

JON KNUTSON

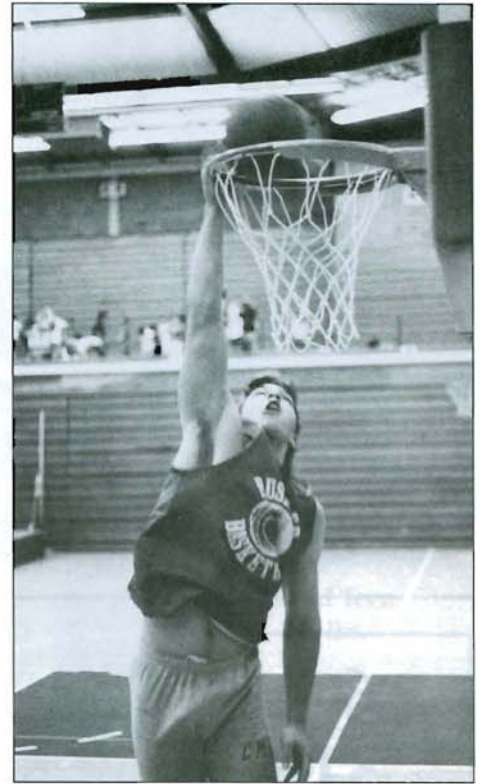
C.M. RUSSELL H.S.
GREAT FALLS, MONTANA



All-State Center-Forward



Jon Power Cleans 250



Jon on a stuff



Jon has a 260 Bench to his credit



Jon's done a 500 pound Squat

Jon Knutson is only 15 years old and he's the most gifted athlete we've had in my 16 years here at C.M. Russell High School. He has many qualities that make him an exceptional young man.

Jon plays basketball, football and soccer. He is also a sprinter on the track team. Jon runs a 4.59 40 and maintains a 3.0 GPA. In addition, Jon is an Eagle Scout and a member of our All-State Chanteur Choir.

Jon is morally very sound and a real leader in our school. If Jon's attitude and work habits remain good, he could be one of our all-time great athletes.

Jack Johnson, Head Football Coach

Editor's Note: Please keep us up-to-date on Jon. We wish him great success on his climb to the top.



Jon Knutson: 6-4 215

- 23 Tackles
- 21 Assists
- 6 Tackles For Loss
- 2 Sacks
- 1 Fumble
- 3 Deflections
- 5 Hurries

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).