Athletes thrive on the competitive nature of the BFS system.

The Ultimate Motivator

The BFS system has been tested thoroughly the last two years. Simply stated: Athletes break at least 8 personal records per week! Week after week; month after month; 400 per year!!

Breaking records is the ultimate motivational factor in building great confidence! The unique BFS system creates spectacular results! A motivated, confident team is a winner in the arena of competition.

THE BFS GUARANTEE:

*Break 8 Personal Records
Per Week!*

Break 400 Per Year!

NEW! UPDATED!

EASIER TO UNDERSTAND!

EASIER TO RECORD!

No Plateaus

All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems like one set of 12-15 reps or 3 sets of 10 reps reach this point very quickly, but even complex cycle systems eventually reach a plateau. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep-Log.

Since each athlete in your program needs a Set-Rep-Log, the following discounts will help on larger orders.

COST:

One: \$4.00

2-9: \$3.00 Each

10-25: \$2.50 Each

Over 25: \$2.25 Each

*The New Edition is
Easier to Understand
Easier to Record Lifts*

Custom Set-Rep-Log Books with your school logo and school colors \$2.70 each (100 is the minimum order).