

**BIGGER
FASTER
STRONGER**

SETS & REPS

**THE
TOTAL
PACKAGE**

By Dr. Greg Shepard

ANALYSIS OF VARIOUS SET-REP SYSTEMS

SYSTEM	STRENGTH	WEAKNESS	METHOD OF PROGRESSION	ABILITY TO CREATE INTENSITY	MOTIVATIONAL FACTOR	REACHING ONE'S POTENTIAL
THREE SETS OF 10 REPS	Easy to understand and administer, builds strength base, good for auxiliary lifts.	Plateau will set in very rapidly (6-8 weeks)	When you can do the third set of 10 successfully, move up 5 lbs. next time.	Very difficult to get intense very often, physically and especially mentally	Very Low	No Chance
ONE SET OF 8 TO 12	Easy to understand and administer. Quick Workouts. Good for auxiliary lifts	Plateau out rapidly (6-8 weeks)	Increase poundage when you can do more than 12 reps or get between 8 to 12	Coach needs to be a master motivator. Very Difficult	Very Low, rebellion very likely with better athletes	No Chance
THE BFS PROGRAM	No Plateaus. Adaptable to all sports. Self-motivating creates Big Intensity. Easy Transition from in-to off season.	Needs supervision and coaching. Demands disciplined record keeping.	Continuously Break Records anytime with set records and rep records.	Extremely High	Extremely High	Every Chance
TWO SETS OF 25 REPS	Easy to understand and administer builds muscular endurance.	Quick Plateau (4 weeks or less) many high school athletes will quit. Injury factor high.	Get your Sets and Reps: go up next time.	Very difficult to get intense, even once a month.	Extremely Low	No Chance
Period-ization with Various Phases	Adapts Extremely well to the individual and one-sport athlete.	A nightmare to implement in high school program with 2 to 3 sport athletes	Sophisticated method based on percentages of maximums. Works best with more mature athlete.	Varies as to phase, sometimes very high.	Can be good, although evidence of progression may take time.	Every Chance on Individual Basis
Computer Programs	Easy to show athlete what to do. Plateaus can be postponed. Adaptable to change in strength	Cost and you cannot adjust during a workout like the BFS program.	Based on input given to computer. Usually step-by-step progression. Keeps overtraining from happening.	Depends on computer input and coaching	Once in a while it can be very good, like on new max day.	Possible

TO GET STARTED ON THE BFS PROGRAM, TURN TO PAGES 6-8

THE BFS SET-REP LOG

A DYNAMIC, PROVEN SET-REP SYSTEM

- ★ No Plateaus!
- ★ Organizes Every Workout!
- ★ The Ultimate Motivator!
- ★ Sets Daily Goals!
- ★ Creates Upper-Limit Intensity!

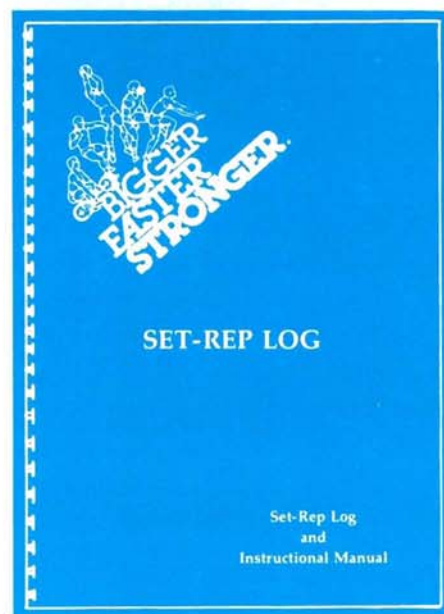
Over 150,000 Set-Rep Logs Sold!

Organizes Every Workout: Your athlete now has specific goals with every set, every rep, and every workout. Absolutely no more worrying about how much weight to put on the bar, ever again. Contains workout schedules for one year.

Contents: Each Log Book contains a section explaining the weekly lifting schedule. The second section explains the lifts—their proper execution, spotting techniques, and why we do the lift. The next section explains recording and contains the actual weekly workouts and recording areas. The fourth section contains record charts for all core lifts at all repetitions. The last section contains a running record chart, an explanation of the BFS nutritional rating system, an agility record chart, the BFS Dot Drill, and a goal record chart.

All Sports: The Set-Rep System is applicable to all sports. Professional basketball players use it.

Time: In a well-organized weight room it takes a group of athletes only 45 minutes to accomplish their weightlifting. Many schools use the Set-Rep Log during P.E. classes, leaving valuable time after school for sport specific-skill training. Great for the multi-sport athlete (in-season training).



THE BFS GUARANTEE
*Break 8 Personal Records
Per Week!
Break 400 Per Year!*

Motivation: Athletes thrive on the competitive nature of the BFS system. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winner in the arena of competition.

No Plateaus: All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 12–15 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computer-cycle systems eventually have problems. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep Log.

Since each athlete in your program needs a Set-Rep Log, the following discounts will help on larger orders.

COST:

One: \$4.00 • 2–9: \$3.00 Each
10–25: \$2.50 Each • Over 25: \$2.25 Each

Custom Set-Rep Log Books with your school logo and school colors \$2.70 each (minimum order of 100).