

**BIGGER
FASTER
STRONGER**

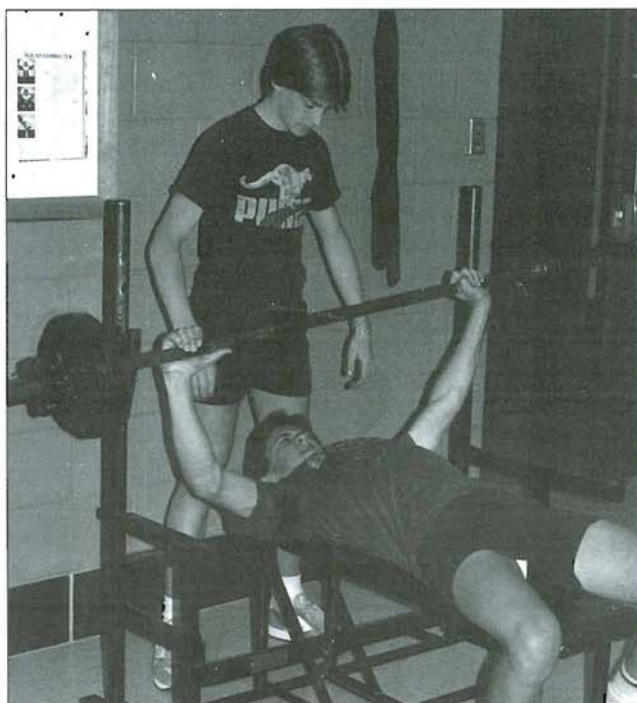
READINESS PROGRAM

**THE
TOTAL
PACKAGE**

By Dr. Greg Shepard



The BFS Readiness Program with weights begins in the 7th Grade. You start with just the bar and emphasize technique.



Some kids are more mature than others in Junior High or some start the BFS Readiness Program in the 8th or even the 9th Grade. Are there adjustments that can be made? Sure, this article describes some common sense adjustments.

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.

One of the great strengths of our Readiness Program is that graduation depends on performance not age. The goal for graduation is to Parallel Squat 145 x 10, Hang Clean 105 x 5 and Bench 105 x 10. Obviously, great differences in maturity levels can be found at the junior high level and for this reason some latitude may be given on increasing poundage from week to week. Keep in mind that it only takes 4 1/2 months to graduate if our program is followed exactly as outlined. (Starting with just the 45 pound Olympic bar and moving up in 5 lb. increments every week as long as technique and performance remain perfect.) This time frame may be speeded up under the following guidelines:

7th Grade: If the weight is ridiculously easy and his technique is perfect, then you may allow the athlete to move up 10 pounds instead of 5 pounds. Eighth Graders may move up 15 pounds under the same conditions. Ninth Graders may move up 20 pounds.

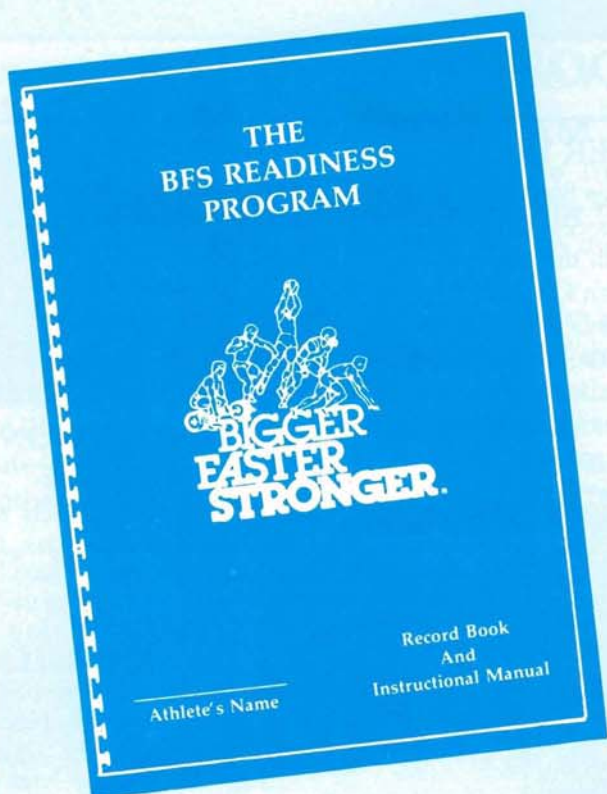
On the other end of the spectrum, many athletes will have a difficult time going up 5 pounds. This is especially common after the young athlete is in his second month. Five pounds to a mature athlete is nothing; however to a 90 pound seventh grader who is Benching 75 pounds for two sets of ten reps, a five pound jump can be amazingly difficult. For this reason, moving up to 77 1/2 may be more desirable. I have done this in the past and had a couple of 1 1/4 pound plates to use for this situation.

There comes a time when the Readiness Program athletes will not be able to do their 2 sets of 10 reps. They might get 8 reps on their first set and only 6 reps on their second set. That's fine. Record it in small numbers in the appropriate box. That way when you come back the next week, you have something to shoot for besides the 2 sets of 10 reps. For example, let's say the athlete gets 9 reps and then 7 reps. He did better and because it was recorded you have proof of that victory. This method is relevant as it is great practice on learning the importance of recording so when athletes graduate they'll be used to recording procedures.

Finally, I would like to discuss the Box Squat in relation to the Parallel Squat. Some athletes will be able to Box Squat easily but will have much difficulty with Parallel Squats. It is critical to set a 50 pound limit on the difference in poundage between these two lifts. If an athlete is Parallel Squatting 100 pounds, then the maximum that he should be Box Squatting is 150 pounds. In this situation, it is far better to lower the box height than to raise the poundage.

READINESS PROGRAM

RECORD BOOK AND VIDEO



THE BFS READINESS PROGRAM

Our BFS Readiness Program has met with great success for four full years. This pioneering program emphasizes the importance of Great Technique. In fact, you cannot increase in weight until the athletes perform every rep with the approved technique guidelines. This prevents excessive loads from being placed on young frames. An easy way to get an edge on your opponents in high school is to prepare and motivate the junior high athlete. The BFS Readiness Program does just that! Each athlete should have the Record Book and see the Video. It will help a class, or an individual, visually understand what to do.

Dr. Greg Shepard, BFS President

ALSO ON VIDEO CASSETTE

See Jimmy, a 13 year old,
and
Coach Shepard go completely
through the BFS Readiness
Program.

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