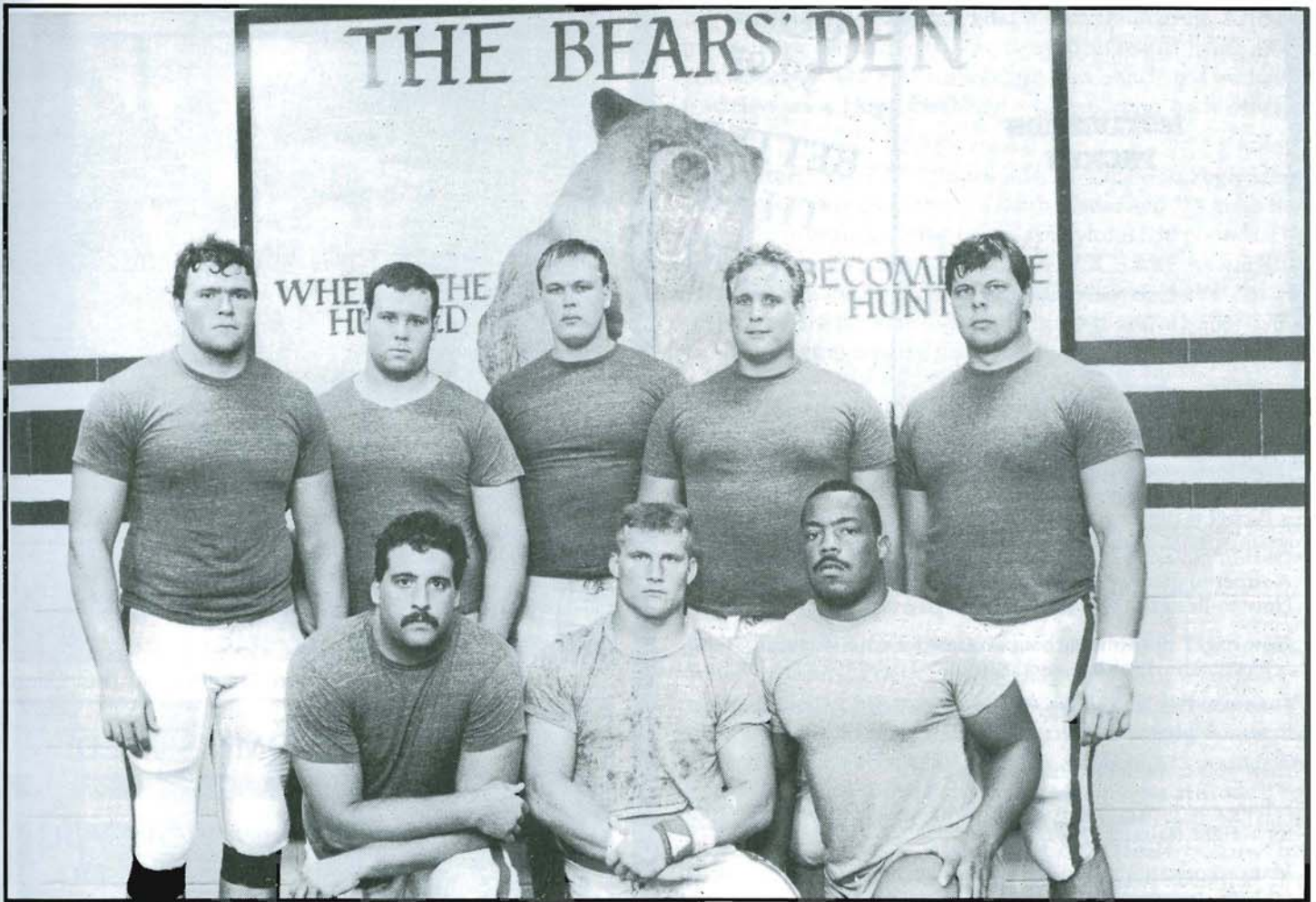


# MAX OUT PARTY



Back row from far left: Jeff Palmer, Joel Porter, Dennis Smith, Paul Stuart, Russell Sheffield. Front row from far left: Terry Hancock, Scott Works, Errol Ware.

## 500 PLUS BENCHERS BAYLOR BEAR FOOTBALL

When Baylor Strength Coach Bob Fix told me he had EIGHT guys on the football team who could bench over 500 pounds, I'll have to admit — I was dazzled. That knocked my socks off. It was fun to interview each player. Here's their story:

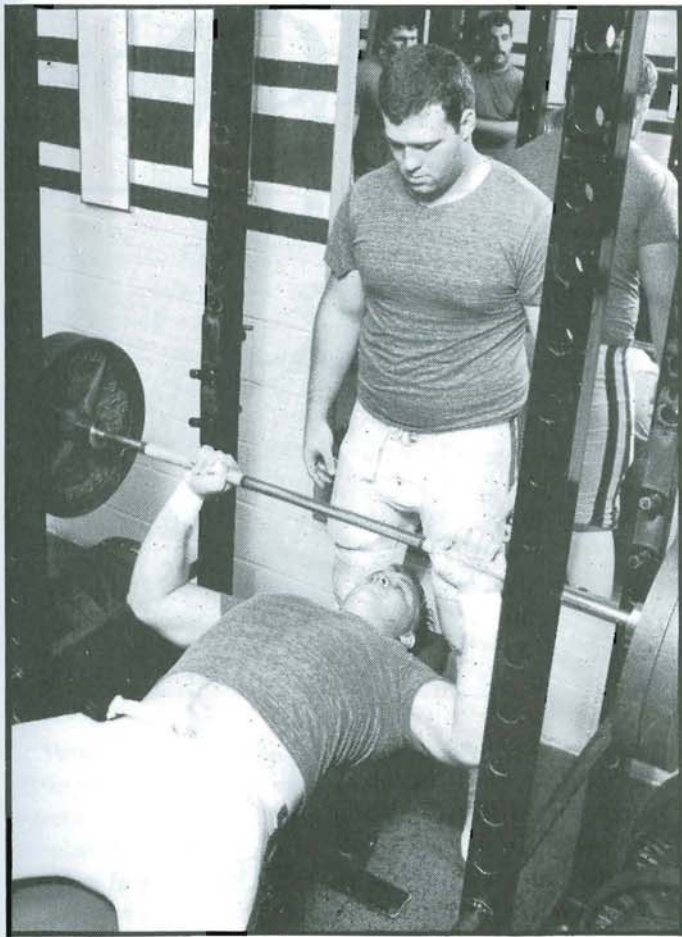
**Scott Works:** SR LB 5-11 220 attended Texas High School in Texarkana. As a ninth grader, Scott benched 300 and got 400 in the eleventh grade. He got his 500 pound bench as a sophomore at Baylor. Scott is a fifth year senior and would like to go into the corporate fitness field. With great pride, Scott stated, "Our group is called 'The Hogs.' We train together and really push each other."

**Russell Sheffield:** SR DT 6-4 280 attended Brownwood High School in Brownwood, Texas. He also benched 300 as a ninth grader and 420 as a twelfth grader. Russell is a marketing major and has a 505 bench.

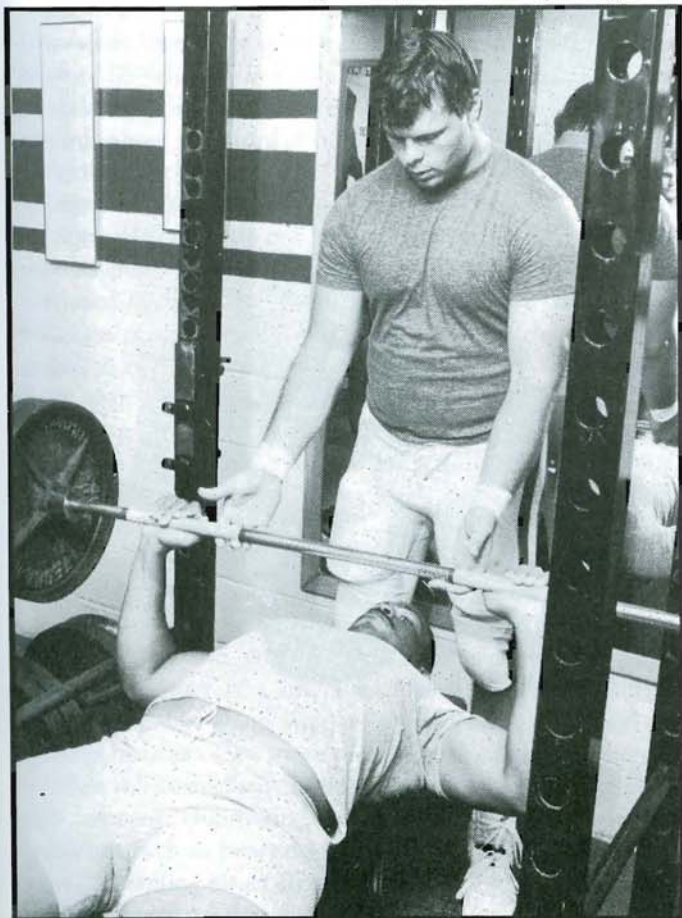
**Terry Hancock:** SR OT 6-4 275 attended Austin Anderson High School in Austin, Texas. Terry maxed out at 280 on the bench as a ninth grader and 345 as a twelfth grader. Terry benches three times per week in-season and got 505 as a senior. Terry, a Telecommunications major, says, "I take great pride in the Hogs."

**Paul Stuart:** SR Center 6-4 271 attended J.J. Pierce High





Dennis Smith lifting with Joel Porter spotting.



Errol Ware lifting with Russell Sheffield spotting.

MAX OUT PARTY Continued from page 13

School in Richardson, Texas. He benched 280 pounds as a ninth grader and 345 before he came to Baylor. Paul's max is now 510. He's a communications major and has this to say. "We pride ourselves on hard work. There is no place for steroids in college athletics. It took me until my fifth year at Baylor to get over 500 but I did it; not some drug. As far as other drugs, we all say to stay away. You're just living a lie if you do drugs. The Hogs are a close-knit bunch and we have a tradition on a Hogs' birthday — We pile on each other at practice."

**Joel Porter:** SR OT 6-4 275 attended Arkadelphia High School in Arkansas. Benched 250 as a ninth grader and 315 in his final high school year. Joel's top bench at Baylor is 540 pounds. He's a sociology major and made this sign: HOGS ARE AVAILABLE FOR GIRLS. INQUIRE IN CARE OF COACH FIX. I'm glad these boys are normal. Joel also believes if you are approached to take drugs at a party just "Get Away."

**Dennis Smith:** JR OT 6-7 294 DID NOT PLAY IN HIGH SCHOOL. Dennis played basketball at Midway High School in Waco, Texas and as a freshman at North Texas State University. He did not lift in high school! Dennis now has a 525 bench. He is majoring in Business Administration and stated, "I still have my touch in basketball. Weights haven't affected my touch at all and I have a 25 inch vertical! jump."

**Jeff Palmer:** SR OC 6-5 275 went to Grand Prairie High School in Grand Prairie, Texas. His bench went from 265 as a ninth grader to 345 in high school. At Baylor, Jeff is majoring in Real Estate Management. Surprise! This Hog is married. Jeff's wife is a teacher. Jeff now has a max of 515 pounds and believes the most important thing in training is attitude. "You gotta have a good attitude," he asserts. Jeff also reflected on his Baylor experience, "I really like Coach Teaff because he's honest and respects us as individuals." Jeff revealed that all of the Hogs want to play pro football and tells everyone to work hard and be their own person.

**Errol Ware:** SR OC 6-2 278 went to Arlington Bowie High School in Arlington, Texas. Errol benched 240 as a ninth grader and improved 100 pounds while still in high school. As a senior, he finally got a 505 bench for Baylor and the Hogs. "My goal was to get 500," he enthused, "It was a great feeling. I called my dad when it happened. You know when it happened? It was at our MAX OUT PARTY in January. It happened all at one time. Flat back! All of us!"

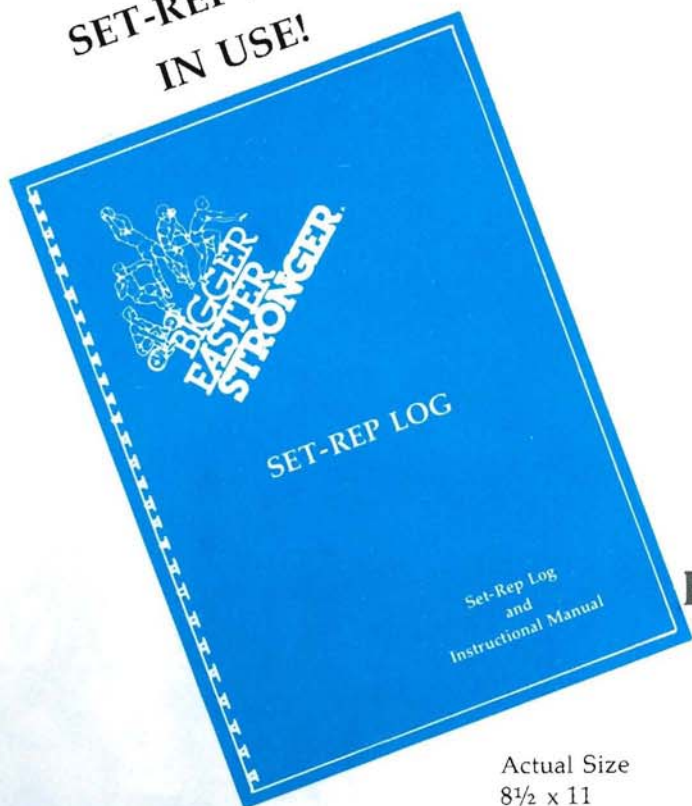
Bob Fix treasures his coaching experience with the Hogs. "They make my job easy. It's a joy to work with them. They are all goal oriented with great work habits and everyone of them is really a great testimony to what it takes to succeed."

#### WE RECOMMEND

Our BFS philosophy is to have a **MAX OUT PARTY** about every three months. Get your whole group of athletes together and go crazy. It's best to max out on one lift per day or class period. Everyone should be cheering their teammates on to greater efforts. It's fun and it will produce great spirit and, of course, **NEW RECORDS.**



OVER 100,000  
SET-REP LOGS  
IN USE!



Actual Size  
8½ x 11

This brand new Set-Rep Log (formally Personal Record Journal) was created to help your athletes make super progress. Every athlete needs a Set-Rep Log to record their workouts and records. It's 8½ x 11, durable attractive and fully illustrated. Each Set-Rep Log contains workout schedules for one year! The Set-Rep System is highly complex yet it is presented in a straight-forward easy-to understand manner.

## Organizes Every Workout

Finally! A set-rep system which organizes every set and every rep for your athlete's career. Your athlete now has a specific objective and a specific challenge with every set, every rep and every workout. Absolutely no more worrying about how much weight to put on the bar ever again. Athletes thrive on the competitive nature of the BFS system.

## The Ultimate Motivator

The BFS system has been tested thoroughly the last two years. Simply stated: Athletes break at least 8 personal records per week! Week after week; month after month; 400 per year!!

Breaking records is the ultimate motivational factor in building great confidence! The unique BFS system creates spectacular results! A motivated, confident team is a winner in the arena of competition.

**THE BFS GUARANTEE:**  
*Break 8 Personal Records  
Per Week!*

*Break 400 Per Year!*

**NEW! UPDATED!**

**EASIER TO UNDERSTAND!**

**EASIER TO RECORD!**

## 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 cycle systems eventually reach a plateau. 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**

*The New Edition is  
Easier to Understand  
Easier to Record Lifts*

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