

**BIGGER
FASTER
STRONGER**

FLEXIBILITY

**CATCH
THE
VISION**

By Dr. Greg Shepard

Is there any reason we cannot or should not teach flexibility exercises to seventh graders? How about fourth graders? Absolutely not! But do we? In the United States we do not generally stress flexibility at the junior high or elementary level. In many high schools, flexibility exercises are minimized in importance or taught incorrectly.

This past year, 16 NBA hopefuls came into a special Utah Jazz rookie tryout camp. **Eight of the 16 could not touch their toes!** These were not the super elite college players but they were some of the better players in the country hoping for a shot at the big time. I asked them, "Would you like to know a state-of-the-art flexibility program?" They all unanimously agreed that it would be a good idea. My point is: why, with all the knowledge we have now, should any athlete, regardless of age, wait any longer to have a flexibility program. Why wait until you're 22 to learn, when you can be experiencing a correct flexibility program at 9 years of age. Catch the VISION!

The BFS 1-2-3-4 flexibility program utilizes the static method. We have chosen this method because we do not have to find a knowledgeable partner as in the PNF method. Since flexibility must be done everyday all-year round, the static method seems to be the best choice. Therefore, an athlete is free to stretch anytime and anyplace.

We have created a stretching program which takes only 9½ minutes per session. It thoroughly stretches every major area of the body, especially the legs, hips and trunk area. We say it's as easy as 1-2-3-4. These numbers are keys to help everyone understand and remember the program. One of the most important exercises is shown on the right. It is called the GLUTE STRETCH. Most people are very lazy with this exercise and most coaches say this stretch is for the lower back. You must work hard and bring the up-knee way over. This is a state-of-the-art tip which will stretch the gluteous maximus and thus help improve jumping and speed abilities.

Our total BFS Flexibility Program is beautifully illustrated on a new video (see pages 14-15) and on our own Upper Limit Posters (see Page 97).

The BFS Flexibility Program is guaranteed to: Improve Speed, Increase Joint Range of Motion, Improve Performance, Decrease Injury Possibilities, Decrease Seriousness of Injury Occurrence and Improve Jumping Ability.

For those subscribers who expected to see Part 8 of our series of articles on flexibility, we will continue it with the January 1988 BFS Journal.



Whether you're in the 5th grade, 7th grade or in college, flexibility exercises should be a routine done daily. My son, Matt, is shown in the middle. His little league football team of 12 year olds does the BFS 1-2-3-4 flexibility program. They do it every day on their own. They just had to be taught. Catch the VISION!

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:
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