

# THE BFS 1-2-3-4 FLEXIBILITY PROGRAM

Part 10  
In A Series by  
Bob Rowbotham



INCORRECT



CORRECT

## HIP FLEXOR STRETCH

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 HIP FLEXOR STRETCH is the exercise done during the third minute of our four on the floor segment.

The HIP FLEXOR 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 puts the other leg forward for an additional 30 seconds.

The HIP FLEXOR STRETCH is unique. Stefan brought this one to us from Sweden. It is designed to help improve our stride length. If we can improve our stride length by two inches, we may very well improve our forty by two tenths. For this reason, we consider the HIP FLEXOR STRETCH as one of the most important exercises for an athlete.

To assume the correct position, the athlete should do the following: Look straight ahead; Make sure the front lower leg is straight and perpendicular; Arch back slightly, place hands on the front knee; Lock arms to keep chest upright and do not lean over. Now the athlete may begin the HIP FLEXOR STRETCH by forcing the hips down hard towards a point directly beneath the pelvis. Alternate the legs after 30 seconds.

In our next issue, we will discuss the fourth 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:  
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Salt lake City, Utah 84119  
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