

**BIGGER  
FASTER  
STRONGER**

# FLEXIBILITY

**THE  
TOTAL  
PROGRAM**

By Dr. Greg Shepard

The BFS 1-2-3-4 Flexibility program is perfect for the high school situation. It's a state-of-the-art method especially designed for speed. And because it's designed for speed, it is perfect for all high school sports. The whole school should use the same program; that's what makes it so beautiful. The three sport athlete who plays football, basketball and baseball, for example, does the same 1-2-3-4 BFS Flexibility Program. It's perfect.

It only takes 10 minutes and it's easy to understand. After the program is learned, athletes can stretch anytime, anyplace and anywhere without a partner. That's why we recommend the static method over the PNF partner method. It is too hard to find a good partner consistently in a high school situation. The chances are great that mistakes will be made, even little ones as illustrated in the bottom right hand photo. In our BFS Flexibility Manual and Video, we insist on perfecting the tiniest detail. For example, in the photo below, the left toes should be brought straight back in a locked position towards the head.

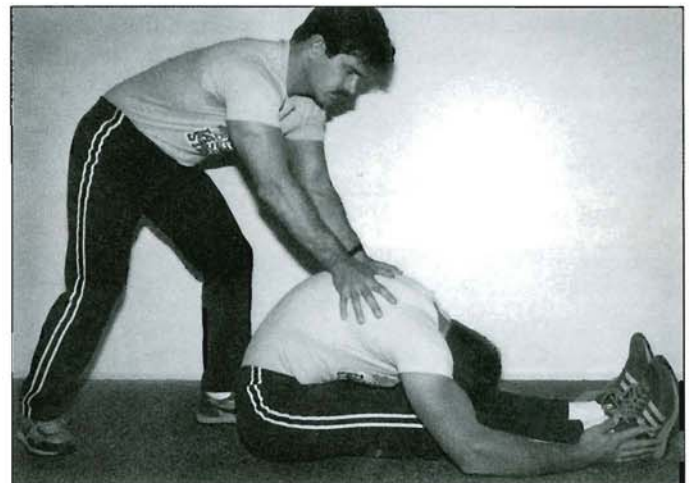
Let your competition use a stretching program to warm-up. Big Mistake! Let your competition use the Ballistic (bouncing) method. Big Mistake! Let your competition use the hurdler stretch as shown in the upper right hand photo which can put harmful stress on the medial collateral knee ligament in up to 20% of your athletes. Besides that, we want our athletes to stretch for speed not put their leg out to the side to hurdle. Let your competition make the little mistakes that make the difference. Get the BFS advantage by joining us and win!



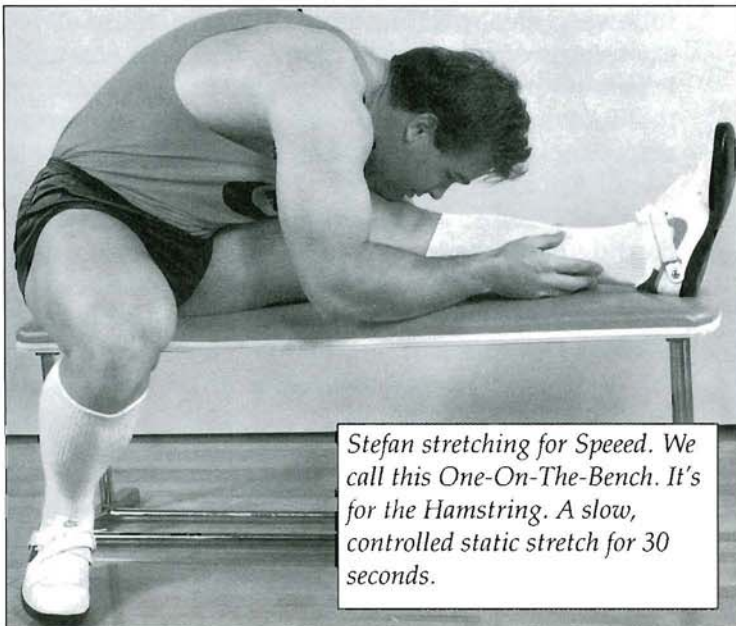
*The Hurdler Stretch: Caution!*



*This is Safer and just as effective.*



*What's wrong? Partner stretching can be good or bad. The partner above should have his hands placed on lower back.*



*Stefan stretching for Speed. We call this One-On-The-Bench. It's for the Hamstring. A slow, controlled static stretch for 30 seconds.*

## FOUR WAYS TO GET THE BFS FLEXIBILITY PROGRAM

1. The New Book: Info. page 5
2. Flexibility Video: Info. page 8
3. Flexibility Manual: Info. page 22
4. Upper Limit Posters: Info. page 79