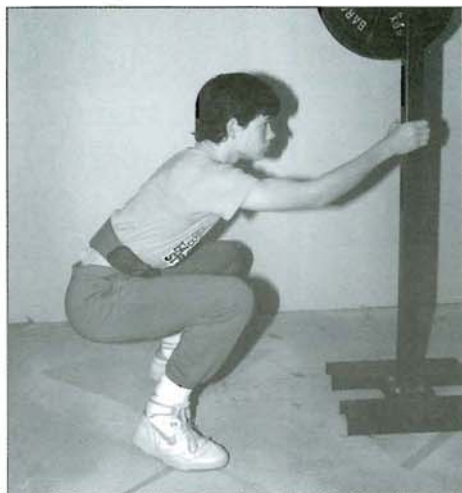


SQUAT CORRECTLY



I. Find Five Major Problems



II. Find Four Major Problems



III. Find Three Major Problems

Part 17 In a Series

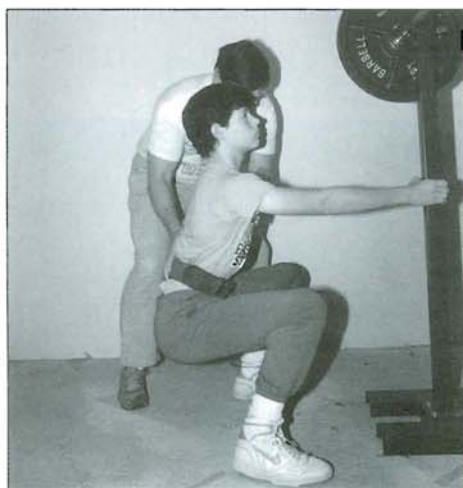
By Dr. Greg Shepard

Many coaches have remarked after our BFS Clinics that it's amazing how we get young athletes to Squat perfect in just a minute or two even with no previous Squatting experience. The trick is to get each athlete into a perfect low power position as illustrated in the lower left photo. We recommend that even experienced athletes feel this position before each set. I still do even though I've been Squatting for over 25 years.

If an athlete cannot assume a perfect low power position, he is most certainly doomed to failure. A coach must be able to recognize any and all errors. He must also be able to correct these errors before his athlete can be successful. Let's analyze the following photos and find the major errors.

In the top left photo, there are five major problems. First, the heels are not firmly planted on the floor. Sometimes athletes are told to put a board underneath the heels to help on balance. This is wrong. Get your athletes in a perfect low power position. The second problem is the knees. They are way forward in relation to the toes. Not only is this poor Squatting technique, it places unnecessary pressure on the knee joints. To help correct the first two problems, simply have the athlete get his feet closer to the Squatting Stand, which is the third problem in the photo. The next two problems are the lower back not being locked in tight and the upper body leaning forward. To correct the lower back, tell your athlete to spread his chest. To correct the upper body lean, say "sit tall". The coach may physically push in on the lower back and place the palm of his hand on the athlete's chest and gently pull back. The coach can also physically pull the knees back in helping his athlete get into a perfect low power position.

The top center photo reveals the same problems except now the athlete's feet are flat and the heels are firmly planted on the floor. The knees are better but this athlete doesn't need to squat quite that low. In the top right hand photo, we find the feet are close to the squatting stand and the knees are back which is good but this athlete has three major problems: First, Squatting too low, Second the lower back is not locked in, and third the upper body has too much forward lean.



A coach must be able to recognize problems; then correct them.



*Perfect Low Power Position.
This athlete will have no problem
Parallel Squatting*

Continued on page 66

BFS SETS & REPS BREAKING RECORDS

Part One In A Series By Greg Shepard

This new series on Breaking Records is designed to help the many coaches and 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 broke 68 records in the month of December. Your kids should do the same.

EXAMPLE

We are in the first week of the BFS four week cycle and going to do 3 Sets and 3 Reps. Listed below are the athletes previous 3 x 3 Set Record and Rep Records on the Squat. Today is February 3, 1989.

3 x 3 Record

1	205	TOTAL	680
2	235		
3	240	DATE	1-6-89

Rep Records

MAX	265	
2	255	
3	245	★
4	230	★
5	230	★
6	225	
8	215	
10	215	

FIRST SET: Last month, 205 was done on the first set and the three rep record is 245 pounds. Now, what do you do? Well, assuming the warm-up set was done okay and there was no health problems, you should do more than last month. I suggest 225 pounds for the first set (205 is too light and 245 is too much).

SECOND SET: I am going to assume that 225 went with power to spare and select 240 pounds. Keep in mind that you either go up, down or stay the same depending on how the previous poundage felt.

THIRD SET: I am also going to assume that 240 pounds went with some power to spare. Do not choose 245 pounds because that will only tie your 3 Rep Record. I suggest 250 pounds. Remember, on the last set you go crazy. You go until you puke. It's all out intensity. You do 3 or more reps up to ten. Let's say five reps were completed for this example. Thus, we broke the 3 x 3 Set Record by 35 pounds and we broke three Rep Records (3-4-5). That makes a total of four new records on just one exercise!

NEW 3 X 3 SET RECORD

1	225	TOTAL	715
2	240		
3	250	DATE	2-3-89

NEW REP RECORDS

3	250
4	250
5	250

SQUAT CORRECTLY *Continued from page 18*

The lower left photo on page 18 shows the perfect low power position. The athlete has his feet close to the Squatting Stand. His feet and heels are firmly planted on the floor. His knees are back and not extended past the toes. The athlete is at a perfect parallel position. His lower back is locked in tight and he is sitting tall, creating a good upper body position. His eyes are focused on a point which helps the lower back and upper body position. If you said one of the major problems in the upper left and upper middle photo on page 18 was the head position, I wouldn't argue. Notice the difference in the chin position of the top left hand photo and the lower left hand photo. On page 18 the athlete pictured is my son, Matt, who is in the 8th grade. Matt weighs 125 and Parallel Squats 225 pounds.

TRAP BAR *Continued from page 59*

an inexpensive equipment station. It weighs 45 pounds just like your other Olympic bars and you can also do a variety of other auxiliary lifts like shoulder shrugs. Another advantage is that the Trap Bar takes up a small amount of space.

By implementing this program as outlined, you could have the best of both worlds. You'll have quicker and safer workouts with the Trap Bar while developing the hamstrings and hip area in a more superior way. With the Max Out Dead Lift Party, you'll be able to retain the great motivational factor the Dead Lift provides your athletes. Finally, by adding this variation, plateaus will be more clearly avoided, which has long been a BFS Axiom.

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(Page 6 inside equipment catalog)



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NO MORE GUESSWORK
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When the thigh reaches parallel, the Safety Squat will BEEP! It eliminates all guess work in judging proper depth. Great motivational device and coaching aid!

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