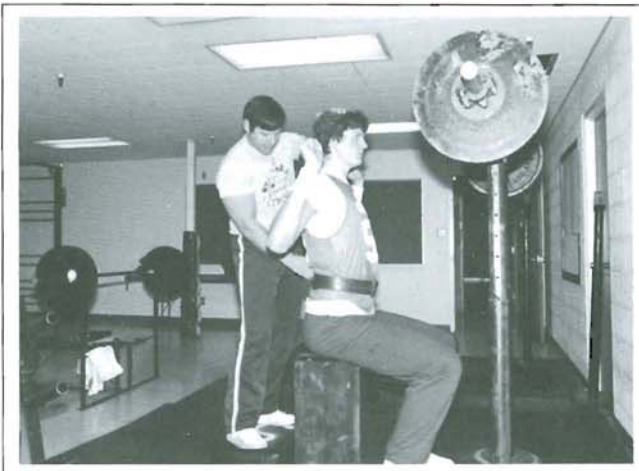


SQUAT VARIATIONS:



The Parallel Squat is a must Core Lift.
Use Squat Variations to create more Squatting Power.



The Box Squat when done with the BFS guidelines
is an incredibly successful Squat Variation.



Front Squats can be a great variation
of the Parallel Squat.

BFS SQUAT PHILOSOPHY:

VARY YOUR WORKOUT!

It is very important to vary workouts, especially squat workouts. You should not do the same workout time after time. It is a mistake to do 3 sets of 10 reps, or 5 sets of 5 reps or 1 set of 8 - 12 reps as your sole set-rep system. You must vary your workout. This helps you overcome plateaus so you can keep on making progress week after week. It is also a mistake to squat three times per week. It's just too tiring. You need to be able to recuperate in order to have sprint, plyometric, flexibility and technique workouts. We feel two workouts a week on the squat is the optimum. It is also important to vary these two workouts by doing a different kind of squat. Acceptable variations to the parallel squat would be the Box Squat, Front Squat or the Trap Bar Lift. Therefore, an athlete would do one of those three Squat Variations on Monday and then the regular parallel squat workout on Friday.

IMPORTANT BOX SQUAT INFORMATION

We have used the Box Squat with tremendous success for years as a variation to the parallel squat. It develops hip and hip tendon strength, you get used to more weight versus weight used on the parallel squat and you can really teach basic good lifting technique while sitting on the box.

We have always cautioned that plopping down hard on the box can be potentially dangerous to the lower back. We've always emphasized keeping the lower back in tight and sitting down under control. We must also emphasize that a difference of no more than 100 to 150 pounds should exist between the Box Squat and the Parallel Squat. We have found some athletes using 200 to 300 pounds more on the Box Squat. This is very wrong. If you are using the BFS set-rep system, you may want to set a limit of 100 pounds. For example, if your max is 325 pounds on the parallel squat, you can't do anymore than 425 pounds on the Box Squat on one or more reps. Sometimes it gets a little scary trying to spot a huge Box Squat, if the athlete is shaking and wobbling all over the place.

The 100 pound rule would keep things safer and yet still enable the athlete to keep progressing. Also, there would be greater forced intensity on the parallel squat. Box Squat records to be broken would be largely dependent on efforts made on the Parallel Squat. This recovery on Box Squat day would also be more complete and easier.

Continued on next page

TRY THE TRAP BAR

By Dr. Greg Shepard

THE FRONT SQUAT

The Front Squat can be an excellent variation to the Parallel Squat as it can help an athlete stay upright and keep the lower back in a correct position. Front Squats also accentuate development in the lower quadriceps area of the thighs.

In Box Squats, the athlete will use more weight than the Parallel Squat, while less weight is used on the Front Squat. When an athlete in high school is Box Squatting in the 500 plus range, he may wish to switch to Front Squats. Also, if an athlete has trouble with correct form on the Parallel Squat, he may want to switch from the Box Squat to the Front Squat. Switching because of a big Box Squat, might jolt the athlete to new highs. Switching to Front Squats because of form, might make a huge difference in an athlete reaching his potential.

Front Squats may be done one of three ways. The athlete may hold the bar as in the Power Clean with elbows up and forward and resting the bar on the deltoids. He may also cross his arms and hold the bar again on the deltoids. This method gives additional support by the upper arms. Perhaps the easiest and best way for beginners to do the Front Squat is to use the EZ Squat device shown on page 22 and advertised on page 14.

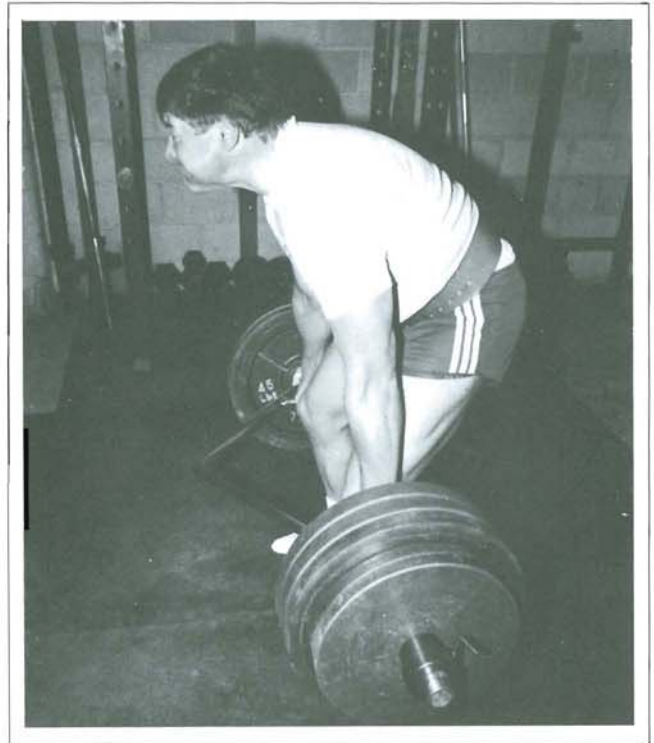
TRY THE TRAP BAR

Al Gerard has invented a great training device called the Trap Bar. Al is from North Carolina and, at first, had local colleges and high schools use it with great success. Then, as word got out, the Trap Bar became more widely used nationally by athletes, power-lifters and bodybuilders. I have been aware of the Gerard Trap Bar for some time now. I should have tried it out sooner. But as they say, "Better late than never." A lot of new things come out and most aren't worth much but the Trap Bar should be one of the essentials of every weight room.

There are strength coaches who criticize BFS for making the Dead Lift a core lift. They don't understand that we use a spotter with the Dead Lift. The spotter's job is to bring the line of gravity back towards the lifter's lower back. The BFS Dead Lift spotting technique practically eliminates lower back soreness. Thus, athletes have experienced the great benefits of the Dead Lift without the downside risks. Besides that, the way we do the Dead Lift, a lifter can lift a huge amount of weight safely. Ergo, it becomes highly motivational.

Now, with the Trap Bar you can do the Dead Lift

Continued on page 54



Greg Shepard in comparison photos 465 pounds. Even though the lower back is in about the same position, the arms are about four inches different. The upper photo is the Trap Bar Lift and the lower photo the Dead Lift. The Trap Bar practically eliminates lower back stress.

TRAP BAR *continued from page 23*

movement safely without a spotter. Many coaches have said that even using our spotting techniques the Dead Lift can be grueling especially on 5 x 5 day. Here's how you could use the Trap Bar. Do it on week two and four of our Wednesday's workout in place of the Dead Lift. Keep the BFS spotted Dead Lift on week one and three. This variation should help bring on new Dead Lift highs.

In addition, the Trap Bar can be used as a Parallel Squat variation lift. So now an athlete can utilize a Box Squat, Front Squat or Trap Bar to help stimulate faster development. Coach Rick Anderson of Bigger Faster Stronger really likes the Trap Bar. He states, "It's half way between a Dead Lift and a Squat. It gets my legs and hips in a different way. I really don't like doing Dead Lifts personally but I do enjoy the training feeling of the Trap Bar."

Al Gerard maintains, "When you work on my Trap Bar, you should think Squat or Leg Press not Dead Lift. Although, you will see some big increases on your max Dead Lift, think Squat while using the Trap Bar. One of my training partners Robert Washington expects to break the world record in the Dead Lift towards the end of May at the nationals in Alabama. He's made some amazing gains training with the Trap Bar." Some of our readers may remember that we featured Robert Washington in our May 1986 issue as History's Strongest Linebacker. Robert did 750 then and now is closing in on 865 in the 220 to 242 pound class.

The Trap Bar also lends itself to doing shrugs in a superior way because there is no bar contact with the thighs. Dave Williams the strength coach at Liberty University says, "The Trap Bar is a tremendous training tool, besides the Dead Lifts and Shrugs our football players also do high pulls from the hang position and upright rows."

I did 5 sets of eight reps going up to 375 pounds. It took much less time than a squat workout: only 8 minutes. I was really sore the next day. My Glutes, Hamstrings and Traps were deeply affected. I could hardly walk. It was just like what happens after a heavy squat workout when you haven't squatted for awhile.

My lower back felt great. I was impressed!

**TRY THE TRAP BAR
WE RECOMMEND IT!**

THE TRAP BAR
Cost: \$149.95 Nickel Plated

To Order Write:

Bigger Faster Stronger
805 West 2400 South
Salt Lake City, Utah 84119
or Call Toll Free 1-800-628-9737

PLYOS BY STEFAN *Continued from page 15*

BFS: I'm beginning to understand but what benefits can I expect?

Stefan: Your ability to overcome resistance will increase. This means you will be more explosive with a greater power output. You can expect an increase in all power movements such as vertical jump, sprints, power clean, lateral movement, standing long jump etc. This is also predicated on practicing these power movements.

BFS: Do you have any guidelines for the height of boxes for a high school program?

Stefan: A perfect set up would be a course consisting of five 20 inch boxes placed about three feet apart in a row. A sixth box would also be placed in this row but it would be 30 to 40 inches tall. The object is to jump as fast as possible from box to box. The last box requires an explosive powerful contraction. You could also turn around and come back.

BFS: How about Depth Jumping?

Stefan: For most athletes this is excellent. Start with Depth Jumping of 12 inches over the athletes Vertical Jump and progress to twice the height of the athletes Vertical Jump. The first phase is just to land. The second phase is the jump quickly and explosively straight up after landing. The final phase is to jump up to another box immediately after landing.

BFS: Could you develop a manual and video showing us how to do this exactly?

Stefan: Sure, but it would have to be after the Olympics. I could even build a compact series of Plyo Boxes for coaches. We could call it Plyometric Package.

BFS: That's a pretty good idea even for a Swede. See you in September and good luck in the Discus at Seoul.

BASKETBALL INFO.

John Stockton of the Utah Jazz broke the All-Time NBA Season Assist Record. He was also 3rd in the NBA in Steals. John was featured in Sports Illustrated in April.

John Stockton benches 2x per week in season. Not heavy, just consistently. We feel all athletes should work with weights in season.