

HELPFUL HINTS

THE BFS READINESS PROGRAM

By Greg Shepard

The BFS Readiness Program has been tremendously successful as a means of getting younger athletes and less mature athletes ready for the more advanced BFS Set-Rep System. I would like to share some helpful hints and adjustments that can make the BFS Readiness Program flow more smoothly.

When starting the Readiness Program and time is of the essence. You can get through the program more quickly by doing the two sets at the same time. For example, the young athlete is scheduled to do 50 pounds on the Bench Press for two sets of ten reps and the 10th rep is easy. You could say, "Keep going! Get your next set of ten!"

As long as the technique is perfect, there should be no problems. This system might be desirable in a situation where the coach is pressed for time. For example, kids starting out can get through three core lifts in fifteen minutes and that's putting four kids to a station. If a physical education class were to spend just 15 minutes per session twice per week, amazing things would happen. It doesn't take much but it does take consistency.

Another helpful hint for the Readiness Program is doing "forced reps." Let's say the young athlete can only get 6 reps. I recommend helping the youngster get the remaining four reps when possible. Do not make him strain or squirm so that poor technique is evident. It is more productive to allow a "forced rep" to go smoothly through the full range of motion with great technique. Obviously, you don't count the "forced reps" in the record book. Count only those performed correctly by the lifter himself.

THE BFS SET-REP SYSTEM

Part Two In A Series By Greg Shepard

This new series on Breaking Records is designed to help the many athletes who are using our BFS Set-Rep System. The critical aspect in making the system work with dynamic results is recording all workouts accurately. Before doing any workout, each athlete should look at not only his previous set record, but his rep records as well, this helps in breaking records and

can create great intensity for a set. My son Matt, who is in the 8th grade, has broken at least five records every workout since December. Your kids should do the same.

SITUATION

It is the fourth week of our four week BFS Set-Rep Cycle. This is the week we concentrate on our REP RECORDS. We are going to turn to page 19 of our Set-Rep Log and get ready for the Squat. The following example is taken out of my son's log book last January.

Rep Records

Max	225
2	210
3	210
4	210
5	210
6	210
8	180
10	160

Matt looked at his log book before his workout. He knows he's supposed to attempt the higher rep records. (6-8-10) Should he try 215 pounds for six or more reps? Perhaps, he should try 185 for eight or more reps or 165 for ten reps. The reader should know that any choice is correct. However, whatever record that would be the easiest to break should be chosen first.

Matt rationalized that the day he did six reps for 210 pounds was an unbelievably great day and therefore the 215 pound choice would be very difficult. He chose to do ten reps at 165 pounds because that would be the easiest.

Matt turned out to be correct. He did 165 pounds for ten reps with power to spare. Since he still had some energy left, he then tried 185 pounds for eight or more reps. Matt got ten. He almost puked but he got them and in the process broke his eight and ten rep record. It should be noted that if Matt had had any juice left, he could have tried 215 pounds for six or more reps.

New Rep Records

8	185
10	185