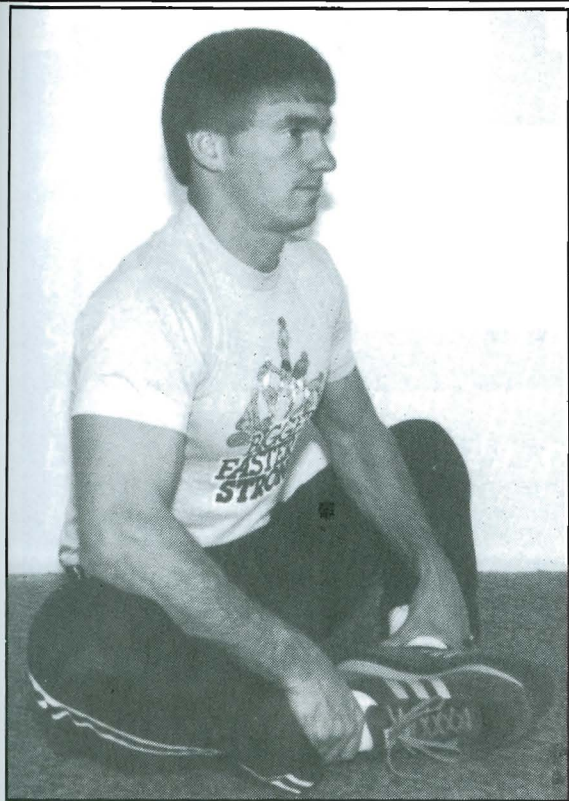


THE BFS 1-2-3-4 FLEXIBILITY PROGRAM

Part 8
In a Series by
Bob Rowbotham



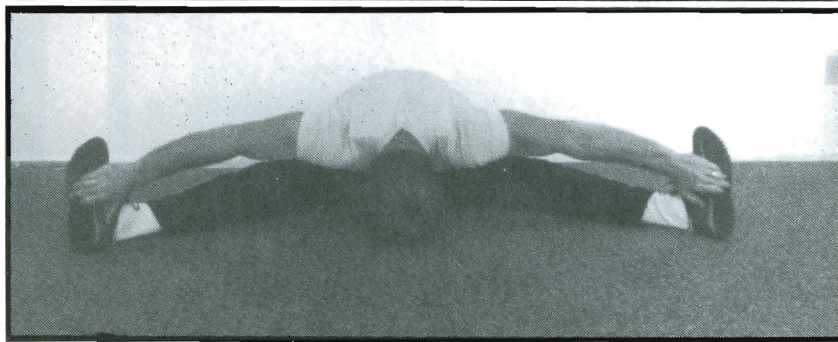
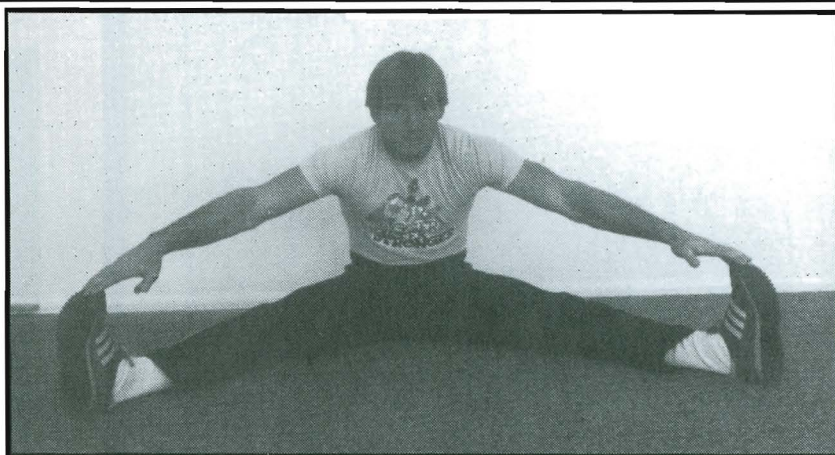
GROIN STRETCH OR BUTTERFLY

Four On The Floor signifies four minutes stretching on the floor. Part eight on our flexibility series will illustrate the first minute on the floor. Each of the above exercises should be done for 30 seconds with the "Static" method. Although self administered PNF techniques may be used with these two exercises.

The Groin Stretch or Butterfly is a very common stretching exercise and a very good way to stretch the groin area. The athlete should grab the lower legs by the ankles. The next step is to pull the feet in tight towards the groin area. Then, it is absolutely essential to place the elbows on the knees. Many athletes do not do this. It must be done. This is where you get your stretch. **Push the knees down towards the floor.** Work hard and sweat. This should not be playtime.

The Adductor Stretch is done by spreading your legs as far as possible and leaning forward. Athletes who are tight may try to grab the toes and pull forward as illustrated in the top right photo. If an athlete is really tight, then reach for socks or shoelaces and pull forward. The athlete should feel this pressure on the inside of his thighs. Flexible athletes will be able to pull completely forward and put their nose on the floor.

In our next issue we will discuss the second minute on the floor. For more complete information, you may rent or purchase our flexibility video which fully illustrates the BFS 1-2-3-4 flexibility program. (See pages 8-9) or get our Upper Limit Posters. (See Page 61).



ADDUCTOR STRETCH: Top photo is illustrating beginners stretch. Bottom photo is advanced.

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!

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C

The Upper Limit CLEAN

1 THE START: Head level, eyes straight, hips down, arms locked, spread chest, lower back locked-in.

2 THE BEGINNING PULL: Head, eyes and arms the same. Begin lift with legs only. Maintain same back angle. Do not jerk weight off the platform.

3 MIDDLE PULL: Move hips in explosively under shoulders. Do not jerk shoulders and head back. Head, eyes and arms keep the same position.

4 ERECT POSITION: Head straight, eyes level, arms locked, shoulders over hips. Bar moves in a straight line. Do not jerk shoulders and head back.

5 FINAL PULL: Up on toes, fully extend your legs. Do not pull with arms or jerk shoulders back. Bar should continue in a vertical path.

6 THE FINISH: Stand erect, elbows up, bar resting on the deltoids and collar bone.

Stefan Fernholm: 6'-1½", 270 lbs., Squat: 820, Clean: 440, 40:4.3, VJ:40

For further information on books, videos and clinics, write — **Bigger, Faster, Stronger** 805 West 2400 South, Salt Lake City, UT 84119 or call Toll Free 1-800-628-9737

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!

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