

**BIGGER
FASTER
STRONGER**

AUXILIARY LIFTS

**THE
TOTAL
PROGRAM**

By Dr. Greg Shepard

MONDAY	WEDNESDAY	FRIDAY
Neck Leg Curl Leg Extension Glute Ham Jerk Press	Neck Heavy Dips Incline Push Press Lunges	Neck Leg Curl Leg Extension Glute Ham Straight-Leg D.L.

BASIC ASSUMPTIONS

1. High School Situation
2. 45-60 Minute Workout Time
3. Class Contains Multi-Sport Athletes
4. Highest Upper-Limit Results Wanted

As discussed on the Core Lift article on page 36, your class should be organized just like practice. One third of your class will be doing one Core Lift, one third another Core Lift and the remaining third will be doing **Auxiliary Lifts**. Then, switch the groups as you divide the total workout into three equal time segments.

Do no more than 5 auxiliary exercises per workout session. Select only those exercises that will help you **win** in your particular sport. Generally do two sets of ten reps on each auxiliary and only record the most important auxiliaries in the BFS Set-Rep Log Book.

Our BFS professional staff rated 100 different auxiliary exercises and came up with the auxiliary exercises listed above. They fit all sports very well except the Neck Exercise. Basketball players, for example don't need to work on their neck to win in their sport. Therefore, those athletes involved may leave it out altogether or replace it with another of your choosing. If you have a total of only 45 minutes of workout time, that means 15 minutes will be devoted to your Auxiliary Lifts. Hence, when five auxiliary exercises are done, you will have three minutes to do each one. Do not allow your kids to stand around. They should always be looking for an open spot.

The following is a list of our Auxiliary Exercises and why we think they will help you win:

Neck Exercise: Obvious in football and wrestling.

Leg Curls: Develops the hamstrings and strengthens the knee joint area. Helps your speed and prevents injury.

Leg Extensions: Develops the quadriceps and strengthens the knee joint area. Helps prevent knee injuries.

Glute Ham Developer: A superior way to develop the gluteous maximus, gluteous minimus and the entire area of the buttocks. It will also strengthen the hamstrings, especially in the lower area. Helps prevent hamstring pulls.

Jerk Press: Place bar behind the neck in a high bar Squat position, squat down slightly and explosively thrust the

bar upward. As this is done, split your feet super quickly as you would do in a Olympic style Clean and Jerk. The bar will end up overhead in a locked position. Then stand upright. Do two sets of 5-10 reps. Jerk Presses develop upper body explosiveness as well as great shoulder strength.

Heavy Dips: Unbelievable in developing powerful triceps. You should have a dip belt for your stronger athletes. When I was doing heavy lifting, I would use five 45 pound plates and do 5 dips. Fantastic for offensive linemen, all defensive personnel and shot putters. It is also helpful for jump shots in basketball and all sports who throw an implement or ball.

Incline Press: A favorite auxiliary for many. It develops the upper chest area and aids your Bench Press. It duplicates shot putting and an offensive lineman's pass blocking arm position.

Push Press: Assume the same position as in the Jerk Press and squat down slightly. Now, explosively thrust the bar upward with the legs and arms. However, this time you will keep the feet stationary. Don't split. This exercise will build more shoulder strength but less explosive snap and power than the Jerk Press.

Lunges: This develops power balance. Each leg is forced to work independently from each other. Also, there is no stress on the lower back. You may do this exercise with dumbbells or a regular bar. Develops the hamstrings, quadriceps, and buttocks.

Straight-Leg Dead Lift: Do this with a very light weight. Use no more than 40% of your Parallel Squat max. Do every rep in a slow and controlled manner. Most of your kids will only be using between 100 and 200 pounds. You do this one for speed. It's like magic because you are stretching and strengthening your glutes and hamstrings at the same time. It is one of the great keys to improving speed.

TWO WAYS TO LEARN THE BFS AUXILIARY LIFTS

1. The New Book: Info on page 5
2. The Auxiliary Lift Video:
Info on page 8