

Stefan Fernholm 6-1½ 270 4.25 40

**BIGGER
FASTER
STRONGER**

SPEED

**CATCH
THE
VISION**

By Dr. Greg Shepard

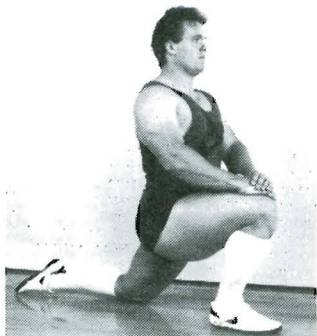


STRENGTH

1. You Must Squat Parallel.
2. You Must Power Clean.
3. You Must Do Light Straight Leg Dead Lifts.

FLEXIBILITY →

You Must Stretch Correctly and Hard Everyday.



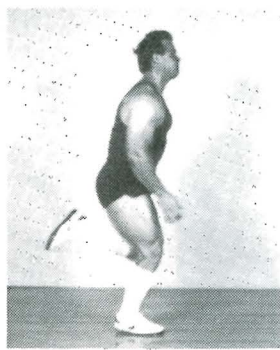
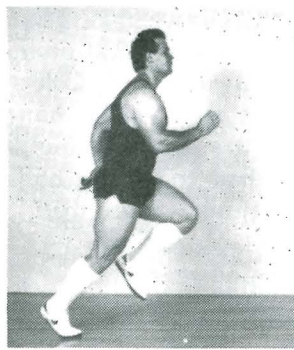
← PLYOMETRICS

You Must Do Jumping and Bounding Plyometrics twice per week.



← THE START

You Must Start low, explode out, extend completely with Back Leg with Big Vigorous Arm Action



THE BFS 8 POINT SPRINT TECHNIQUE

You Must Sprint Correctly!

1. **HEAD** — head should be **upright**.
2. **EYES** — eyes should be fixed looking **straight** ahead.
3. **BACK** — back should be upright and slightly **arched**.
4. **SHOULDERS** — shoulders should **rotate** vigorously with elbows fixed in a 90° angle.
5. **WRIST** — wrist should simulate a **whip** action as the shoulder rotates back.
6. **LEGS** — the initial leg action is to lift forward not up. The lower leg should **hang** before planting.
7. **FEET** — feet should make the initial **plant** directly under the hips and not out in front of the body.
8. **KNEES** — on the follow-thru or end of the leg drive the knee should fully **extend**.