

# GETTING STARTED EASY

## Starting Out Easy On THE BFS SET REP SYSTEM

By  
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Many coaches have asked, "How do you begin? How much do you start with?" Our BFS system makes it easy. First of all, no one needs to feel intimidated. It really doesn't matter a whole lot on an exact poundage. Other systems want you to determine a max and then base weeks or even months of workouts on the result of that max. Our system offers a better, safer and easier way.

It is a mistake to have kids max out in the first week to determine workout percentages. It is not very reliable, especially for high school athletes and because correct technique of lifting may be a serious problem, injuries may occur in that first week, if you max out.

It is wise to start with a low weight and make sure of technique and spotting procedures. The BFS Set-Rep System allows an athlete to do just this and yet begin the system with a bang. In the first week, we do 3 sets of 3 reps with each of our core lifts. The second week 5 sets of 5 reps are done and then 5-4-3-2-1 sets and reps are done in the third week. The fourth week is special in that we break what we call rep records and concentrate on our higher reps, specifically 6, 8 and 10 reps. During the fifth week, you do 3 sets of 3 reps again but do more than before. You therefore begin the 4 week cycle again. However, suffice it to say that in the first everything begins full bore as you concentrate on technique, spotting and filling out the individual set-rep log book. (See page 4.)

Now, let's get back to the first day. Everyone starts with 145 pounds on the Squat and Box Squat with 3 reps on the first set. Even though, for some, it may be ridiculously easy, we are making sure of technique and helping the spotters learn their role. Now, they should judge how the first set

felt. If it was real heavy, they should stay with the same weight. If they had some power to spare, they may increase 10, 20 or up to a maximum of 50 pounds. (Maximum weight on the bar is now 195 pounds.) If anyone could not do the 3 reps on the first set, then take some weight off or possibly put that athlete on the BFS Readiness Program. Again, on the 3rd set, go through the same procedure of judging how the second set felt. The lifter can only go up a maximum of 40 pounds (235 on the bar). However, on this last set, you do 3 or more reps up to ten reps. You then add up the poundage done on each set and record this in the Set-Rep Log Book. You also record your Rep Records done on the last set. (We record not only how much an athlete can do one time, but also 2, 3, 4, 5, 6, 8 and 10 reps.)

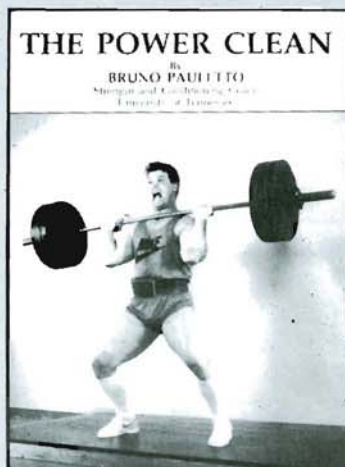
For example, some of your better kids will squat 145 x 3, 195 x 3 and 235 x 10 reps. You total the weight:  $145 + 195 + 235 = 575$  and note that the rep records, max through ten, are all 235 pounds. It is that lifter's job then to break these records next week.

Follow the same procedure on the Bench Press and Towel Bench Press. Start a little lighter. Use 125 pounds on the first set. Only go up a maximum of 20 pounds on each successive set. If an athlete has been lifting during the in-season and already has a *current* max, then just take 80% and begin your first set of 3 with that poundage. For example, an athlete with a *current* 300 pound bench would begin with 240 pounds. *If it is not current*, then begin with the ridiculously easy light weight. Don't get hurt the first day!

The Power Clean and the Dead Lift are a little different in that on the 3rd set you only do up to 5 reps. Begin with 125 pounds on the Clean and 235 pounds on the Dead Lift with a spot. Maximum increases are 20 pounds per set.

We do Towel Benches and Box Squats on Monday, Power Cleans and Dead Lifts on Wednesday, and Benches and Parallel Squats on Fridays. If you would like further information on sets and reps, see page 4 for our Set Rep Log Book or get our video on Sets and Reps (see page 8 and 9). Good Luck!

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COACHES  
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## NEW PRODUCT THE POWER CLEAN

A

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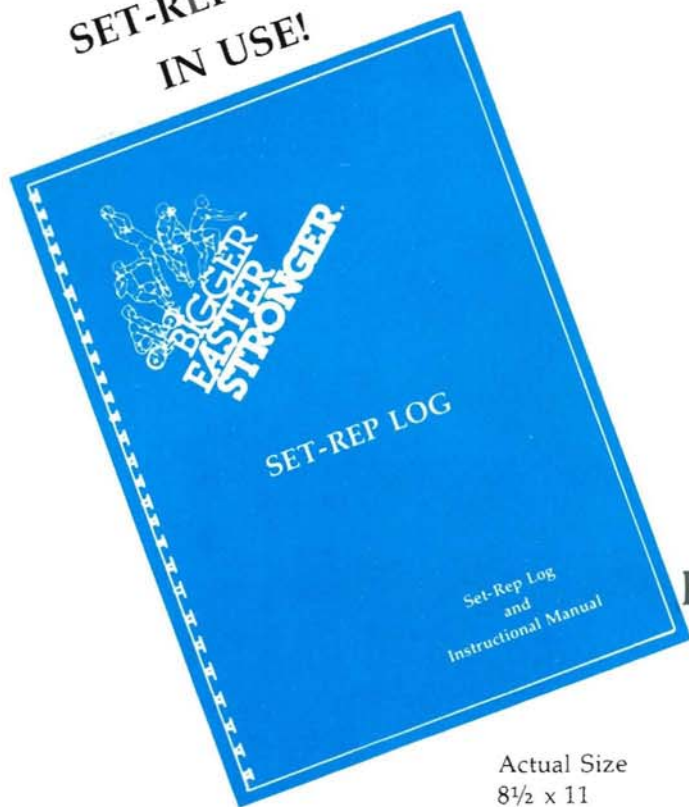
by

Bruno Paulelto

Tennessee Strength Coach

N.S.C.A. Coach of the Year

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).