

**BIGGER
FASTER
STRONGER**

AUXILIARY LIFTS

**THE
TOTAL
PACKAGE**

By Dr. Greg Shepard

Auxiliary Lifts are done in addition to the BFS Core Lifts. Less emphasis is placed on auxiliaries. Core Lifts are plugged in the one-per-month-cycle BFS Set-Rep-Rotation System while auxiliary lifts are normally done by doing two sets of 10 reps. If an athlete is training with a small group, the auxiliaries are done after the Core Lifts. Otherwise, a coach would rotate his athletes from Core Lift to Auxiliaries.

Select no more than five Auxiliary lifts. When you start doing more than that, especially ten or more, then you'll have time and energy problems. You'll find that your athletes will not have enough *time* and *energy* to do sprinting, stamina, flexibility, Plyometric, agility, and technique work. Think of the TOTAL PACKAGE. You must not overemphasize one area of training at the expense of another area. Remember, the ultimate objective is to reach one's potential and *win*. Therefore, select only those exercises that will really contribute to your ultimate objective.



THE TRAP BAR

The Utah Jazz number one draft choice, Eric Leckner from the University of Wyoming, is shown with the Trap Bar. Now you can do a Dead Lift movement safely without a spotter. But let me tell you, the Trap Bar really gets your hamstrings. It's great. That's why Trap Bar inventor, Al Gerard, says, "When you do my Trap Bar lift, you should think Squat or Leg Press, not Dead Lift." Also, not surprisingly, the Trap Bar is excellent for the Traps. Another great advantage is that a great leg workout can be done in five to eight minutes. Info on how to get a Trap Bar is found on page 7 of the middle equipment section.

THE SAFE SQUAT

Eric Leckner on the Safe-Squat bar. This bar takes pressure off the lower back while Squatting. You can also Squat with more weight than a regular Parallel Squat. Because of the Safe-Squat bar's unique design, the upper body is kept upright and it is easier to lock-in the lower back. Our NBA players like the Safe-Squat bar. Our NBA shot block champion, Mark Eaton, worked out consistently with the Safe-Squat bar all summer with great results. For information on getting a Safe-Squat, call us toll free at BFS: 1-800-628-9737.

THE GLUTE-HAM DEVELOPER

The Glute-Ham Developer is the only exercise that involves the entire backside in one continuous movement. It maximally develops the gluteous maximus (buttocks) and hamstrings. It develops the hamstrings from both ends to provide a total contraction of the muscle, which is very important in prevention of injury to this muscle. In addition, it is one of the most beneficial exercises in improving all lifting, running, jumping, and throwing events. The Glute-Ham Developer is a top-priority auxiliary exercise. A super action photo of the Glute-Ham Developer is shown on page 5 of the middle equipment section.