We get many photos for stories from major universities and fine high schools with athletes squatting with their eyes looking up at the ceiling. This is NOT CORRECT. Coaches state these instructions for one simple reason. They don’t want any athlete to look down and cause a rounded-back-leaning-forward problem.

A far superior way of stating this coaching point is, “Look straight ahead-fix your eyes on a point straight ahead.” This is superior for several reasons. First, it is far more comfortable. Second, it is safer as far as balance is concerned. Third, you can squat more. Fourth, an athlete runs, blocks, tackles, etc. with his eyes straight ahead. Duplicate this position when you squat. Obviously, it is dangerous to tackle a ball carrier with the head down. It is also dangerous to squat with the head down. However, it would be absurd to attempt a tackle while looking up at the sky. Therefore, when you say “Look up” just have that mean: “Look at a point straight ahead.”

You should fix on that point in the upright position. Then, take a huge deep breath and stare intently at that point throughout the entire movement. Stare at it all the way down and all the way up. This is superior squatting technique.

For more complete information, you may rent or purchase our brand new video which fully illustrates the BFS squatting technique on the “Core Program” video. (See Page 8-9) OR you may get our Posters (Page 44) or our Upper Limit Posters (Page 61).
POSTERS

COST: ONLY $40.00 FOR THE COMPLETE SET OF THESE SIX BEAUTIFUL POSTERS!

★ Beautiful 28 by 22 Glossy Posters
★ Super Thick and Sturdy
★ Contains All the Basic Instructional Information in the New BFS Book
★ Will Make Every Gym More Attractive
★ The Spotting Technique Section is Important for Administrative and Legal Considerations.


Poster II — The Bench Press and the Towel Bench, Sections include: Muscle Groups, Body Position, Spotting Technique, and Lifting Technique.

Poster III — The Squat and the Box Squat, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster IV — The Dead Lift and the Clean, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster V — Auxiliary Lifts, Illustrations include: Hang Cleans, Straight Leg Dead Lifts, Dips, Leg Curls, Incline Press and Power Pulls. Sections also include Muscle Groups, Body Position and Lifting Technique.

Poster VI — Nutrition, Sections include: Do You Eat Right, Unique Nutritional Rating Chart and System for Athletes, Functions of 7 Important Minerals for Athletes, Functions of 9 Important Vitamins for Athletes and What to Look for in Proteins.

While looking at weight rooms across the country, the most glaring error is Bare Walls. Frankly, if these posters aren't on your weight room walls, I'll be puzzled. They will make a truly fine addition at a real economical price. Your athletes will really go for them.
A must for every weight room —

Upper Limit Training Posters

5 beautiful, full-color 22" X 28" posters for only — $49.00

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Poster 3
SPEED: Stefan runs a 4.3 forty! Fully illustrates the BFS 8 point sprint technique system!

Poster 4
FLEXIBILITY: Stefan illustrates super flexibility and the BFS 1-2-3-4 flexibility program. 

Poster 5
PLYOMETRICS: Stefan demonstrates beginning and advanced plyometrics! These beautiful color posters will inspire any athlete to dedicate himself totally to do everything possible to be the best. Simply stated: Inspiration for commitment to the TOTAL PROGRAM. An Absolute Must for EVERY Weight Room!

Stefan Fernholm: 6'11-1/2", 270 lbs. Squat: 820, Clean: 440, 40.4.3, VJ: 40

For further information on books, videos and drills, write — Bigger Faster Stronger
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