

YOUR BFS TOTAL PACKAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Box Squat or Squat Variation Towel Bench or Bench Variation Auxiliary Lifts Flexibility, Agility	Sprint Work Plyometrics Flexibility Agility Technique	Power Clean or Quick Lift Dead Lift or Straight Leg D.L. Auxiliary Lifts Flexibility, Agility	Sprint Work Plyometrics Flexibility Agility Technique	Parallel Squat Bench Press Auxiliary Lifts Flexibility Agility

STRENGTH

Concentrate first on Leg and Hip strength. Squats are King. Done only twice per week.

EXPLOSIVENESS

Plyometrics twice per week with the strength and power workouts create Explosiveness.

SPEED

Sprint 10 to 20 yards twice per week, All-Year Round. Stress Technique. Video Tape Format for analysis purposes.

AGILITY

Do Daily—Year Round. Our BFS Dot Drill takes 60 seconds. We have National Standards.

SETS & REPS

Variation is key. We change daily-/weekly while creating unbelievable Intensity and Progress.

Unsolicited Letter

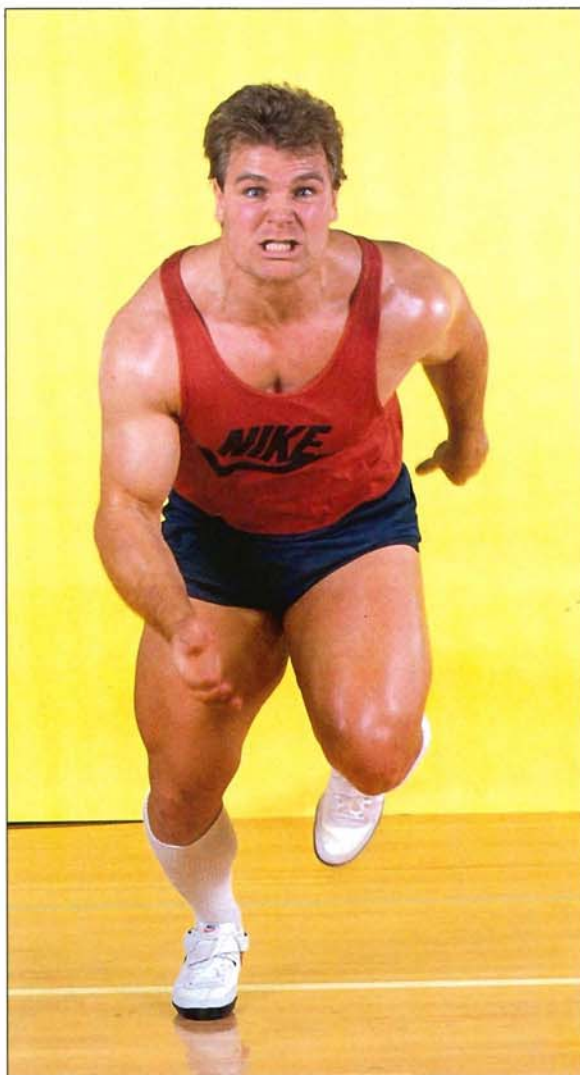
Dear Dr. Shepard,

Your programs have helped our kids better themselves physically and mentally. I commend you for the variety of programs offered through the BFS organization. If people would take your advice on weight training and conditioning, they would save themselves a lot of research time. Trial and error serves no purpose in conditioning a high school athlete. One error can ruin a bird for life.

Sincerely,

Coach Craig Kisabeth
Jefferson County H.S.

1987 AAA undefeated Tennessee
State Football Champions.
Home of Todd Collins
BFS Athlete of the Year



MOTIVATION

We provide Daily, Weekly, Monthly, and Yearly motivational ideas that create Intensity and Team Unity.

POWER

Must include Power Cleans or some other quick lift at least once a week.

FLEXIBILITY

Must be done daily—year round. Stretch for Speed, Jumping Ability, and Fluidness.

AUXILIARY LIFTS

We select five each workout that will help each sport win. Do only two sets.

TECHNIQUE

Dribble, Shoot, Throw, Takedown, Pass, Snap, Catch, Hit, etc. on a regular basis—Year-Round.

IN-SEASON

Lift twice per week. Increase strength. Don't maintain. Continue Flexibility, Agility, Plyometric and Speed Training.

INTEGRATION

Our Total Package flows smoothly and easily from sport to sport All-Year-Round.

**You're not alone,
our staff is ready
to help...**

As of 1988, most people Squat, Clean, Bench, Stretch, Sprint, vary their Sets and Reps and maybe do some Plyometrics. We've been doing these things since 1968 but now it's no longer a secret. So you're either already on our BFS program or we're on yours.

It isn't so much of *what* to do anymore but *how* to do each intricate phase correctly and then weave those phases into an exciting, workable, state-of-the-art TOTAL PACKAGE PROGRAM. For your convenience we have made this TOTAL PACKAGE available to you through articles, books, posters, videos, or clinics, as shown in this journal.

...We've Been At It A Long, Long Time.