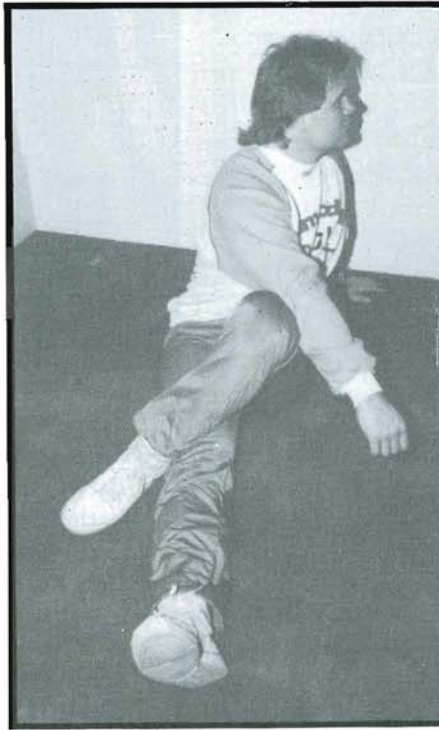


THE BFS 1-2-3-4 FLEXIBILITY PROGRAM

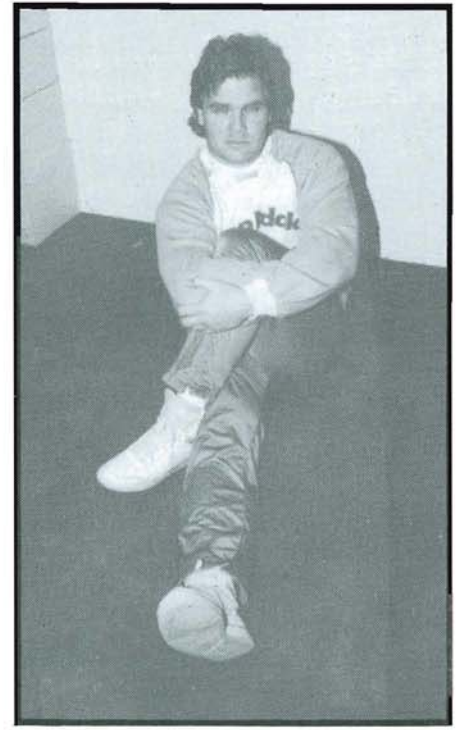
Part 9
In A Series by
Bob Rowbotham



THE GLUTE STRETCH



INCORRECT



THE GLUTE STRETCH: ALTERNATIVE

The BFS 1-2-3-4 Flexibility Program is an easy way for athletes to remember a sequence of flexibility exercises to stretch ALL major areas. We say **ONE ON THE BENCH**, **TWO STANDING UP**, **THREE ON THE WALL**, and **FOUR ON THE FLOOR**. Four on the floor signifies four minutes of stretching on the floor. The **GLUTE STRETCH** is the exercise done during the second minute of our four on the floor segment.

The **GLUTE STRETCH** is done for 30 seconds by using the "Static" method which is a slow controlled stretch. Then the legs are switched and the athlete stretches in the opposite direction for an additional 30 seconds.

Some coaches have their athletes do this for the lower back. Most athletes do the stretch incorrectly as illustrated above. We call it "lazy knee". You must pull the "up" knee over and across the down leg to affect a stretch on the gluteal muscles. It is vital to coach this stretch correctly. You will also stretch the lower back but the primary purpose of this exercise is to stretch the glutes. It is also important to twist and look the opposite way you are pulling for optimum results.

If you have big legs and/or have a difficult time getting into the proper position, you may utilize our BFS alternative method. Pull the knee across with the opposite hand and push in the same direction with the other hand. Anyone can get an excellent stretch on the gluteal muscles using this method. Remember to always work hard and sweat during all flexibility exercise. Most athletes are far too passive when doing this stretch. Don't just go through the motions.

In our next issue, we will discuss the third 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 65).

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