

**BIGGER
FASTER
STRONGER**

THE CORE LIFTS

**THE
TOTAL
PROGRAM**

By Dr. Greg Shepard

MONDAY	WEDNESDAY	FRIDAY
★ Squat Variation	Power Clean	Parallel Squat
★★ Bench Variation	Trap Bar	Bench Press
★ Do a Box Squat, Front Squat or other Squat Variation ★★ Do a Towel Bench or some other Bench Variation		

BASIC ASSUMPTIONS

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

THE BFS WAY

Your class should be organized just like practice. Even though you may have regular physical education students in the class, they will thrive on the high intensity progress-oriented BFS Program. Everyone does the same BFS Core Lifts regardless of what sport(s) are played. Divide your class into three groups. For example, if you have 36 in the class; 12 will do a Core Lift, 12 will do another Core Lift and 12 will do Auxiliary Lifts. If your class time is only 45 minutes, then switch the groups every 15 minutes.

The First Thing: When your kids hustle to dress down and come into the weight room, they should first do the BFS Dot Drill. Many coaches paint the five dots on the floor somewhere in or close by the weight room. This drill is illustrated in our BFS Set-Rep Log Book, Speed and Plyo Video or the new BFS Total Program Book. It only takes 60 seconds and is a most excellent way to raise the body temperature for injury prevention. Let your competition do jumping jacks for their warm-up. The BFS Dot Drill will warm you up fast and properly while at the same time, you will develop quick feet with this measurable agility drill.

Use the BFS Set-Rep System: After the BFS Dot Drill, your kids will have broken a sweat. They are ready to lift. They should have their BFS Set-Rep Log book and be separating into their groups. Each group should have four people. After the warm-up sets are completed, there will be time enough to do three great sets. Your kids should challenge themselves and be disciplined enough to record every set and rep record. On the last set, which is an all out set where you do the prescribed number of reps or more, an incredible intensity should be automatic. It's fun! It's rewarding! It's record breaking time!

Team Effort: At the end of this energy-filled 45-minute period, you should come together as a team. (regular students included - they love it). Give praise and acknowledge accomplishments for the day. Give an ending yell. For example: Coach, "Who are we?" Kids respond, "Eagles!" Coach, "Where we from?"—"Jefferson!" Coach, "What do we do?"—"Win!" Coach, "What do we do?"—"Win!" Coach, "What do we do?"—"Win!" I get excited just thinking about it. Let your competition sit in the corner reading the newspaper hardly aware of when the class is over.

Stress Technique: The spotters should help their lifting teammate with technique. Everyone should know every coaching technique. Part of the responsibility of spotting is being a coach. Let your competition have spotters who don't pay attention and aren't actively involved.

In-Season Core Lift: During the In-Season, you should have only two workouts per week but do the same Core Lifts. All you do is move the Power Cleans over to the Squat-Bench day and the Trap Bar over to the Box Squat-Towel Bench day. The BFS In-Season System requires breaking records and uses the same Set-Rep System as described in the 45-minute class of performing only three sets. Let your competition maintain. Our In-Season Program only takes 30-40 minutes per workout session.

Selection of Core Lifts: You should have two Squat workouts per week. Three is too much. On Friday do a Parallel Squat and make sure to go down so that the top part of the thighs are parallel. If you Squat high, even if it's only two inches high you will lose precious hamstring and glute development. Remember, Parallel Squats prevent knee injuries not cause them. The other Squat workout should be a Box Squat, Front Squat or other variation. Box Squats are excellent for getting used to a heavier weight, overcoming plateaus, developing hip and hip tendon strength and the advantage of an incredibly quick recovery time. Done correctly, Box Squats are completely safe. Another alternative is the Front Squat which helps overcome Squat plateaus, develops especially the lower front quadriceps, aids in developing a good upright

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