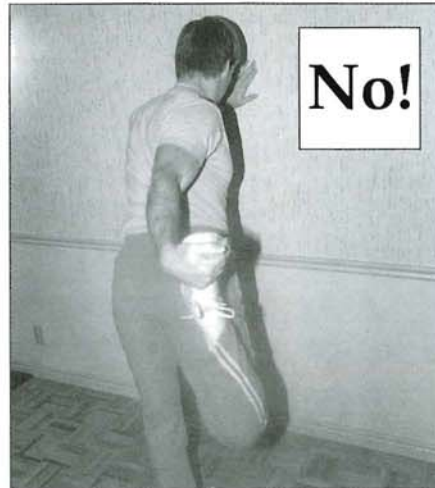


**BIGGER
FASTER
STRONGER**

FLEXIBILITY

**THE
TOTAL
PACKAGE**

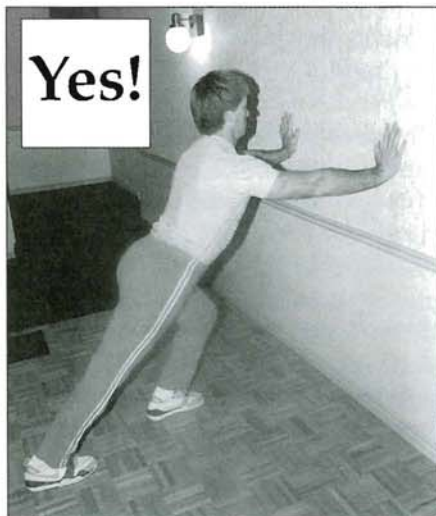
By Dr. Greg Shepard



A football coach was asked if he had an off-tackle play in his offensive package. He said, "Sure." However, this poor coach didn't know what his splits were, or which foot his tackle should step with. He didn't know there was a difference between a 4-4 defense and a 5-2. He wasn't aware that sometimes people slant and stunt. In other words, this coach ran an off-tackle play without any knowledge of basic details that make the difference between success and failure.

Flexibility should be viewed the same way. Details are important. We do flexibility exercises primarily to increase speed. The upper-left photo illustrates how many athletes stretch (head down, back bent, and toes pointed out) We stress doing this stretch with correct running form, as illustrated on the lower left. The head is straight, eyes focused straight ahead, slight arch in the back, hips forward, with the toes straight ahead.

The middle photo makes me cringe, but we see it all the time. Athletes should grasp the ankle not the toe, reach with an outside grip not an inside grip, and don't pull the heel towards the buttocks. You get a better "Quad" stretch by doing the opposite. Take the heel away from the buttocks. Don't ever twist the knees in weird positions.



We pay attention to the tiniest of details in every phase of our BFS Program. We take great care in bringing you the best possible way to do things. It's not any accident that coaches who do the BFS Program almost always improve in the win-loss column.

Our total, state-of-the-art BFS Flexibility Program is beautifully illustrated on our BFS Flexibility video (see pages 8-9) and on our extraordinary Upper-Limit Posters (see page 95)

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:
BIGGER FASTER STRONGER
805 West 2400 South
Salt Lake City, Utah 84119
or Call Toll Free 1-800-628-9737



A must for every weight room —

Upper Limit Training Posters

5 beautiful, full-color 22" X 28" posters for only — **\$49.00**

Motivational and Instructional

Stefan Fernholm demonstrates proper form in a series of 5 inspirational posters —

Poster 1
SPEED: Stefan runs a 4.3 forty! Fully illustrates the BFS 8 point sprint technique system!

Poster 2
FLEXIBILITY: Stefan illustrates super flexibility and the BFS 1-2-3-4 flexibility program.

Poster 3
SQUAT: Stefan squats 800 pounds! Illustrates leg and hip power with correct squatting technique.

Poster 4
CLEAN: Stefan cleans 415 pounds! Illustrates correct power clean technique with awesome poundages.

Poster 5
PLYOMETRICS: Stefan demonstrates beginning and advanced plyometrics!

These beautiful color posters will inspire any athlete to dedicate himself totally to do everything possible to be the best. Simply stated: Inspiration for commitment to the TOTAL PROGRAM. An Absolute Must for EVERY Weight Room!

C
The Upper Limit
CLEAN

SUPER QUICK EXPLOSIVE MOVEMENT. The SNICK (snick) refers to athletic stance to lower point of gravity. Arm pull is only used to lower body under the bar while your body is in the air. (Show up! head lead)

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

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.

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.

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, knees up, bar resting on the deltoid and collar bone.

Stefan Fernholm: 6' 1 1/2", 270 lbs., Squat: 820, Clean: 440, 40.4.3, VJ: 40

For further information on books, videos and clinics, write — **Bigger, Faster, Stronger**
 P.O. Box 9401 South, Salt Lake City, UT 84119
 or call Toll Free 1-800-628-9737