

THE TRAP BAR

A NEW BFS CORE LIFT ALTERNATIVE



TRAP BAR
WORKOUTS ARE
QUICKER
SAFER
BETTER
THAN
DEADLIFTS
WITHOUT THE
BFS SPOTTING
TECHNIQUE



By Dr. Greg Shepard

We just keep getting more and more impressed with the Trap Bar. We would now like to recommend the Trap Bar as a BFS Core Lift alternative. Here's how you could plug it in to the BFS Set-Rep System: Do a Trap Bar workout on the first, second and third week of our program instead of the Dead Lift or the Straight Leg Dead Lift. On the fourth week, you could have a Max-Out Dead Lift party with your athletes by breaking Dead Lift Rep Records, especially the one rep max record. Remember to continue spotting on the Dead Lift. Also, remember to keep the Straight Leg Dead Lift as a top priority auxiliary exercise.



Now, instead of this, a Trap Bar Workout could be done.



If you elect to do the Trap Bar Workout on the first three week segment of the BFS 4-week-cycle, you could do the BFS Dead Lift with a spot on the 4th week.

If so, athletes would really look forward to the Dead Lift.

BFS CORE LIFT WORKOUT (Off-Season)

Monday	Wednesday	Friday
Box Squat	Clean	Squat
Towel Bench	Dead Lift or Trap Bar	Bench
Week I: 3 x 3 Trap Bar		
Week II: 5 x 5 or 3 x 5 Trap Bar		
Week III: 5-4-3-2-1 or 5-3 1 Trap Bar		
Week IV: Dead Lift Max Out Party or Trap Bar Rep Records		

★ Keep your Set Records on the Trap Bar like we do on the other BFS Core Lifts. You may now also keep Rep Records on both the Dead Lift and Trap Bar lift (Recorded on auxiliary Rep Record page). The Trap Bar is

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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.

Trap Bars are only \$149.00. Call our Toll Free number to order 1-800-628-9737.

SPECIAL SUBSCRIBER DISCOUNTS

\$20.00 OFF

On Our

Deluxe Squat Rack with Tiers

(Page 6 inside equipment catalog)



\$20.00 OFF

on Any Two of our Posters and/or Chart Sets

(Pages 17, 79, 92, 93, 95)

Offer expires April 1, 1989

THE BFS SET-REP LOG

A DYNAMIC, PROVEN SET-REP SYSTEM

- ★ No Plateaus!
- ★ Organizes Every Workout!
- ★ The Ultimate Motivator!
- ★ Sets Daily Goals!
- ★ Creates Upper-Limit Intensity!

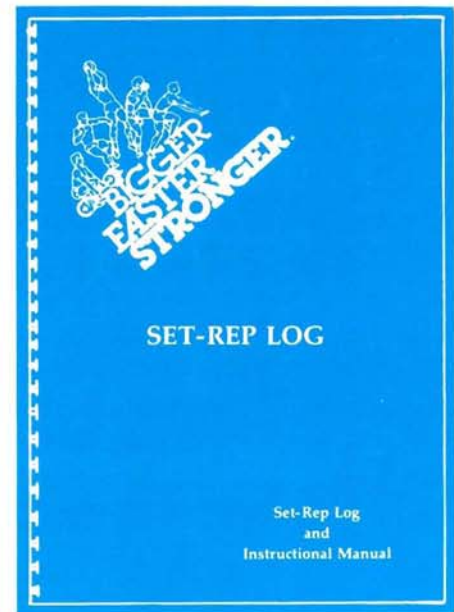
Over 150,000 Set-Rep Logs Sold!

Organizes Every Workout: Your athlete now has specific goals with every set, every rep, and every workout. Absolutely no more worrying about how much weight to put on the bar, ever again. Contains workout schedules for one year.

Contents: Each Log Book contains a section explaining the weekly lifting schedule. The second section explains the lifts—their proper execution, spotting techniques, and why we do the lift. The next section explains recording and contains the actual weekly workouts and recording areas. The fourth section contains record charts for all core lifts at all repetitions. The last section contains a running record chart, an explanation of the BFS nutritional rating system, an agility record chart, the BFS Dot Drill, and a goal record chart.

All Sports: The Set-Rep System is applicable to all sports. Professional basketball players use it.

Time: In a well-organized weight room it takes a group of athletes only 45 minutes to accomplish their weightlifting. Many schools use the Set-Rep Log during P.E. classes, leaving valuable time after school for sport specific-skill training. Great for the multi-sport athlete (in-season training).



THE BFS GUARANTEE
*Break 8 Personal Records
Per Week!*
Break 400 Per Year!

Motivation: Athletes thrive on the competitive nature of the BFS system. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winner in the arena of competition.

No Plateaus: All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 12–15 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computer-cycle systems eventually have problems. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep Log.

Since each athlete in your program needs a Set-Rep Log, the following discounts will help on larger orders.

COST:

One: \$4.00 • 2–9: \$3.00 Each
10–25: \$2.50 Each • Over 25: \$2.25 Each

Custom Set-Rep Log Books with your school logo and school colors \$2.70 each (minimum order of 100).