

BELIEVE THE IMPOSSIBLE

By Stefan Fernholm
BFS Staff Writer

There are several abilities one has to possess in order to develop his or her potential. Physical ability is maybe the most admired among High School athletes, and according to my experience, the most overrated. During my years as a track athlete I have been both impressed and disappointed by athletes with so called super talents, some relying on their inherited abilities through their entire career.

Even though we sometimes get impressed with the performance of an untrained athlete, we tend to forget the total aspect of a successful athlete.

These talented high school athletes seem to forget the limitations of their untrained physique.

It might be comforting to know that you're the strongest or the fastest athlete in your school or conference, and for those few years of high school there is no real use to look much further, according to that way of perceiving the world.

The truth is that the world is full of talented athletes and some of them willing to sacrifice time and sweat to keep ahead of the competition.

Personally I was very fortunate to participate in a very informed and easily measured sport. There was no way for me to hide behind excuses or teammates and the results of my worldwide competition was always readily available for me through different track publications.

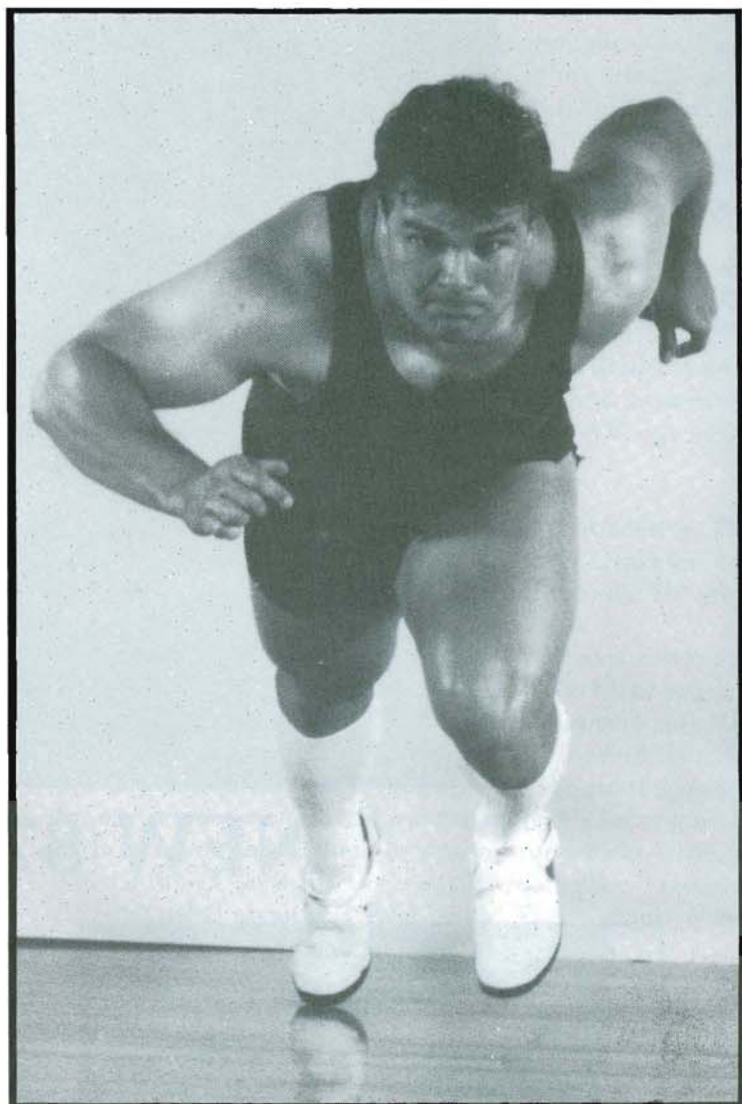
Sometimes it was hard when I realized how far I was behind the best teenagers in the world. However, it gave me knowledge of how far I had reached and how far there was to go.

With this fierce "paper competition" I was often left feeling that no matter how well I did, there was always something on which to improve. My strive for perfection had begun.

I am of the belief that one has to keep a very open mind in order for anyone to realize his or her potential. This open mind means that you will have to accept other athletes' claimed achievements and not write them off as fiction and lies, but to believe them and strive to achieve better results with a firm belief that it is possible, thereby allowing no limitations on your ability or your fellow athletes' ability.

I have often heard skepticism about my physical ability and at 270 lbs. with a claimed 40 yard dash speed at under 4.4 seconds, I can see how that could raise the eyebrows of an athlete with a similar physique and a 5.0 40 yard dash. A raised eyebrow is o.k., but a statement like "that's impossible" indicates a disbelief not only in a 4.3 time but also in that athletes' own potential. It is actually irrelevant if a claimed result is true or not, it is however extremely important that you truly believe it is possible for you or anyone to accomplish such results.

Remember, even if a result seems impossible to you now, it



Stefan Achieved the Impossible — 4.3 Forty

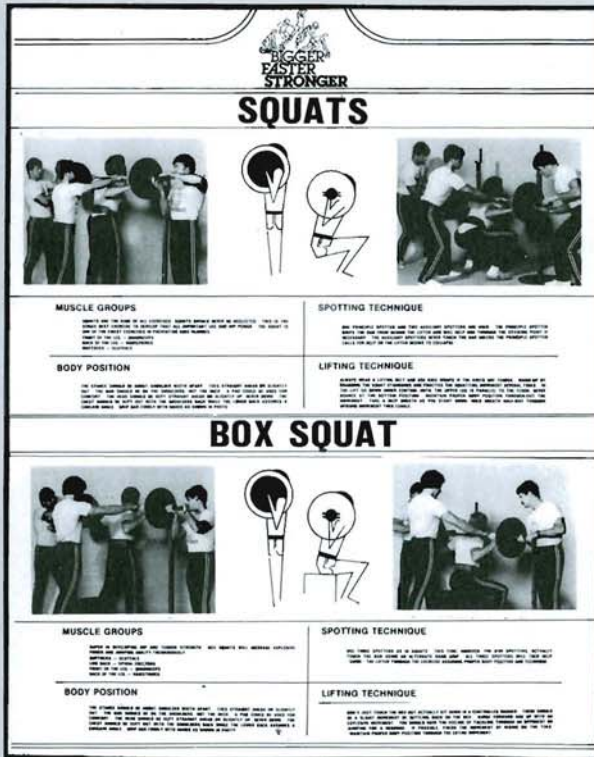
will be possible in the future.

In future *BFS Journals*, I will write a series of articles on Upper Limit Training Techniques on How to Attain the Impossible. The articles will be a combination of my own training experience and some real inside information I received this year from the Russian Training System while throwing the Discus in Europe.

PHOTO CREDIT

We inadvertently left out the photo credit in November's issue on our article on Elizabethtown Football entitled, "Where There's a Will". Susan Breazeale should be given credit for those unique photos, our apologies.

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Poster III — The Squat and the Box Squat, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster IV — The Dead Lift and the Clean, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster V — Auxiliary Lifts, Illustrations include: Hang Cleans, Straight Leg Dead Lifts, Dips, Leg Curls, Incline Press and Power Pulls. Sections also include Muscle Groups, Body Position and Lifting Technique.

Poster VI — Nutrition, Sections include: Do You Eat Right, Unique Nutritional Rating Chart and System for Athletes, Functions of 7 Important Minerals for Athletes, Functions of 9 Important Vitamins for Athletes and What to Look for in Proteins.

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While looking at weight rooms across the country, the most glaring error is *Bare Walls*. Frankly, if these posters aren't on your weight room walls, I'll be puzzled. They will make a truly fine addition at a real economical price. Your athletes will really go for them.