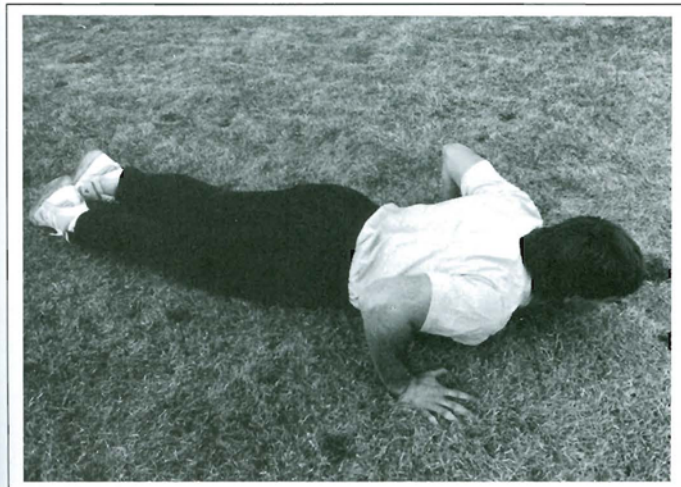


THE BFS 1-2-3-4 FLEXIBILITY PROGRAM

Part 11
In a Series by
Bob Rowbotham



Beginning Position



Finished Position

ABDOMINAL 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 Abdominal Stretch is the exercise done during the fourth and last minute of our four on the floor segment.

The Abdominal Stretch is done for 30 seconds by using the "static" method which is a slow controlled stretch. We do not recommend the ballistic or bouncing stretch method as research has now shown that this method is dangerous and can actually be counter-productive. The PNF method when done properly is a very excellent method of stretching but it requires a knowledgeable partner. With the static method, an athlete can do flexibility exercises anytime, anyplace and anywhere by himself. That's the primary reason we have shown you the BFS 1-2-3-4 Flexibility Program utilizing this static method of stretching.

The Abdominal Stretch works two areas. The first and most obvious is that it does stretch the front upper torso area hence it's name - abdominal stretch. However, the second area that is helped is that of the lower back. After doing Cleans, Squats or Dead Lifts, sometimes the lower back gets tight or somewhat sore. If this happens, do the Abdominal Stretch. It doesn't stretch the lower back, but it does make it feel better. The Abdominal Stretch is great to do after a workout.

All you have to do is get in a pushup position and lay flat on the floor. Then, push up and leave the hips on the floor. Try to extend completely and lock out the

elbows. Relax! Relax the lower back and especially relax the buttocks, arch as deep as possible.

This completes our series on the BFS 1-2-3-4 Flexibility Program. For more complete information, you may rent or purchase our flexibility video which fully illustrates our BFS 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!**

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